

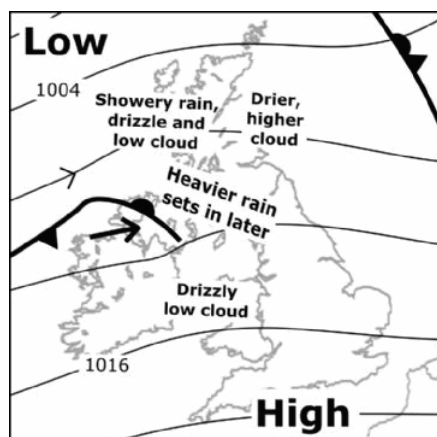
Cairngorms NP and Monadhliath

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 Thursday, 3 September, 2026



British Mountain Summary:

Based on forecast chart for noon 3 September, 2026

Strong to gale-force winds over high terrain. A lot of cloud, shrouding all western hills, plus patchy rain and drizzle, becoming heavier persistent falls in the west later; a swathe of more intense rain develops for southwest Scotland into northwest England by evening, later into north Wales.

Headline for Cairngorms NP and Monadhliath

Gales on tops; cloudy with some rain at times.

Detailed Forecast for Thursday, 3 September, 2026

How windy? (On the Munros)	Southwesterly between 35 to 45mph, somewhat variable but sometimes stronger, to 50-55mph over highest tops.
Effect of wind on you?	Strenuous-to-arduous walking most of the day, challenging moments on highest tops with significant wind chill.
How wet? (Precipitation and its impact)	Occasional rain, more often dry east; wetter later west Some early drizzle on high terrain fades, then a little patchy rain drifting onto hills near Drumochter from time to time, more often dry progressively eastwards. Toward late afternoon and evening, more frequent rain, heavier falls in southwest again.
Cloud on the hills? Chance of cloud free Munros?	Breaking off the summits, more persistent toward Ben Alder Fairly extensive above 800m in the morning, varied lower banks mostly west. Soon rising, breaking up with time, banks likely come and go above 900m near Drumochter, but many summits clearing for periods, best north and eastern Cairngorms NP, though cloud will lower more widely onto the tops again later in day from west. 50% southwest, rising to 80% northeast.
Sunshine? Air clarity (below cloud)	Sun best toward east and northeast, cloudier more often west, thickening with time. Very good visibility out of cloud especially eastern hills.
How Cold? (at 900m) Freezing Level	8 or 9C, rising a degree easternmost hills. Feeling below freezing in strongest wind. Above the summits.

All mountain areas of Britain from Friday, 4 September, 2026

A series of weather systems moves in from the Atlantic over the next 10 days to bring spells of rain and showers, accompanied by frequently strong to gale force mountain winds. A window of better weather is likely on Saturday for Scotland and northern England, but further rain is expected to move in from the southwest by Saturday night and Sunday, heaviest western Scotland; a risk of more powerful upland gales developing over Scotland into Sunday. Temperatures will vary, mildest toward the south, but some cooler air moves in from the north at times bringing higher Scottish tops close to freezing point.

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.