

Cairngorms NP and Monadhliath

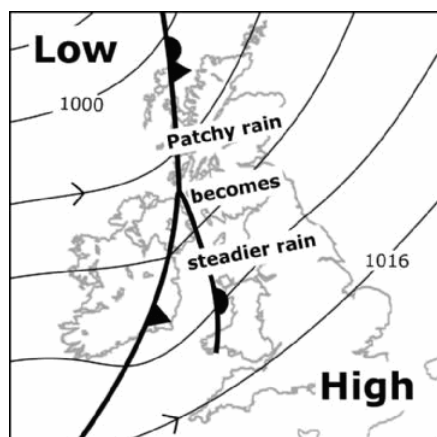
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Thursday, 10 September, 2026



British Mountain Summary:

Based on forecast chart for noon 10 September, 2026

Windy, gales over Scottish mountains and increasingly on higher tops of England & Wales. Rain starts patchy and light but becomes persistent over western hills, extending eastwards with time. Cloud capping most high tops, lowering in rain particularly in the west.

Headline for Cairngorms NP and Monadhliath

Wind strengthens to gales on tops. Rain develops.

Detailed Forecast for Thursday, 10 September, 2026

How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-35mph from dawn, strengthening during morning to sustained 45-50mph over Cairngorm plateau, gusts 60mph for a few hours in middle of day. Easing later afternoon to 30-35mph. Walking increasingly arduous in exposure, frequent buffeting knocking you off balance on exposed terrain through middle of day. Moderating later in daytime. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain becomes more persistent, patchier north Drizzly spotty rain drifts from the southwest in morning, some drier windows northern Cairngorms. Rain extends in from southwest with time, some heavier falls over an hour or so into afternoon, particularly southern areas. By evening, showery rain most common west and southwest areas.
Cloud on the hills? Chance of cloud free Munros?	Varied over high terrain, breaks north; then more extensive in rain Varied cloud banks above 800m in morning, most persistent towards Drumochter, but breaks towards Cairngorm tops for a time, best north slopes. As rain develops, cloud fills in more extensively on upper slopes above 700-900m, lowest toward south. Bases then lift with some breaks to upper slopes into evening. 40% dropping to 10% in rain.
Sunshine? Air clarity (below cloud)	Glimpses of weak sun, becoming more overcast. Varied visibility, windows where very good, notably north Cairngorms., reducing in rain.
How Cold? (at 900m) Freezing Level	6C rising to 9C, or 10C northern Cairngorms afternoon, then lowering slightly into night. Feeling like -5C in strongest wind. Above the summits.

All mountain areas of Britain from Friday, 11 September, 2026

Changeable west-southwesterlies prevail through mid September; often windy, gale-force winds for periods over higher terrain. A window of drier weather this Friday, then the next frontal system sweeps in overnight into Saturday with a sustained fall of rain moving southeastward, accompanied by upland gales for most places. Improving for better weather on Sunday, then wind and rain returns into Monday, staying showery into Tuesday. A mixed outlook likely continues later next week with rain most frequent in western Scotland. Temperatures varying, some cooler days especially in Scotland, but often fairly mild further south, at times quite warm and humid.

Forecast issued at 16:10 on Wednesday, 9 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.