

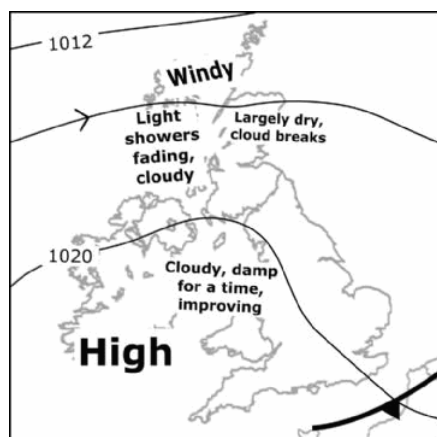
# Cairngorms NP and Monadhliath

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 Friday, 11 September, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 11 September, 2026

Fresh westerly winds will be strongest in northern Scotland, speeds lessening a little during the day, but feeling cool in exposure on tops. Light showers mainly in western Scotland tends to fade. Cloud often capping western tops, breaks forming higher with time; clearer hills toward east.

### Headline for Cairngorms NP and Monadhliath

Brisk winds, feeling cool. Largely dry, cloud breaks best east.

## Detailed Forecast for Friday, 11 September, 2026

|                                                                        |                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Westerly later southwesterly 25 to 35mph, strongest in the morning, quite gusty over the Cairngorm plateau; lessening in afternoon to 20-25mph. Rising onward into night to 50mph later 70mph.<br><br><b>Ease of walking impacted in exposure, some buffeting gusts in the morning; feeling chilly. Deteriorating into night to gales becoming severe on mountains.</b> |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Substantially dry</b><br>A little drizzly rain over high terrain near and west of the A9 early morning, this soon fading for dry mountains.<br>Rain develops from southwest into night.                                                                                                                                                                              |
| <b>Cloud on the hills?</b><br><br><b>Chance of cloud free Munros?</b>  | <b>Lifting to high tops, breaking up</b><br>A deck of cloud covers high Cairngorms early in day, 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. Clearer east.<br><br><b>Gradually rising to 60%, 90% east.</b>                  |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Sun in and out, more widely in the east with time.<br>Good visibility.                                                                                                                                                                                                                                                                                                  |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 6C rising to 8C.<br>Feeling like -3 to -5C in direct wind.<br><br>Above the summits.                                                                                                                                                                                                                                                                                    |

**All mountain areas of Britain from Saturday, 12 September, 2026**

Changeable west-southwesterlies prevail through mid September; often windy, gale-force winds for periods over higher terrain. An active frontal system sweeps southeastward on Saturday with a sustained fall of rain, 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.

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.