

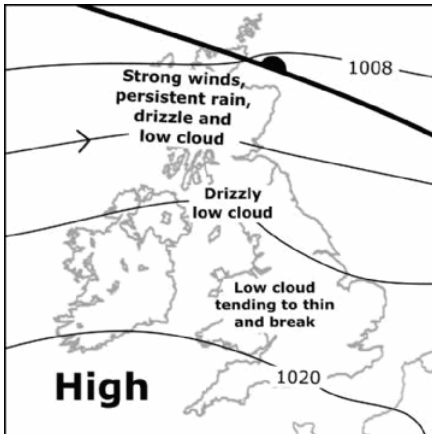
Cairngorms NP and Monadhliath

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 Monday, 6 July, 2026



British Mountain Summary: Based on forecast chart for noon 6 July, 2026

Windy and generally wet across Scottish hills, rain and drizzle most persistent in northwestern Highlands. Breezy, damp and drizzly too for northern England. Drier and lighter winds for Wales. Poor visibility with low cloud cloaking many hills through the day, best of any breaks toward east.

Headline for Cairngorms NP and Monadhliath

Gusting gale-force over tops. Rain, drizzle, cloud on tops.

Detailed Forecast for Monday, 6 July, 2026

How windy? (On the Munros)	West-southwesterly 30 to 40mph, some variability, lowest speeds typically afternoon; strongest gusts over high tops 50mph for periods.
Effect of wind on you?	Walking impeded on high terrain, often strenuous conditions with notable wind chill; gusts challenging stability.
How wet? (Precipitation and its impact)	Drizzle and frequently raining morning west Frequent rain western and northern hills, most persistent over Monadhliath/Drumochter. Some drier windows, but drizzly on the high Cairngorms. Driest on lower slopes towards Braemar during afternoon.
Cloud on the hills?	Fairly extensive Extensive at dawn to at least middle slopes widely, lowest Drumochter where patches to forest canopies around rain; higher bases east Cairngorms. Lifting slightly, to 700-900m, always highest east, higher breaks Deeside when rain ceases.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Overcast, often dull western hill groups with poor visibility. Very good east if out of cloud and rain, chance an odd glimpse of sun.
How Cold? (at 900m)	9C rising a degree, locally to 11C easternmost hills. Feeling near freezing in strongest wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 7 July	Wednesday 8 July
How windy? (On the Munros) Effect of wind on you?	Westerly 35-40mph dawn, strong gusts over tops approaching 55mph; easing to 25-30mph, staying gusty. Challenging in exposure early, gusts knocking you off balance and significant wind chill. Easing but staying strenuous.	West to southwesterly 15 to 25mph, occasional 30mph around high tops. Fairly small, but some noticeable gustiness in places not just on high tops.
How wet? (Precipitation and its impact)	Patchy rain, mostly west Rain drifts from the west, patchy and often light in nature; some extended steadier falls may occur. Only odd spots reach further east where largely dry.	Rain unlikely Rare fine drizzle mainly west of A9 if in early low cloud on windward slopes.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, high breaks forming east Fairly extensive to middle elevations early, lowest west where locally to 400-500m, some ragged lower patches in early rain. A lifting trend, to around 700-800m Monadhliath/west Cairngorms, eastern areas seeing breaks approach 1100m or briefly higher. 20%, to 40% east	Varied early patches clearing many hills Banks of cloud around mid-slopes in morning, most extensive near/west of the A9, may linger for several hours. Patches may remain near Ben Alder, largely clearing elsewhere. High tops above 1100m may start above cloud. 40% rising to 80%
Sunshine? Air clarity (below cloud)	A few glimpses of weak sunshine, best western hills. Very good visibility below cloud; sudden changes on high terrain.	Varied cloud and sun in morning, then increasingly sunny with fair-weather cloud. Visibility good or very good.
How Cold? (at 900m) Freezing Level	9 or 10C, rising slightly, to 12C eastern hills. Feeling near freezing in strongest wind. Above the summits.	12C rising to 15C afternoon, locally slightly warmer easternmost hills. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 7 July, 2026**

A damp start westerly pattern continues at the start of the week, particularly in Scotland, then a drier and warmer window builds into the middle of the week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some patchy rain continues through late week in western Scotland though detail is uncertain and more often dry. High pressure is indicated to expand across Scotland through next weekend bringing more widely dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some thunderstorms.

Forecast issued at 16:00 on Sunday, 5 July, 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.