

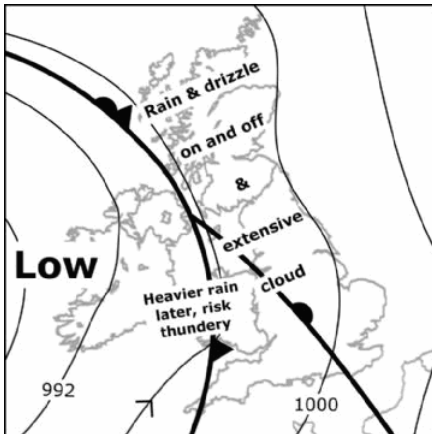
# Cairngorms NP and Monadhliath

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, 6 October, 2024



### British Mountain Summary:

**Based on forecast chart for noon 6 October, 2024**

Damp southerly air brings a lot of cloud, with drizzle and pulses of rain drifting northwards. Lowest cloud on south-facing hill groups. Drier and higher cloud toward NW Scotland. A zone of heavier rain moves into Wales in afternoon, locally torrential, risk of thunder. Blustery S-SE'ly winds, feeling cool on higher terrain.

### Headline for Cairngorms NP and Monadhliath

Patchy rain; lowest cloud south/east. Breezy.

## Detailed Forecast for Sunday, 6 October, 2024

<b>How windy? (On the Munros)</b>	Southeasterly typically 20 to 30mph, possibly stronger for a time from dawn; lulls to lower speeds possible during day.
<b>Effect of wind on you?</b>	<b>Varied, prepare for marked wind chill on higher terrain, blustery at times affecting balance on exposed ridges.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain</b> Patchy rain most common toward south and east of the Cairngorms NP, mostly small amounts in the breeze. Toward Strathspey and Monadhliath more often dry.
<b>Cloud on the hills?</b>	<b>Mostly south and east, breaks north</b> Banks of cloud often drifting over higher Cairngorms terrain, lowest bases toward south and Deeside, 600-800m. Toward Glenmore and Monadhliath, often above 900-1000m with breaks for periods.
<b>Chance of cloud free Munros?</b>	<b>20% south, to 50% north.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun, may be weak at times through high cloud. Visibility good.
<b>How Cold? (at 900m)</b>	5 to 7C, but feeling sub-zero if exposed to stronger winds on tops.
<b>Freezing Level</b>	Above the summits

**Cairngorms NP and Monadhliath - Looking Ahead**

	<b>Monday 7 October</b>	<b>Tuesday 8 October</b>
<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Variable direction, mostly south to southeasterly, 15 to 25mph, gusty in places, but some local lulls possible.</p> <p><b>Fairly small, but feeling chilly over the tops, gusty conditions may start to affect ease of walking at times.</b></p>	<p>Easterly 15 to 25mph, gusts over 30mph on some slopes around the higher Cairngorms.</p> <p><b>Fairly small, but expect suddenly gustier locations which may start to affect ease of walking. Noticeable wind chill in exposure.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Rain on and off</b></p> <p>Periods of showery rain, greatest risk of more frequent rain toward east, whilst near Strathspey may escape often drier.</p>	<p><b>Rain most persistent east</b></p> <p>Rain and drizzle frequent, particularly eastern Cairngorms NP, risk some steadier or heavy rain at times here. Smaller amounts toward and west of the A9.</p>
<p><b>Cloud on the hills?</b></p>	<p><b>Fairly extensive higher areas</b></p> <p>Often covering the mountains above 900m, at times lower in rain and in more eastern areas. Breaks higher up more likely northern Cairngorms to Monadhliath.</p>	<p><b>Extensive, lowest east/south</b></p> <p>Shrouding the mountains most or all day, lowest cloud bases Deeside to Glen Garry, may persist from 500-600m up. Higher bases northwest of Cairngorms, mostly above 800m, breaks west of A9.</p>
<p><b>Chance of cloud free Munros?</b></p>	<p><b>30%</b></p>	<p><b>20%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Glimpses of sun.</p> <p>Visibility at times good, but reduced in rain.</p>	<p>Overcast much of region, glimpses of sun near Strathspey.</p> <p>Visibility poor over many hills, locally good lower toward Monadhliath.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>6C, but feeling sub-zero if exposed to stronger breeze.</p> <p>Above the summits</p>	<p>6C, but feeling near-freezing in the breeze.</p> <p>Above the summits</p>

**Planning Outlook**

**All mountain areas of Britain from Monday, 7 October, 2024**

Areas of low pressure will influence all areas throughout the week ahead, bringing frequent rain and showers. Fairly mild conditions at first, but much colder air returns from the north from midweek, dropping widely below freezing over higher mountains, with showers of snow focused over Scottish mountains. A former Atlantic hurricane is likely track across southern Britain as a deep low, bringing a risk of heavy rain to England and Wales Wednesday-Thursday. Wind speeds very varied, some lulls early in the week, but midweek onward a risk of widespread gales or even stormy winds for a time - significant wind chill later week in strong northerlies.

**Forecast issued at 16:00 on Saturday, 5 October, 2024**

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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, 2024.