

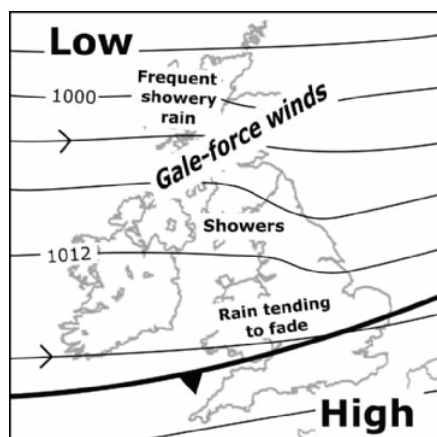
Cairngorms NP and Monadhliath

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, 19 September, 2026



British Mountain Summary:

Based on forecast chart for noon 19 September, 2026

Challenging conditions over high terrain with gale-force winds extensive; feeling notably cold in exposure. Showery rain, most frequent western Scotland. Persistent rain for Wales tends to clear southward and the strongest winds will lessen here.

Headline for Cairngorms NP and Monadhliath

Gales on mountains all day; showery rain, heavier bursts.

Detailed Forecast for Saturday, 19 September, 2026

How windy? (On the Munros)	Southwesterly 40 to 60mph, strongest sustained speeds on higher Cairngorms; rising further mainly later in day to more often 60-70mph higher tops.
Effect of wind on you?	Arduous walking conditions, balance frequently challenged on high exposed terrain, gusts may knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Showers mostly west Showery rain most frequent on hills near and west of the A9 corridor, a mix of drizzle and briefly heavier bursts, occasionally hail. More scattered showers toward Lecht and Deeside.
Cloud on the hills?	Mostly higher tops with breaks Banks of cloud confined to higher slopes, lowest toward Ben Alder, 800m for periods. More often above 1000m many areas, lifting further with time, good breaks east.
Chance of cloud free Munros?	30% west, to 60% east.
Sunshine? Air clarity (below cloud)	Glimpses of sun west, longer periods of sun east. Visibility good where dry, slight haze especially west, reduced in showers.
How Cold? (at 900m)	6 or 7C, trending slightly cooler later in the daytime. Feeling like -5 to -8C in the wind.
Freezing Level	Above the summits. Only a couple of degrees above freezing on highest Cairngorms summits; dipping

All mountain areas of Britain from Sunday, 20 September, 2026

Improving on Sunday as gale-force winds on Scottish mountains gradually lessen and showers become fewer. Warm and humid into early next week, on Monday extensive low cloud and drizzly rain particularly in the west. High pressure to the south will generally dominate the extended outlook particularly for England & Wales with more often drier and warmer conditions through late September into early October. Fine weather likely extends across Scotland for periods too, but a more changeable autumnal mix may continue especially further northwest with rain and stronger winds at times.

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.