

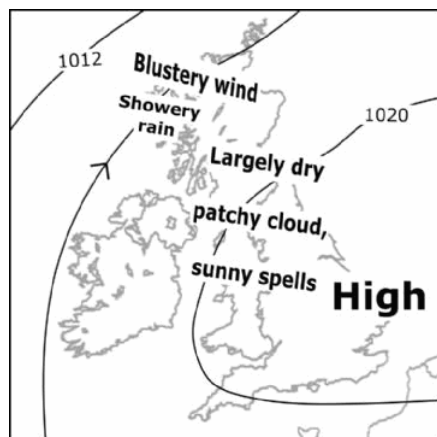
Cairngorms NP and Monadhliath

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

General Summary for Monday, 28 September, 2026



British Mountain Summary:

Based on forecast chart for noon 28 September, 2026

Breezy over Scottish mountains, windier further northwest, feeling chilly. Showery for western Lochaber, Mull and around Skye, tending to fade during afternoon. Largely dry elsewhere, varied cloud over hills in morning, lifting and breaking above many tops with some sunshine. Lighter winds for England & Wales.

Headline for Cairngorms NP and Monadhliath

Breezy on tops. Early showers, patchy cloud lifts, sunshine.

Detailed Forecast for Monday, 28 September, 2026

How windy? (On the Munros) Effect of wind on you?	Southwesterly 20 to 30mph, strongest gusts around higher Cairngorms, tending to lessen in afternoon. Then into night, strengthening southeasterly to gusty 25-30mph. Blustery, starting to affect comfortable walking on some exposed high tops and ridges; feeling rather cool.
How wet? (Precipitation and its impact)	Local showers in west in morning Brief showers mainly hills near Drumochter and some may reach the Monadhliath and western Cairngorms in the morning, but fading out to be generally dry.
Cloud on the hills? Chance of cloud free Munros?	Early patches then mostly little Patchy cloud around some hill slopes in the morning, mostly areas toward Ben Alder and southwest Cairngorms, soon above 800-900m; well broken northwards. Lifting to rare patches and most or all tops often clear. 60% southwest early in day, otherwise 80%, rising to 90% all areas.
Sunshine? Air clarity (below cloud)	Sunshine and patchy fair-weather cloud, locally more cloud southwest early in day. Visibility excellent.
How Cold? (at 900m) Freezing Level	4C rising 7 or 8C. Feeling like -2 to -5C in the wind on higher areas in the morning. Above the summits. Local pockets of slight frost at dawn in sheltered eastern glens.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 29 September	Wednesday 30 September
How windy? (On the Munros) Effect of wind on you?	Southeasterly 40 to 60mph, strongest speeds over high Cairngorms, but also turbulent gusts downslope to north. Challenging walking conditions on exposed terrain, but sudden buffeting also to some lower elevations.	Southerly 40 to 60mph, but at times 70mph over tops, particularly higher Cairngorms. Challenging walking conditions, frequent buffeting knocking you off balance, any mobility at times difficult.
How wet? (Precipitation and its impact)	Risk of rain developing south Mostly dry start, but spots of rain likely develop mainly over southern slopes, becoming drizzly where in cloud, risk with time pulses of steady rain; very little may reach northern areas.	Heavy rain for a time A band of rain moves northeastward across the region likely during morning into middle of day, some heavy falls mainly southern areas. Later a few showers.
Cloud on the hills? Chance of cloud free Munros?	Most south and forming over tops Banks of cloud forming soonest on southern slopes, tending to develop increasingly with a cloak of cloud rolling over the higher Cairngorms, whilst toward Monadhliath may see very little until later. 50%	Lifting and breaking, best north Extensive cloud over the hills in early rain, then lifting rapidly and clearing toward upper slopes, though some patches may linger, mainly on southern slopes. 60%
Sunshine? Air clarity (below cloud)	Early weak sun giving way to overcast skies, staying brighter north. Good visibility then hazier.	Sunshine breaking through as rain clears. Poor visibility in rain, then improving to be very good.
How Cold? (at 900m) Freezing Level	5C rising to 10C, increasingly humid; may rise slightly more by evening onward. Above the summits.	Humid 12C or above from dawn, dropping during the day to a fresher 9C later. Feeling near/below freezing in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 29 September, 2026**

Strong southeasterly winds by Tuesday, widely gales on mountains with turbulent downslope gusts toward the west; some rain developing from the south during the day, becoming heavy later - a band of rain moves northeast into early Wednesday, leaving blustery south-southwesterlies into Wednesday and Thursday, showery in the west. Some occasional rain further ahead, but more often looking drier as higher pressure tends to expand further north during early October. Mostly mild temperatures, some cooler nights develop.

Forecast issued at 16:30 on Sunday, 27 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.