

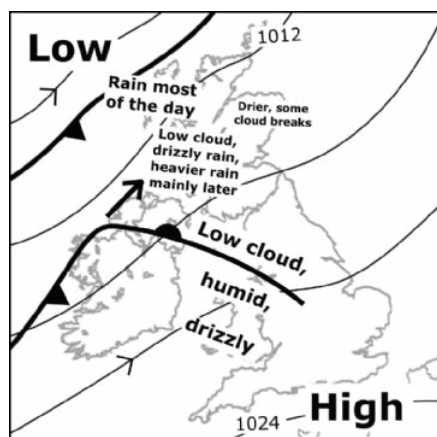
Cairngorms NP and Monadhliath

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 Monday, 14 September, 2026



British Mountain Summary:

Based on forecast chart for noon 14 September, 2026

Humid southwesterly air brings extensive low cloud and drizzle to many mountains. Locally drier with some cloud breaks toward northeast of major mountain groups. Around Skye generally wet all day, whilst more prolonged heavier rain likely moves into southwest Scotland afternoon-evening. Strong and gusty winds.

Headline for Cairngorms NP and Monadhliath

Blustery, gusty; low cloud particularly south, some drizzle.

Detailed Forecast for Monday, 14 September, 2026

How windy? (On the Munros)	Southwesterly 25 to 40mph, strongest on higher Cairngorms, but speed varying locally, tending to generally rise during afternoon toward 50mph; some notable strong gusts especially downslopes north/east Cairngorms.
Effect of wind on you?	Some variations, but often affecting comfortable walking in exposure; with time increasingly frequent buffeting, very gusty in places affecting stability, not just highest terrain. Wind chill becoming considerable despite mild air.
How wet? (Precipitation and its impact)	Occasional small amounts of rain or drizzle A little patchy rain or drizzle spilling in from the southwest at times, amounting to very little for much of the daytime, especially toward Deeside and Glenmore where more often dry. Late in the day and into evening, increasing risk more persistent rain developing from southwest.
Cloud on the hills?	Extensive higher areas, some breaks northward Shrouding most high terrain all day, lowest most persistent cloud bases near Drumochter to Glen Garry, typical base 700-900m, lowest on south-facing slopes. Fairly persistent across much of higher Cairngorm plateau and Monadhliath, but local good breaks to 1000m or above toward north.
Chance of cloud free Munros?	10% south-southwest, to 30% northernmost tops.
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly toward Glenmore and locally Deeside. Visibility good below cloud, reducing in rain.
How Cold? (at 900m)	10C, locally up to 13C northeast areas if out of cloud, little change all day; starting to drop slightly only well into night. Feeling near/below 0C directly in wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 15 September	Wednesday 16 September
How windy? (On the Munros) Effect of wind on you?	Westerly typically 25-35mph, but possibly strongest just at first, risk gusts 50mph. Blustery across the hills, strenuous walking on exposed higher terrain with buffeting gusts and considerable wind chill.	Gusty northwesterly 20-30mph, stronger gusts over high tops, lessening and shifting westerly 20mph, later shifting SW'ly. A blustery start with some buffeting in exposure, easing to fairly small effects.
How wet? (Precipitation and its impact)	Intermittent rain A possible area of rain from overnight and after dawn, some heavy, clearing eastward. Then showery rain spreading from the west, may become more frequent over a few hours with scattered heavier bursts mainly afternoon.	Showers clear, then late rain Some early showers stream into the Cairngorms from the north, fading for dry conditions well into the day. From late afternoon, patchy rain returns from the west, gradually setting in into night.
Cloud on the hills? Chance of cloud free Munros?	Confined to high tops with breaks Most cloud above 900m, often confined to 1100m or higher further east with breaks over higher summits at times. Lowering patches especially in west in rain. 50%	Breaking well into the day High Cairngorms begin shrouded, varied banks to middle heights, most extensive northern slopes with some mist into glens. Cloud will lift and break up, just passing patches over highest Cairngorms well into the day. Returning more sheet-like evening into night. Rising to 70%
Sunshine? Air clarity (below cloud)	Occasional sun, mostly toward east. Visibility often very good, reduced in showers.	Soon mostly sunny, high cloud thickening from the west late in the day. Very good visibility.
How Cold? (at 900m) Freezing Level	7 or 8C, small change then trending slightly cooler later in daytime. Feeling like -3C in the wind. Above the summits.	2 or 3C, rising to 6C, staying elevated into night, later rising slightly. Feeling like 0 to -5C in direct wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 15 September, 2026**

Staying unsettled during the next week to 10 days as westerlies prevail - areas of low pressure passing north of Scotland with frontal systems bringing frequent rain, wettest over western mountains in Scotland. Often windy, sustained periods of gale-force westerly winds over higher terrain. Fairly cool by Tuesday onward, close to freezing on highest Scottish summits on Wednesday morning, possibly again for a time next weekend; often considerable wind chill on the mountains. Higher pressure and better weather tends to expand further north later in month.

Forecast issued at 16:18 on Sunday, 13 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.