

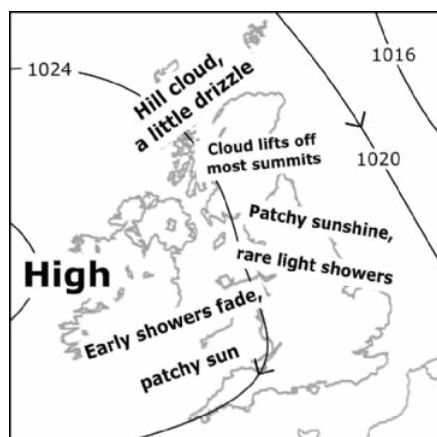
# Cairngorms NP and Monadhliath

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 Saturday, 22 August, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 22 August, 2026

Cloud clings to northwest Scotland slopes, a little drizzle. Cloud clears most other Munros, varied banks over highest summits. Rare showers in England but most hills dry, morning cloud lifting off summits with patchy sunshine. Early showers in north and west Wales will clear for patchy sun as well.

### Headline for Cairngorms NP and Monadhliath

Blustery east early; cloud lifts to summits with breaks

## Detailed Forecast for Saturday, 22 August, 2026

|                                                |                                                                                                                                                                                                                                                                                         |
|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b>              | Northwesterly 15-25mph, notably stronger speeds over eastern high terrain in the early morning with notable gusts, approaching 30-35mph.                                                                                                                                                |
| <b>Effect of wind on you?</b>                  | Fairly small in places; strongest wind over tops in the east early in the day will affect ease of walking with a distinct chilly feeling.                                                                                                                                               |
| <b>How wet? (Precipitation and its impact)</b> | <b>Substantially dry</b><br>A little fine drizzle/damp air in early cloud, but otherwise entirely dry.                                                                                                                                                                                  |
| <b>Cloud on the hills?</b>                     | <b>Lifting to summits with breaks</b><br>Fairly extensive cloud covers northern slopes; high Cairngorms may be near the top of the cloud layer at dawn, and southern slopes have well-broken cloud. The layer will rise through morning to summit level, varied breaks off the summits. |
| <b>Chance of cloud free Munros?</b>            | <b>Rising to 50%</b>                                                                                                                                                                                                                                                                    |
| <b>Sunshine?</b><br>Air clarity (below cloud)  | Patchy sunshine, best on southern Cairngorms, but occasional cloudier periods as well.<br>Visibility very good.                                                                                                                                                                         |
| <b>How Cold? (at 900m)</b>                     | 5C rising to 8C, locally a degree milder southern Cairngorms.<br>Feeling below freezing in exposure on high tops in the morning.                                                                                                                                                        |
| <b>Freezing Level</b>                          | Above the summits.                                                                                                                                                                                                                                                                      |

## Cairngorms NP and Monadhliath - Looking Ahead

|                                                                           | Sunday 23 August                                                                                                                                                                                                                                                                    | Monday 24 August                                                                                                                                                                                                                                                                               |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b>    | West-southwesterly 15-20mph, strongest early with sustained speeds to 25mph or briefly higher.<br><br><b>Fairly small, though quite breezy over the Cairngorm plateau early in the day.</b>                                                                                         | Southerly 10-15mph, some gustiness over the Cairngorm plateau, downslope to the north early.<br><br><b>Mostly small, but some nuisance gustiness at times.</b>                                                                                                                                 |
| <b>How wet?</b><br>(Precipitation and its impact)                         | <b>Substantially dry</b><br><br>A little drizzle affecting high terrain early in the day, notably west, and fading. Small chance of odd spots of light rain afternoon, but more likely dry.                                                                                         | <b>No rain expected</b>                                                                                                                                                                                                                                                                        |
| <b>Cloud on the hills?</b><br><br><br><b>Chance of cloud free Munros?</b> | <b>Lifting to high terrain with summit breaks</b><br><br>Fairly extensive at dawn, some varied layers of cloud, including patches into glens/corries. Cloud will lift, mostly isolating to high tops and breaks increasingly forming, best in the east.<br><br><b>Rising to 50%</b> | <b>Little expected</b><br><br>Cloud banks at varied heights in the morning, mostly below middle slopes including into glens and corries. Lifting and dissipating for largely clear hills much of the day. Later, cloud begins to lower onto eastern summits.<br><br><b>80% most of the day</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                             | Mostly cloudy, a few bright glimpses breaking out on low terrain.<br>Excellent visibility out of cloud.                                                                                                                                                                             | Patchwork of cloud and sun, more often sunny for a time northern Cairngorms.<br>Very good visibility.                                                                                                                                                                                          |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                   | 7C rising to 9C, or locally 10C eastern Cairngorms.<br>Feeling near freezing in early wind.<br>Above the summits.                                                                                                                                                                   | 7C rising to 11C, perhaps a degree milder northernmost Cairngorms.<br><br>Above the summits.                                                                                                                                                                                                   |

## Planning Outlook

## All mountain areas of Britain from Sunday, 23 August, 2026

A core of high pressure drifts over the country on Sunday, bringing light and varied wind, dry weather, and minimal hill cloud fairly widely. Northwest Scotland will see a westerly breeze with a little drizzle and lingering hill cloud. It will feel warm in England and Wales in the sunshine, but fair weather cloud will tend to build in the afternoon. Monday is settled too, but high pressure slips away to the northwest, facilitating a southeasterly wind into Wales, later more widely. Tuesday sees a return of low pressure from the south: temperatures will rise and patchy rain will increasingly spread northward with some local stronger wind. Conditions likely continue to unsettle as next weekend approaches with bands of heavy rain forming, varied conditions continuing through the weekend, and likely staying warm and somewhat humid.

## Forecast issued at 15:54 on Friday, 21 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.