

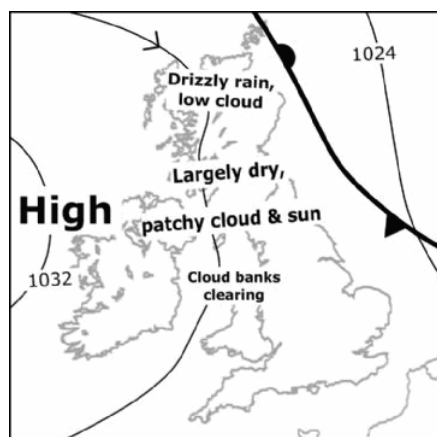
Cairngorms NP and Monadhliath

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 Wednesday, 22 July, 2026



British Mountain Summary:

Based on forecast chart for noon 22 July, 2026

Dull and damp for northern Scotland much of the day, low cloud blanketing the hills, fresh northwesterly winds, feeling cool. Drier and better cloud breaks southward across the Highlands. Some cloud on hills in northern England and Wales tending to lift and break, some warm sunshine.

Headline for Cairngorms NP and Monadhliath

Breezy and cool; rain, drizzle and cloud covering hills.

Detailed Forecast for Wednesday, 22 July, 2026

How windy? (On the Munros)	Northwesterly 30mph early in day with some stronger gusts locally 40mph in east, tending to ease to 20-25mph, strongest northeast Cairngorms, less southwest.
Effect of wind on you?	Blustery particularly in morning, affecting comfortable walking and feeling rather chilly on exposed tops; tending to improve, through staying breezy high Cairngorms.
How wet? (Precipitation and its impact)	Light rain and drizzle mostly north Some steady rain and drizzle over a few hours in the morning on northern Cairngorms and Monadhliath, tending to become patchy, but some drizzly patches continue or return later in north. Less toward Glen Garry.
Cloud on the hills?	Shrouding high terrain, lifting, breaks south Covering hills fairly widely above 800 to 1000m in the morning, some banks to 600-700m northern areas. Lifting to 1100m or above, then breaks forming into afternoon, best southward, whilst banks may linger northern tops.
Chance of cloud free Munros?	30% rising to 50% north, 70% south.
Sunshine? Air clarity (below cloud)	Largely cloudy north, some glimpses of sun south, may break through a little more widely afternoon. Visibility reduced around dampness, then very good below cloud.
How Cold? (at 900m)	8C rising to 11 to 13C, warmest toward south and east. In morning, feeling below 0C in the wind, near -5C high tops.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 23 July	Friday 24 July
How windy? (On the Munros) Effect of wind on you?	Westerly 15 to 25mph, strongest sustained speeds over higher Cairngorm plateau, increasingly later in day to 30-35mph. Fairly small effect on walking, but feeling breezy and quite cool on high terrain. Becoming increasingly blustery evening.	Westerly 30 to 40mph, gusts 50mph over higher Cairngorms. Frequent buffeting over high terrain, making walking strenuous, gusts knocking you off balance. Considerable wind chill.
How wet? (Precipitation and its impact)	A little drizzle northwest Odd patches of drizzle north Cairngorms to Monadhliath in the morning, then likely dry. Risk some light rain mainly later evening. Largely dry further south and east.	Drizzle most frequent west Drizzle on and off for mountains near and west of the A9 corridor. Patchier eastwards, more often dry toward Deeside. Toward evening, some steadier rain likely develops from west.
Cloud on the hills?	Early low cloud lifting and breaking Some cloud banks from 500-700m upward early in the day, particularly northern areas. Base rising to 1000-1200m during morning, increasingly lifting and breaking above most tops during afternoon.	Most persistent western tops Covering hills from Ben Alder to west Cairngorms and Monadhliath much of day above 800-1000m, brief breaks. East near Deeside, bases 1000-1100m, good breaks.
Chance of cloud free Munros?	30% rising to 80%	30% west, to 60% furthest east.
Sunshine? Air clarity (below cloud)	Largely cloudy start, visibility becoming very good below cloud, occasional sun breaking through, best in east.	Largely cloudy, visibility reduced at times in drizzle west, otherwise good below cloud, some sun breaking through in east.
How Cold? (at 900m) Freezing Level	9 or 10C from dawn, rising to 12 to 14C afternoon, warmest in eastern areas. Feeling near 0C in the wind in morning. Above the summits.	7C rising to 10C, local 12C eastern tops; little change with added height on Munros. Feeling like 0 to -5C directly in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 23 July, 2026

Westerly winds strengthen widely later this week, reaching gale-force over Scottish tops on Friday; low cloud across western Scotland, drizzle and steadier light rain, turning heavier later Friday. A swathe of persistent rain and strong winds moving southwards across Britain into Saturday, leaving a legacy of showers for Scotland, winds tending to lessen. Further areas of showers into Sunday. A changeable westerly pattern into next week and likely into early August, bringing spells of rain and showers; varying wind speeds, strengthening at times to gales on high tops. Often cooler for Scotland, a mix of cooler and warmer days for England & Wales.

Forecast issued at 16:01 on Tuesday, 21 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.