

Cairngorms NP and Monadhliath

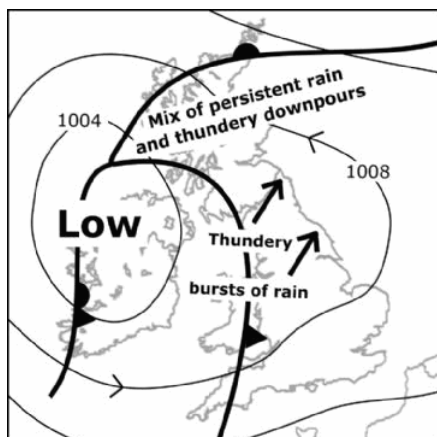
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



sportscotland
the national agency for sport

Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

General Summary for Tuesday, 4 August, 2026



British Mountain Summary:

Based on forecast chart for noon 4 August, 2026

Extensive rain and low cloud across Scotland, becoming thundery downpours into the afternoon from the south into the Highlands. For England & Wales, rain and low cloud most persistent in the morning, heavy showery bursts in middle of day tending to clear eastward afternoon. Strong and gusty winds widely.

Headline for Cairngorms NP and Monadhliath

Rain and thundery downpours, low cloud; gales easing.

Detailed Forecast for Tuesday, 4 August, 2026

How windy? (On the Munros)	Easterly 35 to 50mph from dawn, powerful gusts for a few hours. Turning south-southeasterly and tending to lessen with time, to 25mph into afternoon, but sudden powerful gusts around rain.
Effect of wind on you?	Difficult conditions early morning, buffeting gusts higher and lower slopes. Staying blustery all day though some improvement. Feeling cool in exposure higher up.
How wet? (Precipitation and its impact)	Raining most or all day; thundery bursts Rain affects much of the region all day, some heavier persistent falls at times. Some heavy downpours forming particularly afternoon onward, drifting northwards, with risk of thunder and lightning.
Cloud on the hills?	Extensive low cloud Blanket of fog all day across higher areas, sometimes the cloud below 300-400m Deeside. Breaks to 700m, mainly west of A9.
Chance of cloud free Munros?	Below 10%
Sunshine? Air clarity (below cloud)	Overcast and murky. Visibility often poor.
How Cold? (at 900m)	8C. Feeling near or below freezing directly in the wind, as cold as -5C in morning.
Freezing Level	Above the summits.

All mountain areas of Britain from Wednesday, 5 August, 2026

Low pressure over the country during midweek brings strong winds, rain and thundery showers. Trending toward westerlies later in the week and into weekend, by then most rain and low cloud in western Scotland, but showery rain elsewhere at times, accompanied by periods of strong to gale force mountain winds at times. Generally fresh temperatures widely, often in mid-single figures over Scottish high tops. Despite falls of rain, beware of ongoing fire management restricting access to hills locally.

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.