

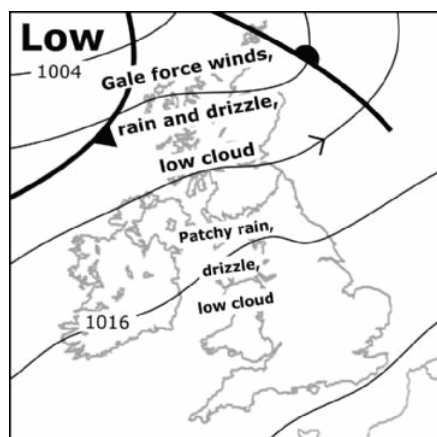
Cairngorms NP and Monadhliath

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 Tuesday, 28 July, 2026



British Mountain Summary:

Based on forecast chart for noon 28 July, 2026

Challenging conditions over high terrain with gale-force winds, severe gales on the higher Scottish mountains. A few hours of persistent rain, some heavy for the Highlands, leaving drizzly conditions, low cloud across most hills. Some heavier rain again later in western Scotland.

Headline for Cairngorms NP and Monadhliath

Gales strengthen, severe high terrain. Rain and low cloud.

Detailed Forecast for Tuesday, 28 July, 2026

How windy? (On the Munros)	Southwesterly strengthening during morning 45 to 60mph, then more sustained higher speeds later in afternoon, gusts increasingly over 70mph on higher Cairngorms. Continuing evening into night.
Effect of wind on you?	Difficult walking conditions on exposed higher terrain, gusts could knock you over, particularly afternoon, any mobility becoming challenging higher Cairngorms. Considerable wind chill.
How wet? (Precipitation and its impact)	Persistent rain in morning, patchy drizzle afternoon, wetter again later Periods of persistent rain widely in morning, mixed with drizzle, generally wettest in Drumochter area. Easing off to be drier for a few hours into afternoon, for longest in eastern areas. Into evening, rain returns from southwest, more persistent toward dusk into night southern areas, some heavy.
Cloud on the hills?	Extensive higher areas Blanket cloud shrouding the mountains much of the day above 700-900m, lowest and most persistent western areas, rising a little, some higher breaks form in east/northeast during the afternoon.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy, poor visibility in rain, some improvements to be good below cloud when dry, some sun breaking through in north and east afternoon.
How Cold? (at 900m)	10 or 11C, little variation all day, locally up to 13C eastern areas, quite humid. Feeling like 0 to -3C directly in wind on tops.
Freezing Level	Above the summits.

All mountain areas of Britain from Wednesday, 29 July, 2026

A complex pattern into the start of August as weak low pressure is nearby to the west . Some showery bursts of rain, possibly thundery in places on some days, locally persistent rain possible, but some places may well escape drier. Cloud varying over the hills from day to day. Strong southwesterly winds later this week, then becoming more variable in speed and direction over the weekend into early next week, may strengthen again for periods. A generally showery westerly may then prevail during next week. Temperatures near average or on the cooler side for Scotland , warmer for Wales and Peak District. Beware ongoing fire management restrictions to access despite rain in the forecast.

Forecast issued at 7:53 on Tuesday, 28 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.