

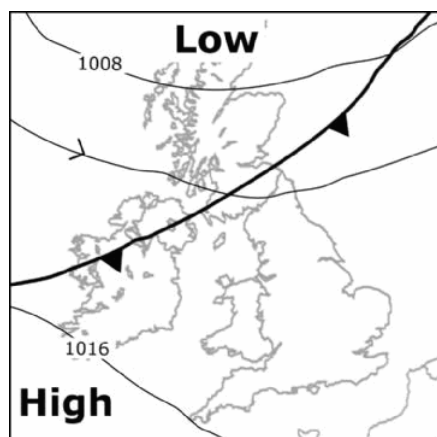
Cairngorms NP and Monadhliath

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 Sunday, 9 August, 2026



British Mountain Summary:

Based on forecast chart for noon 9 August, 2026

A cold front, bringing rain and low cloud will progress only slowly southeast into central Britain. To the north, drizzly showers and low cloud will affect western mountains (mainly NW Highlands) whilst to the south mostly sunny and very warm.

Headline for Cairngorms NP and Monadhliath

Detailed Forecast for Sunday, 9 August, 2026

How windy? (On the Munros)	Westerly 40, possibly 50mph at dawn. Dropping to around 25 or 30mph by mid or late morning.
Effect of wind on you?	Strenuous-to-arduous conditions and notable wind chill will give way during morning - although still likely to impede ease of walking.
How wet? (Precipitation and its impact)	Risk of a shower Patches rain post dawn, this clearing by mid morning to isolated if any showers, most likely west of A9.
Cloud on the hills?	Cloud base rising but remaining extensive on higher tops Cloud base rising through morning to typically 750 to 900m west of A9 to 900 to 1100 or 1200m elsewhere (highest eastward toward Deeside).
Chance of cloud free Munros?	Rising to 40%
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.
How Cold? (at 900m)	8 or 9C. Feeling near freezing in direct wind.
Freezing Level	Above the summits.

	Monday 10 August	Tuesday 11 August
How windy? (On the Munros)	Northwesterly 15-25mph morning, progressively dropping to very low speeds later in day.	Southerly 15mph.
Effect of wind on you?	Fairly small	Mostly negligible
How wet? (Precipitation and its impact)	Well scattered showers Here and there a brief shower; not heavy.	Rain not expected
Cloud on the hills?	Confined to higher tops By late morning, cloud rare below 1100m with most or perhaps all summits then clearing.	Little if any Small chance in morning cloud above 500m southern mountains in Cairngorms NP - the base rising before gradually dispersing.
Chance of cloud free Munros?	30% rising to 70%	80%
Sunshine? Air clarity (below cloud)	Periods of sun - perhaps through areas of high level cloud. Excellent or increasingly superb visibility.	More or less unbroken sunshine although sometimes through high thin cloud. Possibly cloudy some areas morning. Superb visibility.
How Cold? (at 900m)	5C, rising toward 12C.	7C rising to 14C
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 10 August, 2026

Extensively fine and warm until Wednesday.

The almost completely dry and warm weather will then persist across England and Wales - although sometimes a little rain and low cloud toward Cumbria. Underfoot conditions will remain exceptionally dry.

Scotland, especially the W& NW Highlands, will have intermittent rain and low cloud - although probably still one or two fairly brief dry periods.

Forecast issued at 14:00 on Saturday, 8 August, 2026

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