

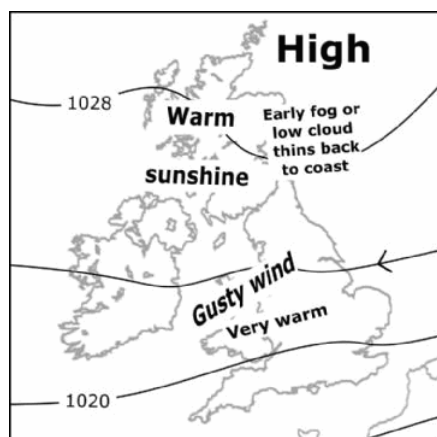
Cairngorms NP and Monadhliath

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 Tuesday, 14 July, 2026



British Mountain Summary:

Based on forecast chart for noon 14 July, 2026

Dry with strong sunshine, warmest in west.

Early fog and low cloud over eastern hills retreats toward the North Sea in the morning. Gusty easterlies mainly central Scotland southwards, strongest for Wales.

Extremely dry ground conditions - beware high risk of fire.

Headline for Cairngorms NP and Monadhliath

Warm sunshine, early low fog, mostly light wind.

Detailed Forecast for Tuesday, 14 July, 2026

How windy? (On the Munros)	Easterly 10-15mph or less, typically strongest over southern Cairngorms NP, some gusty spots may reach 20mph at times.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Hills clear, early low fog disperses From dawn, fog in some glens and mostly only lower hill slopes toward north and east. Mountains generally clear from low-mid slopes upward; brief fragments may drift upslope, but soon all thinning and dispersing.
Chance of cloud free Munros?	Practically certain (above early fog)
Sunshine? Air clarity (below cloud)	Strong sunshine and excellent visibility on hills, early fog patches lower down, leaving some low level haze. High UV, beware sunburn.
How Cold? (at 900m)	14C from dawn (warmer than many lower slopes and glens above an inversion at first), rising to 17C (glens reach 25C).
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 15 July	Thursday 16 July
How windy? (On the Munros)	East or southeasterly 5 to 10mph.	East to northeasterly, 5 to 10mph.
Effect of wind on you?	Negligible.	Negligible.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills?	Mountains clear From dawn, fog confined to some glens and only lowest hill slopes mainly north and eastern areas, soon all dispersing.	Hills clear Fog over the North Sea may have extended into some glens around dawn, but soon dispersing.
Chance of cloud free Munros?	Practically certain	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine all day. Excellent visibility on high terrain, some low-level haze.	Sunshine over the mountains dawn til dusk, occasional thin high cloud. Visibility excellent, some mist patches from dawn in glens and over lochs.
How Cold? (at 900m) Freezing Level	16C from dawn (warmer than glens), rising to 19C (glens reach 25C or locally warmer north of Cairngorms). Above the summits.	16C from dawn, (warmer than glens at first), rising to 19C (glens reach 25C or locally warmer around Strathspey). Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 15 July, 2026

Staying broadly fine likely through the weekend into early next week at least - dry with pleasantly warm temperatures and often plenty of sunshine. Some coastal fog rolling inland overnight for misty dawns in places this week.

Valley temperatures rising to 25C or above, typically warmer in Wales and Peak District. Gusty easterly winds for England and Wales. An ongoing very high risk of fire with extremely dry ground conditions. Into the weekend, northerly breezes develop more widely, a cooling trend for a time, particularly Scotland where summit temperatures likely dip back below 10C; some cloud may be drawn onto northern mountains at times, small chance of isolated showers.

Forecast issued at 16:00 on Monday, 13 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.