

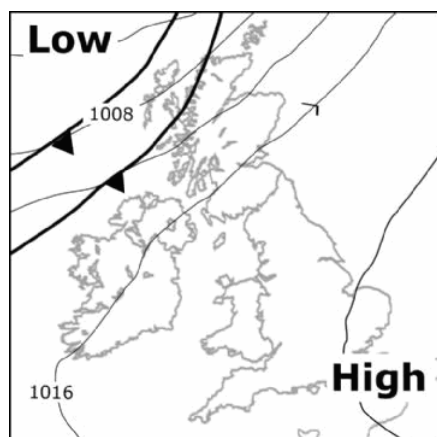
Cairngorms NP and Monadhliath

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



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 Saturday, 8 August, 2026



British Mountain Summary:

Based on forecast chart for noon 8 August, 2026

Ranging from persistent gales, and increasingly toward west and north, rain and fog across the Scottish Highlands to blustery but largely dry Cumbria and S Scotland.
 Extensively warm and sunny elsewhere.

Headline for Cairngorms NP and Monadhliath

Gales or severe gales. Fog higher areas. Increasingly wet later.

Detailed Forecast for Saturday, 8 August, 2026

How windy? (On the Munros)	Southerly 40 to 55mph most of day. Slow drop in speed toward evening. Least wind toward Deeside and southeastern summits in Cairngorms NP.
Effect of wind on you?	Challenging conditions with significant wind chill; strongest gusts may knock you over.
How wet? (Precipitation and its impact)	Patchy rain afternoon onwards, mainly west of A9 Isolated pockets of rain until early afternoon. Then rain setting in west of A9. Rain will gradually extend into Cairngorms NP, though often 'spots in the wind' until evening (when heavier). Hardly any rain all day toward Deeside.
Cloud on the hills?	Persisting higher summits and Cairngorm plateau Typically lowest cloud base Ben Alder to southern summits in Cairngorms NP; varying between 600 and 800m. Elsewhere, typically 750 to 1000m, perhaps sometimes above 1100m Deeside. Will tend to lower in rain later in day.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	A little weak sun, mainly glens east from A9. Deteriorating to overcast conditions with poor visibility, mainly west of A9.
How Cold? (at 900m)	10C. Feeling as cold as minus 4C directly in wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 9 August	Monday 10 August
How windy? (On the Munros) Effect of wind on you?	Westerly 30-40mph, notable gusts; may lessen somewhat. Strenuous-to-arduous conditions on the high Cairngorm plateau; buffeting gusts and notable wind chill.	Northwesterly 15-25mph morning, progressively dropping to very low speeds later in day. Fairly small
How wet? (Precipitation and its impact)	Scattered showers Perhaps rain post dawn, this soon clearing to isolated showers, most likely west of A9.	Well scattered showers Here and there a brief shower; not heavy.
Cloud on the hills? Chance of cloud free Munros?	Cloud base rising but remaining extensive on higher areas Cloud base rising through morning to typically 750 to 900m west of A9 to 900 to 1100m elsewhere (generally highest eastern summits). Rising to 40%	Confined to higher tops By late morning, cloud rare below 1100m with most or perhaps all summits then clearing. 30% rising to 70%
Sunshine? Air clarity (below cloud)	A cloudy start gives way to a patchwork of sun - most sunshine toward Deeside. Very good or excellent visibility developing through morning.	Periods of sun - perhaps through areas of high level cloud. Excellent or increasingly superb visibility.
How Cold? (at 900m) Freezing Level	8 or 9C. Feeling near freezing in direct wind. Above the summits.	5C, rising toward 12C. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 9 August, 2026

Extensively fine and warm early next week - indeed very little rain or low cloud and frequently light winds England and Wales all week.

Generally less settled after midweek northwestwards across Scotland where occasional rain and areas of low cloud.

Forecast issued at 16:00 on Friday, 7 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.