

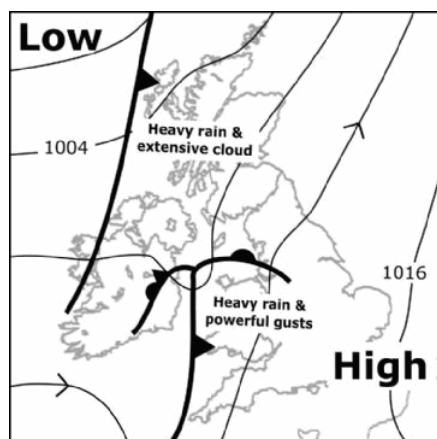
Cairngorms NP and Monadhliath

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, 27 September, 2026



British Mountain Summary:

Based on forecast chart for noon 27 September, 2026

Southerly winds up to gale-force on high terrain, including a swathe of particularly powerful winds and gusts moving across England & Wales during the day. Rain generally sets in from the west with some heavy falls, a band of more intense rain for a time. Cloud increasingly covering many hills.

Headline for Cairngorms NP and Monadhliath

Upland gales, rain develops, heavier south.

Detailed Forecast for Sunday, 27 September, 2026

How windy? (On the Munros)	Southerly 40-50mph, powerful gusts over high Cairngorms, 60mph. Only later toward evening lessening to 30-35mph, shifting southwesterly.
Effect of wind on you?	Challenging conditions most of the day, notable effort to maintain balance in exposure; significant wind chill.
How wet? (Precipitation and its impact)	Increasingly rainy afternoon, heavy falls A little light rain around Drumochter, but most hills dry in morning. Rain becomes more frequent, heavy falls forming, and during afternoon sets in for several hours with sustained heavy falls, particularly south Cairngorms.
Cloud on the hills?	Variable, increasing afternoon; clearest north slopes 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.
Chance of cloud free Munros?	50%, lowering to 20%
Sunshine? Air clarity (below cloud)	Patchy sun, more often north Cairngorms, increasingly cloudy afternoon. Very good visibility, deteriorating though afternoon on high terrain.
How Cold? (at 900m)	7C, rising slightly, locally 9C north Cairngorms, lowering towards 6C late. Feeling like 0 to -3C in direct wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 28 September, 2026

A changeable prospect during the week ahead. A better day on Monday as higher pressure expands in from the south, but showers and brisk winds continue toward northwest Scotland. Strong southeasterly winds by Tuesday, widely gales on mountains with turbulent downslope gusts toward the west; a risk of rain developing from the south during the day, becoming heavy later. Blustery south-southwesterlies into Wednesday and Thursday, showery in the west. Higher pressure tends to expand further north again into early October. Mostly mild temperatures.

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.