

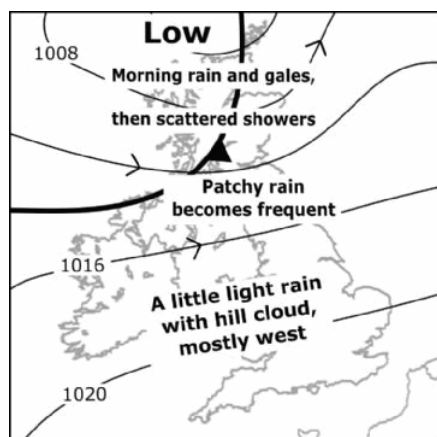
Cairngorms NP and Monadhliath

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 Tuesday, 1 September, 2026



British Mountain Summary:

Based on forecast chart for noon 1 September, 2026

A swathe of rain and gales sweeps across the Scottish Highlands, moving over the Southern Uplands with time; bright sun breaks and scattered showers follow from the northwest. Patchy rain for western hills of England and Wales, sunny breaks east. Blustery with rain increasing later in north England.

Headline for Cairngorms NP and Monadhliath

Rain sets in with gales for a few hours; easing afternoon

Detailed Forecast for Tuesday, 1 September, 2026

How windy? (On the Munros) Effect of wind on you?	West-southwesterly 35 to 45mph, strengthening for several hours to a sustained 45-50mph, gusting up to 60mph. Will ease as afternoon goes, though unlikely dropping below 35mph. Arduous walking conditions, buffeting affecting balance on high exposed terrain, difficult for a time. Considerable wind chill.
How wet? (Precipitation and its impact)	Often raining, breaking up through afternoon Rain on and off from dawn, increasingly frequent and setting in for a few hours with heaviest falls southern Cairngorms towards Drumochter; remote risk a rumble of thunder. Breaking up through afternoon, to well-scattered showers later.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, breaking to tops through afternoon Covering the mountains fairly widely above 800-1000m in the morning, lowest in west and towards Drumochter, forming more widely to at least middle slopes for several hours. Bases rising and breaks forming to upper slopes through afternoon, varied banks over tops gradually dissipating. 10%, rising to 70% through afternoon
Sunshine? Air clarity (below cloud)	Overcast and dull through morning, glimpses of sun break through afternoon, increasingly widespread later in the day. Poor visibility until afternoon, becoming very good as cloud and rain clear.
How Cold? (at 900m) Freezing Level	7 or 8C, rising slightly, locally to 10C eastern areas. Beginning to lower through afternoon into evening, finishing near 6 or 7C. Feeling sub-zero in the wind, to -8C in strongest speeds in exposure. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 2 September	Thursday 3 September
How windy? (On the Munros) Effect of wind on you?	South-southeasterly 10-20mph, will vary in speed and direction somewhat, and strengthening around or after nightfall. Mostly small.	Southwesterly between 35 to 45mph, somewhat variable but sometimes stronger, to 50-55mph over highest tops. Strenuous-to-arduous walking most of the day, challenging moments on highest tops with significant wind chill.
How wet? (Precipitation and its impact)	Rising chance patchy rain Spots of rain drift onto hills near Drumochter, most other hills dry, but a rising chance of patchy rain arriving from the west later, setting in with time.	Occasional rain, more often dry Some early drizzle on high terrain fades, then a little patchy rain drifting onto western hills from time to time, more often dry. A few afternoon hours will see more frequent rain, some heavier falls.
Cloud on the hills?	Lifting to high terrain with summit breaks for a time Varied banks across many hills in the morning, lifting to mostly above 900m and increasingly breaking up, particularly north and west. Most cloud clings to high slopes south of high Cairngorms, and later filling in extensively.	Breaking off the summits Fairly extensive above 800m in the morning, varied lower banks mostly west. Soon rising, breaking up with time, most summits seeing extended clear windows, though cloud will lower onto the tops again for a few afternoon hours.
Chance of cloud free Munros?	Rising to 70% for a time (higher Monadhliath), later deteriorating	Rising to 80%
Sunshine? Air clarity (below cloud)	Patchy sunshine, more extensive for a time, but then clouding over. Excellent visibility, perhaps to summits for a time, but deteriorating.	Often sunny, some patchy cloud and likely cloudier for a few afternoon hours. Very good visibility.
How Cold? (at 900m) Freezing Level	5C rising to 9C, staying elevated into night and possibly rising slightly. Above the summits.	8 or 9C, rising a degree easternmost hills. Feeling below freezing in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 2 September, 2026

Strong wind (often gale force on high mountains), patchy rain, and some broader swathes of rain and wind will affect the country from mid-week into the weekend; most notable areas of rain on Wednesday and late Thursday overnight into Friday. A few bright glimpses here and there, but many high summits stay shrouded, particularly western hill groups where cloud will often reach lower slopes. A brief bright window for some on Saturday, but staying windy with scattered showers in northwest areas, rain returning later and into Sunday.

The next week remains generally unsettled, and may well bring a deep low pressure systems with widespread gales and swathes of heavy rain. Beyond next week, indications of a more settled regime for a time.

Forecast issued at 16:27 on Monday, 31 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.