

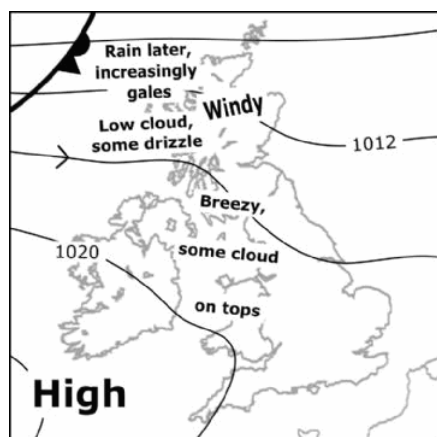
Cairngorms NP and Monadhliath

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 Friday, 24 July, 2026



British Mountain Summary:

Based on forecast chart for noon 24 July, 2026

Strong westerly winds, reaching gale-force on Scottish tops, increasing later. Low cloud and some drizzle in western Scotland, drier and some cloud breaks further east. More persistent rain develops from the northwest later. Largely dry England & Wales, some cloud capping high western tops.

Headline for Cairngorms NP and Monadhliath

Windy, gales high tops. Patchy drizzle, cloud on tops.

Detailed Forecast for Friday, 24 July, 2026

How windy? (On the Munros)	Westerly 30 to 40mph, gusts 50mph at times during day over higher Cairngorms. Tending to strengthen toward evening, reaching 60mph with gusts 70mph high tops from dusk into the night.
Effect of wind on you?	Frequent buffeting over high terrain, making walking strenuous, gusts knocking you off balance. Generally deteriorating further later in the day to become widely challenging on hills. Considerable wind chill.
How wet? (Precipitation and its impact)	Drizzle most frequent west in morning Drizzle on and off for mountains near and west of the A9 corridor, mainly morning, drier afternoon. Patchier eastwards, more often dry all day toward Deeside. Toward evening, some steadier rain develops from northwest, further rain into night, mainly in west.
Cloud on the hills?	Most persistent western tops, breaks east 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, best during afternoon. Some highest tops near top of the cloud banks at times. Lowering during evening into night.
Chance of cloud free Munros?	30% west, to 60% furthest east.
Sunshine? Air clarity (below cloud)	Largely cloudy, visibility reduced at times in drizzle west, otherwise good below cloud, some sun breaking through in east.
How Cold? (at 900m)	8C rising to 11C, local 13C eastern tops; little change with added height on Munros. Feeling like 0 to -3C directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 25 July, 2026

Westerly winds prevail this weekend and early next week, then southwesterly into midweek, bringing spells of rain, drizzle and some showery falls; low cloud persistent across hills, particularly in the west. Upland gales early on Saturday tend to lessen, but staying breezy; lower wind speeds for Scotland on Sunday. Rather cool this weekend and Monday, single-figures Celsius on high terrain. Then more humid, and warmer, especially England & Wales. More prolonged heavier rain possible for western Scotland Monday-Tuesday, risk of gales again on high tops. More uncertainty later in the week as a slow-moving area of low pressure is nearby, but risk areas of heavy rain and showers.

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.