

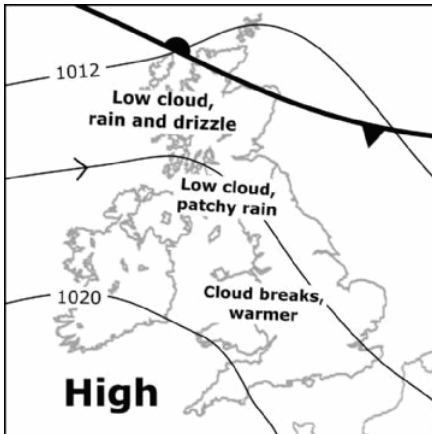
Cairngorms NP and Monadhliath

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, 7 July, 2026



British Mountain Summary:

Based on forecast chart for noon 7 July, 2026

Windy over high terrain, strongest in the morning, again later in Scotland. Damp and murky north and western Highlands, more persistent rain at times. Some improvement southern Highlands in afternoon. Often dry for northern England, but higher fells shrouded in cloud. Brighter for Wales as cloud thins.

Headline for Cairngorms NP and Monadhliath

Windy, gales early and late. Damp, lowest cloud toward west.

Detailed Forecast for Tuesday, 7 July, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Westerly 35-45mph around dawn, strong gusts over tops 50-55mph; easing through morning into middle of day to 25-30mph. Toward evening, increasing again from west to 35-45mph with stronger gusts some slopes.</p> <p>Challenging in exposure early, gusts knocking you off balance and significant wind chill. Easing but staying strenuous, then late in day more difficult again.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Patchy rain, mostly west</p> <p>Rain drifts from the west, patchy and often light in nature; some extended steadier falls mainly Monadhliath to north Cairngorms in morning, again toward evening. Often only odd spots reach further east where largely dry.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Fairly extensive, high breaks forming east</p> <p>Covering many hills 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.</p> <p>20%, to 40% east</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>A few glimpses of weak sunshine, best toward eastern glens afternoon. Very good visibility below cloud; sudden changes on high terrain.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>9 or 10C, rising slightly, to 12C eastern hills. Feeling near or just below freezing in strongest wind.</p> <p>Above the summits.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 8 July	Thursday 9 July
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 15 to 25mph, occasional 30mph around high tops, mainly early in the day, gusty at first. Fairly small, but some noticeable gustiness in places not just on high tops, mainly in the morning.	Southwesterly 15 to 25mph, possible gusts over 30mph some higher slopes early in day, tending to drop lighter with time. Mostly small, but feeling blustery early in the day around some higher slopes mainly higher Cairngorms.
How wet? (Precipitation and its impact)	Rain unlikely Rare fine drizzle mainly west of A9 if in early low cloud on windward slopes.	No rain expected
Cloud on the hills?	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.	Varied patches, largely clearing Patchy cloud around some slopes early in day, high tops likely above the cloud. May drift higher up onto some tops for a few hours, tending to disperse or lift above most summits into afternoon.
Chance of cloud free Munros?	40% rising to 80%	80%
Sunshine? Air clarity (below cloud)	Varied cloud and sun in morning, then increasingly sunny with fair-weather cloud. Visibility good or very good.	Sunshine and broken cloud. Some patchy early mist, otherwise visibility mostly very good.
How Cold? (at 900m) Freezing Level	12C rising to 16C afternoon, locally 18C easternmost hills. Above the summits.	12C rising to 16 to 18C afternoon, warmest east and northeast areas. Feeling like 5C if exposed to stronger breeze in morning. Above the summits.

Planning Outlook**All mountain areas of Britain from Wednesday, 8 July, 2026**

A drier and warmer window builds into the middle of this week: very warm in England and Wales. Still low cloud persistent especially toward northwest Scotland, but spells of sunshine spread northward, and lighter wind. Some rain late this week in western Scotland though mostly light and patchy, many places dry. High pressure expands across Scotland through the weekend bringing more widely clearer hills, dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some isolated thunderstorms occasionally.

Forecast issued at 16:21 on Monday, 6 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.