

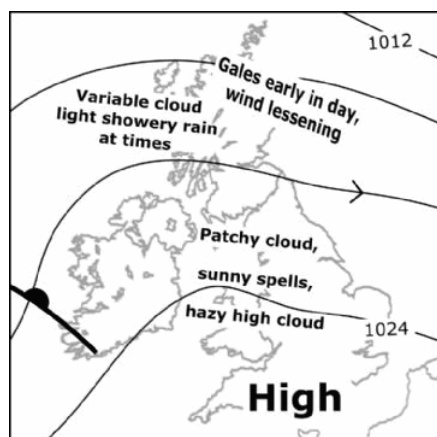
Cairngorms NP and Monadhliath

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, 5 September, 2026



British Mountain Summary:

Based on forecast chart for noon 5 September, 2026

Brisk and chilly westerly winds in the morning, starting gale-force on high tops in Scotland, but lowering speeds. A little light rain, brief showers mainly western Scotland with varied cloud on tops. Often dry with cloud breaks to tops for eastern Highlands, England and Wales, some sun and hazy high cloud.

Headline for Cairngorms NP and Monadhliath

Gales at first lessen; mostly dry, cloud lifting.

Detailed Forecast for Saturday, 5 September, 2026

How windy? (On the Munros) Effect of wind on you?	Westerly 50mph at dawn-early morning with stronger gusts high tops. Easing during morning to 30mph by midday, 20-25mph during afternoon through to dusk. By evening turning southwesterly; rising well into night to 50mph+. Challenging conditions widely at first, frequent buffeting and considerable wind chill, moderating with time to be fairly small afternoon and evening. Deteriorating again into night.
How wet? (Precipitation and its impact)	Rare brief showers Well scattered light showers spreading from the west during the day. Into the night, some rain developing from the southwest.
Cloud on the hills? Chance of cloud free Munros?	Clearing most tops Patchy cloud drifting over higher slopes in the morning, mostly in western Cairngorms and above 900-1000m. Lifting to upper slopes and often above many tops afternoon, odd patches near Ben Alder. 70%
Sunshine? Air clarity (below cloud)	Occasional sun, best in east; high cloud tending to develop later from south. Visibility very good.
How Cold? (at 900m) Freezing Level	5C rising to 8C afternoon, little change or rising a degree or so higher into night. Feeling like -7C in the wind early in day, colder highest tops; then +2C afternoon. Above the summits.

All mountain areas of Britain from Sunday, 6 September, 2026

Generally unsettled onward into next week with spells of rain and showers moving in from the Atlantic , accompanied by frequently strong to gale force mountain winds. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times bringing higher Scottish tops occasionally close to freezing point. Indications favour improving weather patterns during mid-month as high pressure builds from the south.

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.