

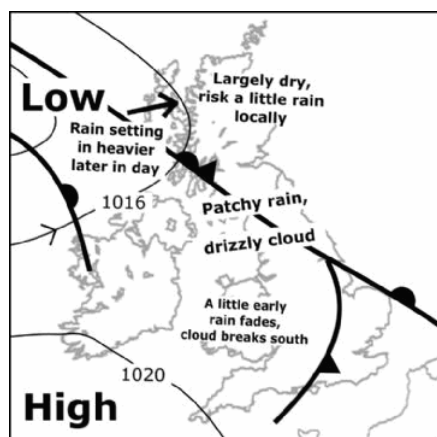
Cairngorms NP and Monadhliath

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 Monday, 17 August, 2026



British Mountain Summary:

Based on forecast chart for noon 17 August, 2026

Much of the Highlands largely dry well into the afternoon with light winds, but some local patchy light rain and varied cloud. Rain develops from the west later, setting in heavy into evening. England and Wales sees patchy rain, drizzle and low cloud, though mid & south Wales tends to improve.

Headline for Cairngorms NP and Monadhliath

Low cloud rising, mostly dry until late evening. Light wind.

Detailed Forecast for Monday, 17 August, 2026

How windy? (On the Munros)	Variable direction 10mph or less until about midday, then southerly 10-15mph afternoon, tending to increase to 20-25mph by evening, then 30mph into night.
Effect of wind on you?	Small much of daytime, feeling breezier later on exposed terrain.
How wet? (Precipitation and its impact)	Largely dry until late, low risk a shower; rain develops during evening Substantially dry much of the daytime, but here and there an odd patch of light rain, possibly an isolated showery burst in the afternoon, mainly toward east. Into evening, rain spills in from the southwest, becoming persistent and heavier through dusk into the night.
Cloud on the hills?	Tending to lift and break, clearer afternoon, then lowering cloud up to dusk Varied banks of cloud at different heights in the morning, may persist on some slopes for a few hours, but tending to become confined to patches higher up and break up into afternoon. During evening, lowering from west.
Chance of cloud free Munros?	30% rising to 70% afternoon, then by dusk 20%
Sunshine? Air clarity (below cloud)	A little sun, tending to weaken as high cloud builds, thickening later from west. Visibility very good until late.
How Cold? (at 900m)	8C rising to 10C.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 18 August	Wednesday 19 August
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 20 to 30mph, risk 40mph for periods high Cairngorms. Affecting ease of walking, on high tops risk frequent buffeting making movement challenging. Considerable wind chill.	Speed and direction likely to vary, may be often 10mph or less, but risk sudden gusts in rain. Mostly small, but prepare for notable wind chill if exposed to gusts.
How wet? (Precipitation and its impact)	A few showers mostly west Occasional showery rain, most common toward and west of the A9, briefly heavy. Remnants of previous rain may linger toward the north early in the day.	Heavy showers forming, risk lightning Largely dry start, then scattered showers forming toward middle of day, developing increasingly into heavy bursts of rain widely in the afternoon, moving around slowly to give rain locally for an hour or more. Risk of thunder.
Cloud on the hills? Chance of cloud free Munros?	Capping higher areas, some breaks Most cloud often above 800 to 1000m, but some lower patches in the morning. Tending to break higher with time. 40%	Forming mostly around rain Some patches briefly around upper slopes in morning, but many mountains clear through middle of day. During and after rain, cloud lowering over tops, ragged patches to lower slopes. 70%
Sunshine? Air clarity (below cloud)	Broken cloud and sun, best in east. Visibility very good, briefly reduced in showers.	Sunshine mostly early in day, then cloud bubbling up and filling in. Visibility very good, reducing to poor in showers.
How Cold? (at 900m) Freezing Level	7 to 9C, trending cooler later in day. Feeling near or below freezing in the wind. Above the summits.	7 or 8C, little change all day. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 18 August, 2026**

Rain spreads to most places on Monday night as a frontal system moves eastward. Low pressure to the north will gradually drift south to envelop most of Britain into midweek, bringing showery conditions widely, some more organised bands of rain at times. Some heavy and thundery downpours forming, mostly into the afternoons in the second half of this week, becoming focused further south with time. Fresh westerly winds turning northerly and temperature lowering later in the week, dropping close to freezing on high Scottish tops by Friday and frost may occur in Highland glens over a couple of nights. Drier weather is likely by the weekend as higher pressure builds.

Forecast issued at 15:56 on Sunday, 16 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.