

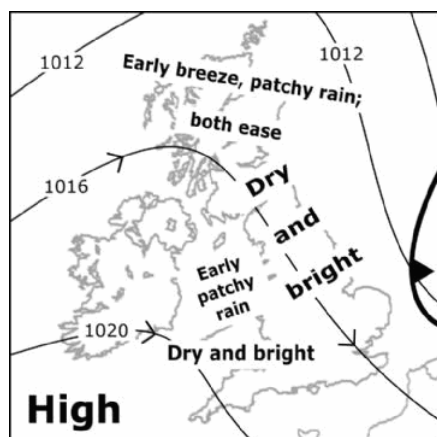
Cairngorms NP and Monadhliath

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 Wednesday, 9 September, 2026



British Mountain Summary:

Based on forecast chart for noon 9 September, 2026

Breezy with early scattered rain in north and east Scotland, both easing for a dry and bright afternoon with little wind. Blustery Pennines just at dawn, notably east, but this easing; dry in England with most hills and fells clearing. Early patchy rain in north Wales gradually clears for a bright afternoon.

Headline for Cairngorms NP and Monadhliath

Early patchy rain, blustery east; easing for mostly sunny afternoon

Detailed Forecast for Wednesday, 9 September, 2026

How windy? (On the Munros) Effect of wind on you?	Northwesterly 25-35mph, gusty to start with maximum speeds over high Cairngorms to 40mph just at dawn. Soon beginning to ease, shifting westerly, 10-15mph much of afternoon. Strenuous walking in exposure to start, considerable wind chill; easing to small effects.
How wet? (Precipitation and its impact)	Showers fading Scattered showers push onto most mountains from the north before dawn, soon scattering and clearing away to the east (Monadhliath hills soon dry), all hills likely dry from midday onward.
Cloud on the hills? Chance of cloud free Munros?	Lifting to high terrain, increasingly breaking From dawn, high Cairngorms start in cloud, bases to 900-1000m on north slopes, locally lower east in showers. Cloud will lift and increasingly break off the summits from midday. A few odd banks may roll over the highest tops. Rising to 70%
Sunshine? Air clarity (below cloud)	Starting cloudy north Cairngorm plateau, sun breaking out, mostly sunny later with very good visibility.
How Cold? (at 900m) Freezing Level	5C rising to 8C, or locally a degree milder eastern Cairngorms. Feeling like -5C in direct wind early, wind chill effect easing. Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 10 September	Friday 11 September
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-35mph, strengthening to sustained 45-50mph over Cairngorm plateau with strong gusts. Walking increasingly strenuous in exposure, strong gusts making stability challenging; notable wind chill.	West-southwesterly 25-35mph, quite gusty over the Cairngorm plateau; lessening somewhat. Ease of walking impacted in exposure, some buffeting gusts impact stability in the morning; feeling chilly.
How wet? (Precipitation and its impact)	Patchy rain gradually increases A largely dry start, drizzly spotty rain drifts from the southwest, tending to increase in time; northern Cairngorms driest longest. From later afternoon, heavier bursts forming, and setting in as evening approaches.	Substantially dry A little drizzly rain over high terrain near and west of the A9, this soon fading for dry mountains.
Cloud on the hills? Chance of cloud free Munros?	Varied over high terrain, later more extensive May be fairly extensive over high terrain to start, bases as low as 700-800m towards Drumochter, tending to lift, may break towards Cairngorm tops for a time, best breaks north slopes. Through afternoon, cloud fills in more extensively. 30%	Lifting to high tops, breaking up A deck of cloud covers high Cairngorms, bases lowest around Drumochter/west of A9, some low ragged patches in sheltered areas. Soon lifting, to just banks rolling over the Cairngorm plateau, these increasingly breaking up. Gradually rising to 60%
Sunshine? Air clarity (below cloud)	Glimpses of weak sun, becoming more overcast. Varied visibility, windows where very good, notably north Cairngorms.	Sun in and out, more widely in the east with time. Good visibility.
How Cold? (at 900m) Freezing Level	6C rising to 9C, or 10C northern Cairngorms; staying lifted into night. Feeling below freezing in strongest wind. Above the summits.	6C rising to 8C. Feeling like -3 to -5C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 10 September, 2026

A typical autumnal pattern in the week ahead: periods rain and strong wind, gales over tops at times, particularly in Scotland. Temperatures generally mild, some warmer windows in England and Wales, as well as cooler windows, chilly at times in Scotland, a little sleet possible on highest tops and feeling cold during strong winds. Best chance of near-term settled windows on Friday and Sunday: mornings start cool with scattered low cloud, lifting and breaking up, clearest on eastern hill groups. Weather remains mixed into next week with more swathes of rain and strong wind. A tendency towards high pressure building southwest of the country will bring more bright, drier days to England and Wales. Staying unsettled longer in Scotland. Indications of more extensive windows of settled weather in the later month.

Forecast issued at 16:16 on Tuesday, 8 September, 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.