

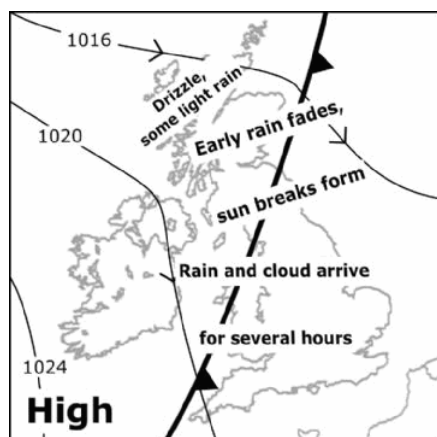
Cairngorms NP and Monadhliath

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 Friday, 14 August, 2026



British Mountain Summary:

Based on forecast chart for noon 14 August, 2026

A band of rain over central Scotland in the morning sweeps into England and Wales; some heavy bursts with extensive cloud. Rain eases afternoon, to patches over Wales and the Peak District. Drizzle and light rain follows in west Scotland, little reaching eastward where high cloud breaks form.

Headline for Cairngorms NP and Monadhliath

Early rain, locally heavy; becoming largely dry, bright breaks

Detailed Forecast for Friday, 14 August, 2026

How windy? (On the Munros)	West-southwesterly 15-20mph, slight northwesterly shift later.
Effect of wind on you?	Fairly small.
How wet? (Precipitation and its impact)	Patchy rain and drizzle in the morning tends to fade A band of rain over many mountains in the early hours with local heavy falls, soon breaks into patchy light rain, some drizzle on high tops. Many hills become largely dry as the day goes with only odd spots of rain from the northwest.
Cloud on the hills?	Variable, some breaks towards summits From dawn, may be fairly extensive to middle slopes, or lower around heaviest rain. A lifting trend, breaks approaching the higher Cairngorm plateau, but only brief summit clearings, and returning towards 900-1000m in rain.
Chance of cloud free Munros?	Rising to 40%
Sunshine? Air clarity (below cloud)	Bursts of sunshine. Excellent visibility where out of cloud and rain.
How Cold? (at 900m)	13C much of the day, rising slightly around Deeside. Lowering towards 11C later afternoon, further dropping into and overnight.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 15 August, 2026

Though the weekend, high pressure is never far away to the southwest, keeping conditions generally drier and brighter across England and Wales, though a northwesterly flow will bring some cloud to western hills. Scotland is more often cloudy with patchy rain, mostly north and west, and a rising risk of cloud and some bursts of rain more widely into Sunday with fresher air. Windier and wetter conditions are indicated next week, though day-by-day detail is currently uncertain. Monday sees a rising risk of strengthening wind and rain, at least in northern areas, then a blustery northwesterly wind draws fresher air and showers more widely through midweek; some drier, brighter windows to the east. Staying mixed into next weekend.

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.