

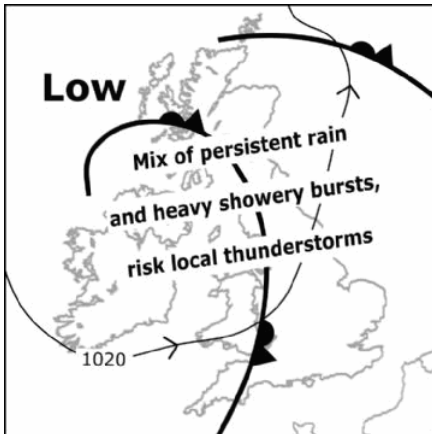
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Tuesday, 30 June, 2026



British Mountain Summary:

Based on forecast chart for noon 30 June, 2026

Rain and cloud over the hills widely, heavier pulses of rain tending to extend north and eastwards with time through middle of day into afternoon, some local thundery downpours forming. Wind dropping light across much of Highlands, fresh south-southwest winds England and Wales.

Headline for Cairngorms NP and Monadhliath

Showery areas of rain, some heavy later. Wind drops light.

Detailed Forecast for Tuesday, 30 June, 2026

How windy? (On the Munros)	Southerly 15 to 20mph, up to 25mph high tops for a time in morning, but tending to drop lighter and variable.
Effect of wind on you?	Fairly small, but feeling more blustery for a few hours on higher terrain. Sudden gusts around heavy showers.
How wet? (Precipitation and its impact)	Showery rain, some heavy bursts develop, chance of lightning Patchy rain extending northwards in the morning and middle of day, some drier moments in north, then slow-moving showers afternoon, some places drier, but heavy bursts locally, risk of isolated hail and thunder.
Cloud on the hills?	Fairly extensive, better north Cloud varying over the hills, but often capping high tops, lowering around rain with ragged patches lower down. Breaks typically best north Cairngorms in morning.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun mainly north in morning. Visibility very good where dry, but reduced to poor in rain.
How Cold? (at 900m)	8C rising to 10C afternoon. Feeling near to freezing on high tops in early wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 1 July	Thursday 2 July
How windy? (On the Munros) Effect of wind on you?	Variable 10mph or less much of morning, strengthening southerly to 25-35mph, later afternoon 50mph, stronger toward dusk. Small in the morning, but becoming more blustery, walking increasingly arduous later, very difficult late in day.	Westerly, risk 70mph dawn-early morning, lessening to 40-50mph during morning, 30-40mph in afternoon, strongest Risk severe conditions from overnight and still difficult well into daytime, walking and balance challenging, slowly moderating.
How wet? (Precipitation and its impact)	Rain later in day Generally dry until later in day, except for an odd isolated shower. Toward evening, rain moving in from southwest, becoming persistent, some heavier late in day or into night.	Scattered showers Overnight rain likely clears to leave showery conditions, most frequent north and western areas in morning, a scattering afternoon, may become more often dry.
Cloud on the hills?	Varied in morning, lifting, breaks to tops Banks of cloud over higher slopes and some patches to mid-levels in the morning. Tending to lift and break to upper slopes, clearing some high tops, best toward north and eastern Cairngorms.	Lifting toward or above tops Covering high terrain fairly widely from dawn, soon mostly confined above 1000m and gradually tending to thin and break higher, best and soonest in east & south.
Chance of cloud free Munros?	30% rising to 70%	30% rising to 60%
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, giving way to high cloud moving in from west later. Visibility excellent.	Occasional sun breaking through, most often eastern lower slopes. Visibility very good below cloud.
How Cold? (at 900m) Freezing Level	8 or 9C, local 10C afternoon in north/east. Feeling like freezing as wind increases, later near -5C in exposure on tops. Above the summits.	6C rising to 8C afternoon. Directly in the stronger winds feeling like -5 to -10C on tops. Above the summits.

Planning Outlook**All mountain areas of Britain from Wednesday, 1 July, 2026**

A changeable westerly Atlantic pattern this week and into the weekend. By later Wednesday into Thursday, a spell of upland gales and more widespread rain. Risk of another windy and wetter spell into Friday. Rain and cloud most frequent over western hills from Lake District northward. Temperatures this week near or slightly below average, with marked wind chill on tops. An improving trend from the south over the weekend, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, though southwesterlies may still bring more cloud to the west, some rain mainly northwest Scotland.

Forecast issued at 16:03 on Monday, 29 June, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.