

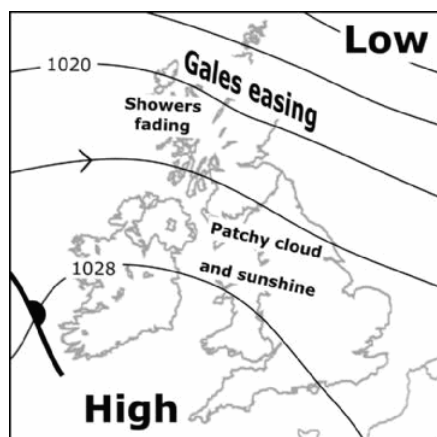
Cairngorms NP and Monadhliath

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 Sunday, 20 September, 2026



British Mountain Summary:

Based on forecast chart for noon 20 September, 2026

Gale-force winds over Scottish mountains early in the day lessen, but staying blustery and feeling chilly, for northern areas in particular. Showery rain in the west in the morning fading. Cloud base rising with good breaks forming, sunny spells best toward east. Lightest winds for Wales.

Headline for Cairngorms NP and Monadhliath

Gales on tops gradually lessening, largely dry, cloud lifts.

Detailed Forecast for Sunday, 20 September, 2026

How windy? (On the Munros) Effect of wind on you?	Westerly 50mph, to 60mph higher Cairngorms early morning with stronger gusts for a few hours from dawn, tending to lessen gradually to 30-40mph middle of day into afternoon, later 25-30mph. Challenging conditions, difficult on higher exposed slopes in morning, significant wind chill; moderating gradually but remaining blustery and chilly on tops.
How wet? (Precipitation and its impact)	A few showers for a time Brief light showery rain mostly north and western Cairngorms in the morning. Often dry into the afternoon. Rain and drizzle develops from west well into night.
Cloud on the hills? Chance of cloud free Munros?	Lifting and clearing many tops Patchy cloud above 800-1000m in the morning, lowest toward west. Tending to lift and break above many summits, especially in east, but some patches may drift onto western high tops at times. 70%
Sunshine? Air clarity (below cloud)	Broken cloud and sunshine. Visibility very good.
How Cold? (at 900m) Freezing Level	5 or 6C, little change all day, then tending to rise onward into night. Feeling like -5 to -8C directly in wind. Close to freezing on Ben Macdui summit in the morning, later rising well above tops.

All mountain areas of Britain from Monday, 21 September, 2026

Warm and humid air from the southwest extends across Britain early in the new week, cloaking many hills in fog and drizzle, to lower slopes near western coasts. A band of steadier rain is likely to be draped over northwest Scotland by Tuesday. Best of cloud breaks in areas further east and northeast. Rain then passes eastwards into Wednesday followed by a few showers, lower humidity and cloud bases lifting. Later in the week, areas of low pressure toward the northwest likely still bring periods of stronger winds to Scotland at least and a risk of rain at times mainly in the west, but a trend toward higher pressure and drier weather more often for the end of September into the start of October.

Forecast issued at 16:00 on Saturday, 19 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.