

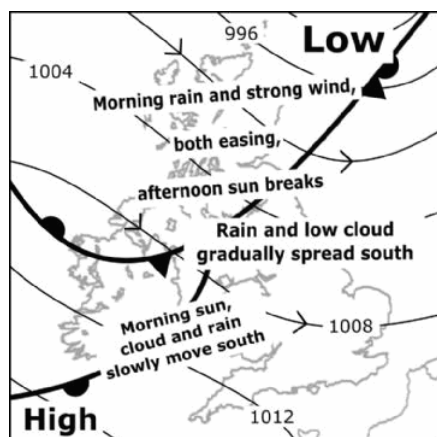
Cairngorms NP and Monadhliath

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 Saturday, 25 July, 2026



British Mountain Summary:

Based on forecast chart for noon 25 July, 2026

Windy early, gale-force gusts in Scotland with significant wind chill. Morning rain in Scotland slips south into north England by midday, patchy sun breaks out in Scotland. Morning sun in Wales, rain reaching here through afternoon from north. Most rain on western hill groups where cloud will become extensive.

Headline for Cairngorms NP and Monadhliath

Morning rain, gales over tops; both easing, sun breaking out

Detailed Forecast for Saturday, 25 July, 2026

How windy? (On the Munros)	Westerly 45-55mph from dawn into early morning, stronger gusts approaching 65mph over high tops; lessening to 35-40mph middle of day, a slight northwesterly shift, 15-25mph later.
Effect of wind on you?	Challenging walking and marked chill at first, strongest gusts may knock you off your feet. Gradually improving during day, but at least strenuous conditions persist until the later afternoon.
How wet? (Precipitation and its impact)	Morning rain, drizzly showers, fading Patchy rain from overnight spreads into early morning for a few hours of steady falls. Tending to ease to drizzly showers by early afternoon, mostly just north and west areas, fading out with time.
Cloud on the hills?	Extensive early, rising, breaking Shrouding hills fairly widely above 600-800m in morning, lowest toward west, and may briefly be more extensive to middle slopes. Base rises after rain passes, breaks increasingly reaching summit level, eastern summits often clearing cloud.
Chance of cloud free Munros?	10% rising to 50%, or 70% east.
Sunshine? Air clarity (below cloud)	Largely cloudy, dull morning, misty over hills especially in west; improving visibility to become very good below cloud with a patchwork of cloud and sun afternoon.
How Cold? (at 900m)	9 to 12C, warmest east, particularly near Deeside afternoon. Feeling near -5C directly in the wind in the morning, nearer freezing as the day goes.
Freezing Level	Above the summits.

All mountain areas of Britain from Sunday, 26 July, 2026

West-northwesterly winds prevail this weekend and early next week, transitioning to southwesterly through mid-to-late week, bringing spells of rain, drizzle and some showery falls; low cloud persistent across hills, particularly in the west. Lower wind speeds for Scotland on Sunday, staying quite breezy England and Wales. Rather cool this weekend and Monday, single-figures Celsius on high terrain. More prolonged heavier rain possible for western Scotland Monday-Tuesday. More humid and warm into mid and late week, especially England & Wales which could become hot later in the week. More uncertainty later in the week as a slow-moving area of low pressure is nearby, but risk areas of heavy rain and showers into next weekend as well.

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.