

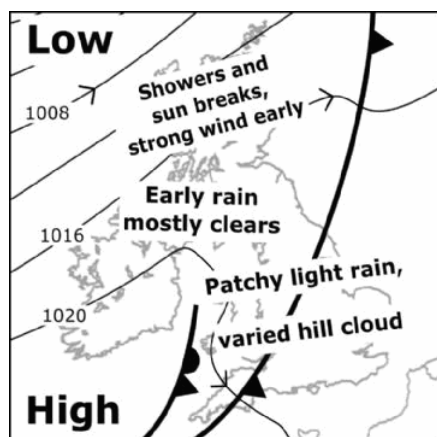
# Cairngorms NP and Monadhliath

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



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.**  
**Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit [www.tiso.com](http://www.tiso.com)**

## General Summary for Friday, 25 September, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 25 September, 2026

Windy in Scotland, showers west, only scattered eastward where often sunny; wind lessens for a time afternoon. Patchy rain England and Wales, tending to break up in north England later. Rain and cloud linger in Wales and south Pennines but rainfall totals small; mild-to-warm, little wind in Wales.

### Headline for Cairngorms NP and Monadhliath

Windy early, easing; a few showers west, bright north and east

## Detailed Forecast for Friday, 25 September, 2026

|                                                |                                                                                                                                                                                                                                                                                 |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b>              | Southwesterly 25 to 40mph, gusting 50mph over higher Cairngorms plateau in the morning. Speeds nearer 25 to 30mph afternoon into evening, but will restrengthen somewhat into night.                                                                                            |
| <b>Effect of wind on you?</b>                  | <b>Strenuous walking, more frequent buffeting for periods on highest tops with considerable wind chill; effects moderating afternoon into evening, then deteriorating again overnight.</b>                                                                                      |
| <b>How wet? (Precipitation and its impact)</b> | <b>A little rain now and again</b><br>Occasional showery rain coming in from the southwest, but often dry much of the region, particularly further north and east.                                                                                                              |
| <b>Cloud on the hills?</b>                     | <b>Sometimes capping tops</b><br>Some cloud likely to come and go above 1000-1100m, occasionally 900m toward Drumochter, and some varied lower patches just around dawn. Good breaks above many tops for periods, and northern Cairngorms substantially clear of cloud all day. |
| <b>Chance of cloud free Munros?</b>            | <b>70%</b>                                                                                                                                                                                                                                                                      |
| <b>Sunshine?</b><br>Air clarity (below cloud)  | Sun increasingly breaks out, later quite extensive Glenmore and Deeside. Visibility very good, reduced briefly in rain.                                                                                                                                                         |
| <b>How Cold? (at 900m)</b>                     | 6 or 7C, little change all day.<br>Feeling like -2 to -5C in the wind.                                                                                                                                                                                                          |
| <b>Freezing Level</b>                          | Above the summits.                                                                                                                                                                                                                                                              |

## Cairngorms NP and Monadhliath - Looking Ahead

|                                                                        | Saturday 26 September                                                                                                                                                                                                                                  | Sunday 27 September                                                                                                                                                                                                                                                                                                      |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Southwesterly 30 to 40mph, sustained speeds rising, to at least 45mph high Cairngorms<br><br><b>Strenuous-to-arduous walking conditions, buffeting gusts knocking you off balance on exposed terrain; considerable wind chill.</b>                     | Southerly 40-50mph, powerful gusts over high Cairngorms. Only later lessening, shifting southwesterly.<br><br><b>Challenging conditions most of the day, notable effort to maintain balance in exposure; significant wind chill.</b>                                                                                     |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>A little rain mostly southwest</b><br>Occasional light showers mainly areas toward Ben Alder. Brief light showers possible elsewhere, but more often dry, especially toward Deeside; chance of a cluster of showers passing further east afternoon. | <b>Increasingly rainy afternoon, heavy falls</b><br>A little light rain around Drumochter, but most hills dry in morning. Rain becomes more frequent, heavy falls forming, and may set in for several hours with sustained heavy falls, particularly south Cairngorms.                                                   |
| <b>Cloud on the hills?</b>                                             | <b>Local patches, mostly little</b><br><br>Patchy cloud may come and go above 900-1000m around Drumochter, but often above 1000-1100m many areas and clearing above all tops for periods.                                                              | <b>Variable, increasing afternoon; clearest north slopes</b><br><br>Cloud banks drift over the high Cairngorms, a few breaks but may also lower towards 900-1000m on south slope at times. Through afternoon, blanket cloud lowering to shroud high terrain for a time, bases as low as 700m south during heaviest rain. |
| <b>Chance of cloud free Munros?</b>                                    | <b>70%</b>                                                                                                                                                                                                                                             | <b>50%, lowering to 20%</b>                                                                                                                                                                                                                                                                                              |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Occasional sun, most often north and eastern areas.<br>Visibility very good.                                                                                                                                                                           | Patchy sun, more often north Cairngorms, increasingly cloudy afternoon.<br>Very good visibility, deteriorating though afternoon on high terrain.                                                                                                                                                                         |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 6C rising to 9 or 10C, mildest north Cairngorms.<br>Feeling like -3 to -6C in the wind.<br>Above the summits.                                                                                                                                          | 7C, rising slightly, locally 9C north Cairngorms, lowering towards 6C late.<br>Feeling like 0 to -3C in direct wind.<br>Above the summits.                                                                                                                                                                               |

## Planning Outlook

## All mountain areas of Britain from Saturday, 26 September, 2026

South to southwesterly winds prevail onward into the weekend and next week. Saturday will be bright for many, windy in Scotland with some showers in the west. Mild-to-warm temperatures, but a chilly feeling north in wind. A band of rain sweeps eastward more broadly on Sunday; rain could be very heavy for a few afternoon hours. A window of higher pressure is indicated for Monday with warmer, brighter conditions for many, but northwest Scotland starts breezy with cloud and some light rain. Into mid-next week, risk of a more widespread gale, or severe gale over higher mountains. Detail of timing is uncertain, but several bands of rain punctuated by showers and bright spells will likely cross most mountain areas. Unseasonably warm temperatures. The weather stays mixed into early October.

## Forecast issued at 16:28 on Thursday, 24 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.