

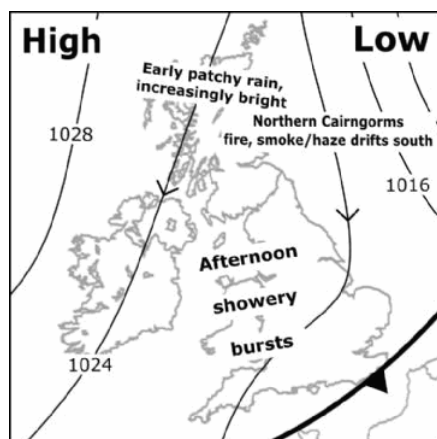
Cairngorms NP and Monadhliath

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



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General Summary for Saturday, 18 July, 2026



British Mountain Summary:

Based on forecast chart for noon 18 July, 2026

Fog and patchy light rain north Scottish highlands early, breaking for a dry bright afternoon; smokey views east Scotland. Warm and dry with widespread high fire risk. Sun and fair weather cloud England and Wales, afternoon scattered showery bursts from Yorks Dales NP southward to Wales.

Headline for Cairngorms NP and Monadhliath

Active fire north Cairngorms; cloud and some light rain, improving

Detailed Forecast for Saturday, 18 July, 2026

How windy? (On the Munros)	North-northwesterly 10-20mph, gusty over the Cairngorm plateau, may reach 30mph at times over eastern Cairngorms, particularly early when gusts push downslope.
Effect of wind on you?	Fairly small, but walking becomes impeded in gusts to the east and feeling chilly.
How wet? (Precipitation and its impact)	Patchy rain Patchy rain affects the Cairngorm plateau from time to time, a few extended falls with early drizzle on high terrain. Rainfall totals likely small, slopes south of high Cairngorms seeing little if any.
Cloud on the hills?	Lingering on high northern slopes May be fairly extensive at dawn, to 600m northern Cairngorms into Strathspey area. Soon lifting and breaking, southern slopes clearing cloud soonest; varied banks over the high Cairngorms, bases to 1100m northern slopes at times, increasingly broken into evening.
Chance of cloud free Munros?	20%, gradually rising, to 70% into evening
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, more often cloudy on high northern slopes. Smoke from wildfire in the north Cairngorms impacting visibility.
How Cold? (at 900m)	7C rising to 9C northern Cairngorms, to 12C southern Cairngorms/Drumochter area. Feeling near freezing in strongest wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 19 July	Monday 20 July
How windy? (On the Munros) Effect of wind on you?	North-northwesterly 5-15mph, strongest wind early in the east, sustained 25mph with stronger gust; perhaps later too. Fairly small, but walking inconvenienced in early wind to the east.	Northwesterly 10-20mph, strongest sustained wind eastern Cairngorms. Fairly small.
How wet? (Precipitation and its impact)	No rain expected	Little or none Some fine drizzle may affect the high Cairngorms, notably early, but more likely dry.
Cloud on the hills? Chance of cloud free Munros?	Largely clear At dawn, mist on some sheltered northern slopes, well broken and soon dissipating for clear hills; southern slopes largely clear. Late afternoon into evening sees the return of banks to high Cairngorms, bases to 1100m north slopes into evening. 90%	Lifting to tops, well-broken later From dawn, fairly extensive above 700-800m over Cairngorm plateau; always higher cloud base to the south, starting near or above 900m. Base lifts, mostly above 1100m by afternoon, southern slopes clearing, then more widely breaking up late in the day. 10% rising to 80%
Sunshine? Air clarity (below cloud)	Patchy sunshine, best on southern slopes. Visibility impacted by smoke from fires.	Cloudy to start on north slopes, sun increasingly breaking out, widely later. Very good visibility (may still be smokey due to fires).
How Cold? (at 900m) Freezing Level	6C rising to 9 to 12C, mildest southern Cairngorms/Drumochter. Above the summits.	6C rising to 11 to 13C; always warmest south of Cairngorm plateau (to 14C Drumochter). Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 19 July, 2026

Ground conditions remain very dry with wildfire risk; some areas in north Wales, the Peak District, and Cairngorms NP are currently inaccessible due to fire hazards. Weather remains settled late weekend into next week as high pressure persists west of Ireland. A northerly flow will cool temperatures slightly, dawn temperatures in the middle single digits in Scotland; staying warm in England and Wales but hill temperatures unlikely reaching the 20s. Cloud and drizzle starts to affect northwest Scotland more often, occasionally drifting further south, chance of an area of rain slipping south through the country Tuesday to Wednesday, though totals likely small. An unsettling trend is indicated for the following weekend, bringing wind, some rain, and cooler temperatures.

Forecast issued at 15:24 on Friday, 17 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.