

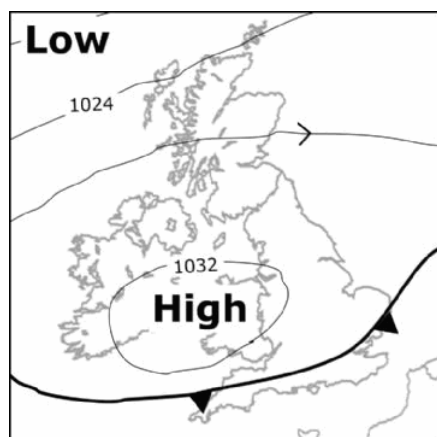
Cairngorms NP and Monadhliath

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 Saturday, 3 October, 2026



British Mountain Summary:

Based on forecast chart for noon 3 October, 2026

Fine, sunny with light wind mountains in England and Wales. Much of Scotland will be dry but showers, mainly W & NW Highlands, where there will be persistent fog. Progressively windier northwards; near gale force northern Scotland.

Headline for Cairngorms NP and Monadhliath

Windy; fog mostly confined to higher tops.

Detailed Forecast for Saturday, 3 October, 2026

How windy? (On the Munros)	West backing southwesterly 30mph, perhaps sometimes 35mph Cairngorm plateau.
Effect of wind on you?	Considerable wind chill and walking often strenuous where exposed. In places balance difficult.
How wet? (Precipitation and its impact)	A few showers, but extensively dry One or two brief showers, mainly west if A9 afternoon.
Cloud on the hills?	Confined to higher slopes; probably clearing eastern Cairngorms NP Cloud mostly covering higher slopes most of morning; by midday west of A9 most cloud above 650m with breaks to 900m, perhaps 1050m. Eastwards across Cairngorms NP, the cloud base will rise further, by afternoon, mostly 1050-1200m.
Chance of cloud free Munros?	20% west of A9 to 70% in afternoon eastern Cairngorms NP
Sunshine? Air clarity (below cloud)	Intermittent sun, most sun eastern hills in Cairngorms NP. Very good visibility.
How Cold? (at 900m)	6C, but will feel as cold as minus 5C directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Sunday, 4 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, total rainfall small, and frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively southwards, periods of strong winds will less frequent. A brief period of colder weather around the middle of next week will bring snowfall to some northern mountains.

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.