

Cairngorms NP and Monadhliath

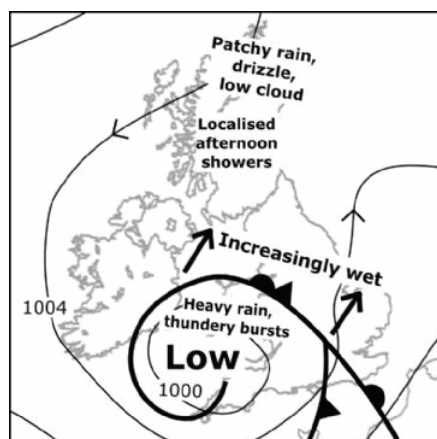
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Saturday, 29 August, 2026



British Mountain Summary:

Based on forecast chart for noon 29 August, 2026

Northerly winds bring cloud and some light rain to northern Scotland, but winds fall light for much of the Highlands - varied low cloud banks tend to rise, isolated showers possible afternoon. Rain for Wales from early morning, extending further north over England during the day, often heavy, risk thunder.

Headline for Cairngorms NP and Monadhliath

Cool breeze eases. Low cloud, damp north, better south.

Detailed Forecast for Saturday, 29 August, 2026

How windy? (On the Munros) Effect of wind on you?	North-northwesterly 15 to 25mph around dawn, strongest Cairngorm plateau eastward. Soon lessening, mostly 10mph or less by late morning, often less by afternoon; some stronger gusts may continue in far northeast. Feeling breezy and noticeably chilly if exposed on high terrain early in day, becoming mostly small, or negligible many areas.
How wet? (Precipitation and its impact)	Drizzly morning north, rare local showers Drizzly on high tops through morning at least, damp onto lower northern Cairngorms to start as well. Drizzle will fade, spotty showers breaking out later, but many places stay often dry.
Cloud on the hills? Chance of cloud free Munros?	Most extensive north in morning, rising, best breaks southwest Cloud shrouds most terrain above 500-800m early, lowest bases north, more broken southward. A lifting trend, tending to break up toward upper slopes, though patches may linger in north and fill in again later in day. Best of breaks to tops and soonest in southwest Cairngorms NP & Ben Alder. 30% rising to 50% north, 70% southwest.
Sunshine? Air clarity (below cloud)	Rare glimpses of weak sun north, breaking through for periods further south. Mostly poor visibility on high tops in morning; will improve to very good where cloud lifts.
How Cold? (at 900m) Freezing Level	8 or 9C, rising a degree, locally to 11C southern areas afternoon. Feeling close to freezing where exposed to stronger wind early morning. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 30 August	Monday 31 August
How windy? (On the Munros) Effect of wind on you?	Generally southerly, 5 to 15mph, though variable in both speed and direction. Small, sudden gusts in showers.	Variable 10mph or less early in day, becoming westerly, increasing to 25-30mph into afternoon, stronger gusts. Fairly small at first, but becoming blustery affecting ease of walking in exposure; marked wind chill developing.
How wet? (Precipitation and its impact)	Patchy rain, heavier falls forming Patchy rain here and there much of the day, generally local in nature, with early drizzle on high terrain. Heavier falls will form as well, more widely later in the day.	Increasingly showery Patchy areas of rain in the morning, some drier windows. Showery rain becomes more frequent from west in afternoon. Some heavy bursts, chance of thunder.
Cloud on the hills? Chance of cloud free Munros?	Lifting to high terrain for a time High terrain starts in fog, varied banks to lower terrain, locally into glens and corries where rain falls. Cloud will lift, isolating to higher slopes for a time, though any high summits breaks fleeting, and then returning more extensively late in the day. 30%	Lowest morning, rising toward tops Varied cloud banks perhaps fairly widely to low elevations early in day. The base tending to rise to leave much cloud above 1000m, lowering patches in showers. 20% rising to 60%
Sunshine? Air clarity (below cloud)	A patchwork of sun, very good visibility where out of fog, but trending overcast with visibility increasingly poor later.	Largely cloudy, rare glimpses of sun. Visibility good away from showers.
How Cold? (at 900m) Freezing Level	9 or 10C, rising slightly, locally to 12C. Above the summits.	9C tending to lower later in day to 7C. Feeling near or later below freezing as wind increases. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 30 August, 2026

A generally unsettled outlook through the extended weekend and into the start of September with frequent rain and strong winds. Areas of low pressure and frontal systems move in from the Atlantic. Dropping cooler, notably chilly over Scottish mountains into Tuesday, close to freezing point on highest summits with significant wind chill in strong westerlies. A brief window of better conditions into Wednesday soon deteriorates from the west as southwesterly winds strengthen, reaching gale force over the mountains frequently in the second half of the week. Heavy rain most prolonged in the west where increasingly wet underfoot. Likely staying unsettled into next weekend and the following week.

Forecast issued at 16:29 on Friday, 28 August, 2026

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