

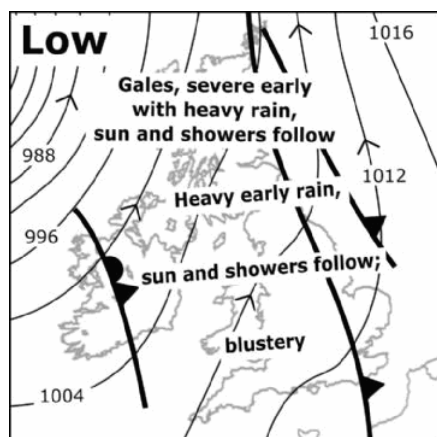
Cairngorms NP and Monadhliath

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 Wednesday, 30 September, 2026



British Mountain Summary:

Based on forecast chart for noon 30 September, 2026

Heavy rain sweeps northeast across England and Scotland through morning: persistent falls, locally torrential with risk thunder, particularly west Scotland early hours. Rain soon clears Wales, more widely by midday, bright skies follow, trending cooler and showers developing. Widely windy, gales in Scotland.

Headline for Cairngorms NP and Monadhliath

Morning severe gales and heavy rain; afternoon sun, late showers

Detailed Forecast for Wednesday, 30 September, 2026

How windy? (On the Munros)	Southeasterly 50-60mph early hours, gusting 75mph+ over Cairngorms plateau. Shifting southerly and lessening to mostly 40-50mph for the rest of the day.
Effect of wind on you?	Mobility difficult for a few early hours, strongest gusts knocking you off balance and blowing you around; effects lessening but walking remains widely arduous in exposure with notable wind chill.
How wet? (Precipitation and its impact)	Heavy rain for a time, then later showers A band of rain moves northeastward across the region from dawn, persistent for several hours with extended heavy falls, perhaps torrential southern Cairngorms, remote risk a flash of lightning. Rain breaks up from midday, dry for several hours, then showers return from the south later.
Cloud on the hills?	Extensive morning, breaking to banks on tops Extensive cloud over the hills in early rain, then lifting rapidly and clearing toward upper slopes late morning through midday, though some patches may variably come and go on high tops and some high southern aspects. Later, banks return more broadly on high terrain where showers occur.
Chance of cloud free Munros?	Practically nil in the morning, rising to 60% well into afternoon
Sunshine? Air clarity (below cloud)	Overcast and dull through morning, very poor visibility. Breaking up for often sunny conditions afternoon, extensive sun north of the Cairngorms.
How Cold? (at 900m)	Humid 12C or above in the morning, variably dropping afternoon to finish near a fresher 9C. Feeling near/below freezing in the wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 1 October	Friday 2 October
How windy? (On the Munros) Effect of wind on you?	Southwesterly 20-30mph, will vary with some periods of lighter speeds. Strengthening overnight. Nuisance wind in exposure likely all day with a chilly feeling, more strenuous walking on high Cairngorms at times.	Southwesterly 25-35mph, sometimes quite gusty. Blustery in exposure all day with a chilly feeling, some more strenuous moments in buffeting gusts and feeling chilly.
How wet? (Precipitation and its impact)	Little expected A few showers drift onto hills around Drumochter at times, but any falls light and most other hills entirely dry.	Often raining Persistent rain over Drumochter and west Cairngorms most of the day, broader areas of rain passing east to west more widely, several extended heavy falls on southern Cairngorm slopes probable.
Cloud on the hills?	Increasingly just high tops with breaks Cloud from 900m upward southern Cairngorms, rolling over the tops, scattered low patches too; well-broken north slopes. Cloud will lift to just patches over tops, increasingly broken, to fleeting patches over tops near Ben Macdui.	Tops shrouded, lowest bases southwest A layer of cloud unlikely clears above 1100m even during breaks in rain, bases regularly lower, approaching 600-700m towards Drumochter, ragged patches to forest canopies during and after heaviest rainfall.
Chance of cloud free Munros?	Rising to 70%	20%
Sunshine? Air clarity (below cloud)	Sun increasingly extensive, particularly north and east. Very good visibility.	A few bright glimpses north of high Cairngorms, more often cloudy. Varied visibility but often poor in cloud and rain.
How Cold? (at 900m) Freezing Level	7 or 8C, may rise a degree towards Glen Avon. Feeling near 0C in strongest wind. Above the summits.	6 or 7C. Feeling like 0 to -3C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 1 October, 2026

Fresher, blustery south-southwesterlies from overnight Wednesday persist on Thursday: showery in the west early but trending drier and brighter widely. A new frontal system approaches late Thursday and overnight, then Friday will be a wetter day again; rain quite frequent with extensive cloud for many and quite blustery. On Saturday, higher pressure begins expanding from the south, increasingly settling the weather in England and Wales; temperatures generally mild, some cool nights when skies are clear, also sometimes feeling humid. The following week remains mixed, some settled windows in England and Wales with bright breaks east, but more often windy, particularly Scotland with periods of rain, the wind and rain expanding more widely at times.

Forecast issued at 16:16 on Tuesday, 29 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.