

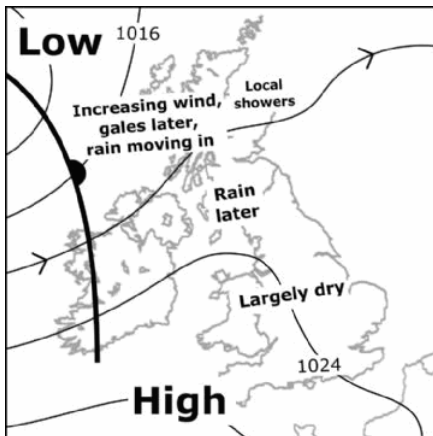
Cairngorms NP and Monadhliath

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



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com**

General Summary for Wednesday, 1 July, 2026



British Mountain Summary:

Based on forecast chart for noon 1 July, 2026

Rapidly strengthening wind into the afternoon, gales develop increasingly widely later. Odd showers, then rain sweeps into western Scotland through the afternoon, setting in. England & Wales largely dry until evening. Cloud fairly widely on western hills in the morning, lifting for a time prior to rain.

Headline for Cairngorms NP and Monadhliath

Light wind early; deteriorating to gales and rain late in day.

Detailed Forecast for Wednesday, 1 July, 2026

How windy? (On the Munros)	Variable then southerly 10mph or less much of morning, strengthening southerly afternoon to 25-35mph, later afternoon 50mph, stronger toward dusk, reaching 60-70mph with stronger gusts, switching westerly onward into night.
Effect of wind on you?	Small in the morning, but becoming more blustery, walking increasingly arduous later, very difficult late in day, with considerable wind chill by evening. Severe conditions into overnight hours.
How wet? (Precipitation and its impact)	Local showers; rain later in day Largely dry until later in day, but one or two brief showers drift eastwards morning into middle of day. Toward evening, rain moving in from southwest, becoming persistent, some heavier in west late in day. Persistent rain tends to break up into night.
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 into middle of day, clearing some high tops afternoon, best toward north and eastern Cairngorms. By evening, lowering over higher slopes in rain.
Chance of cloud free Munros?	30% rising to 70% afternoon until late
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, giving way to high cloud moving in from west later, thickening toward evening. Visibility excellent below/out of cloud until late evening most places.
How Cold? (at 900m)	8 or 9C, local 10C afternoon in north/east. Feeling like freezing as wind increases, later near -5C in exposure on tops.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 2 July	Friday 3 July
How windy? (On the Munros) Effect of wind on you?	Westerly, 70mph dawn-early morning, lessening to 40-50mph during morning, 30-40mph in afternoon, strongest Severe conditions from overnight and still difficult well into daytime, walking and balance challenging, slowly moderating.	Southwesterly 25 to 40mph, speeds likely to fluctuate during the day, reaching 50mph at least in gusts on high Cairngorms. Affecting comfortable walking, at times more strenuous on exposed terrain and balance may be challenging on ridges.
How wet? (Precipitation and its impact)	Scattered showers Overnight rain likely clears to leave showery conditions, most frequent north and western areas in morning, a scattering afternoon, becoming more often dry.	A little rain mostly west Occasional drizzle mainly over hills near and west of the A9, some rain may develop at times. Very little if any toward Deeside.
Cloud on the hills?	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.	Mostly higher and southwestern areas Most cloud confined above 800-1000m, most frequent on hills toward Drumochter, but some breaks. Capping tops for periods widely, but clearing at times east & north.
Chance of cloud free Munros?	30% rising to 60%	30% southwest, to 60% northeast.
Sunshine? Air clarity (below cloud)	Occasional sun breaking through, most often eastern lower slopes. Visibility very good below cloud.	Glimpses of sun, more often sun through high cloud eastern areas. Visibility good below cloud, very good east.
How Cold? (at 900m) Freezing Level	6C rising to 8C afternoon. Directly in the stronger winds feeling like -5 to -10C on tops. Above the summits.	8C rising to 10C afternoon. Feeling like 0 to -3C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Thursday, 2 July, 2026**

West to southwesterlies prevail across northern Britain. Rain, drizzle and low cloud most frequent over western hills from Lake District northward. Temperatures near average, but feeling cool in exposure to wind on tops. An improving trend from the south over the weekend as higher pressure builds, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, very warm some days England and Wales, though southwesterlies still bring more cloud to western Scotland, some rain at times, wettest toward northwest.

Forecast issued at 16:28 on Tuesday, 30 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.