

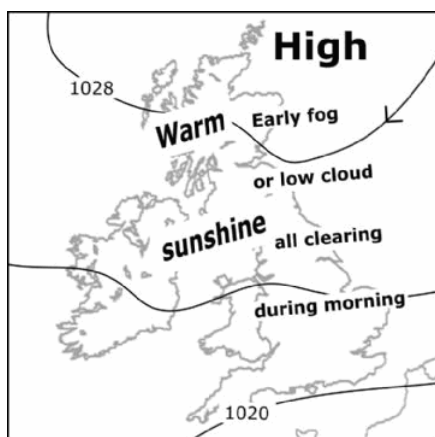
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich 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, 15 July, 2026



British Mountain Summary:

Based on forecast chart for noon 15 July, 2026

Warm across the hills with strong sunshine. Fog for lower eastern areas from dawn - Scottish hills above the fog, whilst low cloud banks drift onto hill slopes over Pennines for a few hours. Easterly breeze, strongest for south Pennines & Wales. Extremely dry ground, beware of fire.

Headline for Cairngorms NP and Monadhliath

Warm and sunny, early low fog. Light wind.

Detailed Forecast for Wednesday, 15 July, 2026

How windy? (On the Munros)	East or southeasterly 5 to 10mph.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Mountains clear, early low inversion From dawn, fog confined to some glens and only lowest hill slopes mainly north and eastern areas, locally lasting a few hours, but dispersing in the morning, retreating away toward the coast.
Chance of cloud free Munros?	Practically certain
Sunshine? Air clarity (below cloud)	Strong sunshine on hills all day. Excellent visibility on high terrain, early low fog leaves some low-level haze.
How Cold? (at 900m)	16C from dawn (warmer than glens), rising to 19C (glens reach 25C or locally 27C north of Cairngorms).
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 16 July	Friday 17 July
How windy? (On the Munros)	Northeasterly, 5 to 10mph, at times 15mph mainly later in day.	Northerly 15 to 25mph, local 30mph northeastern tops.
Effect of wind on you?	Small.	Fairly small, but feeling more blustery at times and noticeable cooler on high terrain.
How wet? (Precipitation and its impact)	No rain expected	Rain unlikely An odd pocket of drizzle possible over northern Cairngorms.
Cloud on the hills?	Hills clear Fog over the North Sea may have extended inland into some glens toward the north and east around dawn, but soon dispersing.	Covering northern hills for a time Varied banks of cloud drifting onto some hill slopes, mainly north Cairngorms. Higher terrain may be above the cloud, but some cloud banks likely drifting higher up for periods, then thinning. Well broken cloud further south.
Chance of cloud free Munros?	Practically certain	50% north, 80% south.
Sunshine? Air clarity (below cloud)	Sunshine over the mountains dawn til dusk, occasional thin high cloud. Visibility excellent, some mist patches from dawn in glens and over lochs.	Patchwork of sun and cloud. Visibility very good or excellent.
How Cold? (at 900m)	16C from dawn, (warmer than glens at first), rising to 19C (glens reach 25C or locally warmer around Strathspey).	10 to 14C, coolest in northern areas around cloud banks.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 16 July, 2026

Settled summer weather continues into the weekend and next week as high pressure dominates. Warm temperatures on the hills in midweek will trend cooler from the north from Friday into the weekend, dropping below 10C on summits for periods, mainly Scottish mountains. Most persistently cooler in the north where some cloud will be drawn over the tops at times, occasional light showery rain. Otherwise generally ongoing dry weather, with good amounts of sun and many hill tops often clear of cloud. Continuing very high risk of fire with extremely dry ground conditions. A change of weather pattern late in the month brings scope for rain and thundery showers.

Forecast issued at 16:28 on Tuesday, 14 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.