

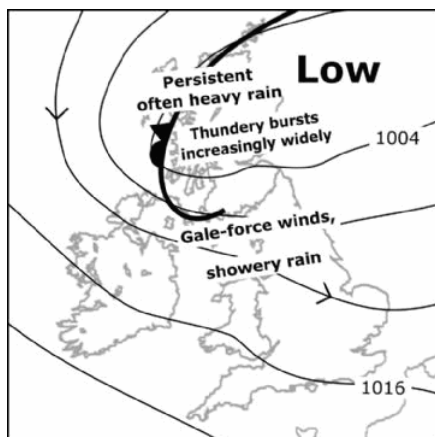
Cairngorms NP and Monadhliath

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



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General Summary for Wednesday, 5 August, 2026



British Mountain Summary:

Based on forecast chart for noon 5 August, 2026

Increasingly gale-force winds over high terrain in northern England and near west coast of Scotland; wind strengthening widely over the Highlands. Areas of persistent rain and heavy downpours becoming widespread for the Highlands, local thunderstorms. Frequent rain for northern England, less for Wales.

Headline for Cairngorms NP and Monadhliath

Strengthening wind afternoon. Often raining, heavy bursts.

Detailed Forecast for Wednesday, 5 August, 2026

How windy? (On the Munros)	Variable or southwesterly, 10-20mph from dawn through middle of day, less at times. Then during afternoon increasing north-northwesterly 30mph, rising to 40mph into evening with stronger gusts high tops by dusk onward.
Effect of wind on you?	Fairly small likely until early afternoon, but then worsening conditions affecting ease of walking and balance on ridges, by evening more challenging. Marked wind chill develops.
How wet? (Precipitation and its impact)	Frequent or persistent rain; thunderstorms forming Areas of rain affect the region much of the day, likely setting in heavier for prolonged periods with some thundery downpours mixed in. Increasingly widespread torrential bursts likely into afternoon, lightning, possible hail.
Cloud on the hills?	Extensive Shrouding mountains widely much of the day, with ragged patches from lower slopes up around heavier rain. Rare breaks toward some higher slopes.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Little or no sun. Visibility poor during rain, occasionally improving.
How Cold? (at 900m)	7 to 9C, coolest toward the north, little change all day. Feeling near or below freezing in the stronger wind later.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 6 August	Friday 7 August
How windy? (On the Munros) Effect of wind on you?	Northwest then westerly, 15 to 30mph, strongest over the Cairngorms in the morning, gusts 40mph around dawn. Fairly small, but affecting comfortable walking at times on some higher slopes. Feeling distinctly chilly.	Southwesterly 20-30mph, trending towards stronger speeds, may reach up to 40mph late in the day. Walking increasingly strenuous with considerable wind chill; a risk becoming arduous over high tops later.
How wet? (Precipitation and its impact)	Showers fading Showery rain most common toward the north in the morning, tending to fade to be often dry by midday into afternoon. By dusk into night, patchy rain likely develops from the west.	Patchy rain, more frequent west Rain often affecting Monadhliath and western Cairngorms, heaviest falls towards Drumochter but some drier windows. More often dry to the east but some patches will drift here. A chance of easing more widely later.
Cloud on the hills?	Lifting and breaking above tops Banks of cloud above 700 to 900m in the morning, lowest in northern areas. Lifting to higher slopes above 1100m during morning, breaks forming above most tops into afternoon.	Lifting to high terrain, chance breaks east Shrouding terrain above 700-900m much of morning, lowest bases western hills with lower patches around rain. A lifting trend, particularly afternoon, bases may approach easternmost Cairngorms summits.
Chance of cloud free Munros?	40% rising to 80%	30%, rising to 50% eastern Cairngorms
Sunshine? Air clarity (below cloud)	Occasional sun breaking through. Visibility very good.	Best chance of sunny glimpses northeast Cairngorms, but otherwise cloud. Excellent visibility where dry and below cloud (best northeast Cairngorms).
How Cold? (at 900m) Freezing Level	5C rising to 7C afternoon. Feeling near freezing, or as cold as -5C on higher tops in the early wind. Only just above freezing point on highest Cairngorms summits.	7C rising to 10C, or a degree milder easternmost hills. Feeling near freezing in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 6 August, 2026

West to southwesterly winds prevail later this week and into the weekend and further weather fronts will come in off the Atlantic to bring low cloud and rain especially to western mountains in Scotland. A brief ridge of high pressure this Thursday offers a better day with the wind lessening for a time and fewer showers, but winds likely strengthen again by Friday, toward gale force over northwestern Scottish mountains at least. Heavy rain likely affects western Scotland on Saturday, becoming widely showery into Sunday. A brief window of improvement is indicated early next week, but a generally unsettled theme likely continues into mid-month.

Forecast issued at 16:00 on Tuesday, 4 August, 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.