

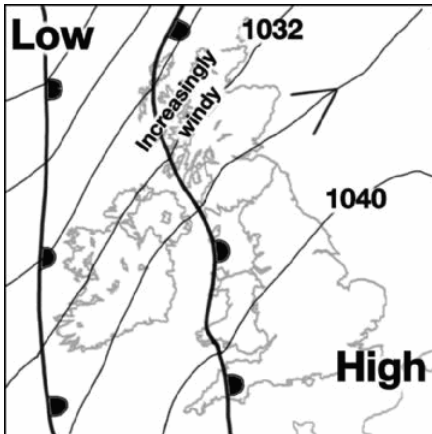
Cairngorms NP and Monadhliath

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, 12 January, 2025



British Mountain Summary:

Based on forecast chart for noon 12 January, 2025

A change beginning as Atlantic air percolates very slowly inland. However, most terrain will be frozen and in some areas will become increasing icy. Although widely fairly light wind, will slowly strengthen, but approach gale force in upland NW Scotland.

Headline for Cairngorms NP and Monadhliath

Increasingly blustery. Terrain frozen.

Detailed Forecast for Sunday, 12 January, 2025

How windy? (On the Munros)	Southerly, strengthening slowly through day; around midday 20, locally 30mph.
Effect of wind on you?	Walking increasingly impeded by the wind and wind chill becoming considerable.
How wet? (Precipitation and its impact)	Precipitation unlikely Risk of isolated fine drizzle or refrozen rain Ben Alder and summits east of Drumochter.
Cloud on the hills?	Forming extensively on higher areas; lowest cloud toward south Ben Alder and summits east of Drumochter: Some breaks, but widely fog above 450 to 600m. Elsewhere: (further north): Fog extensive above 750 to 1050m, but may break up northern Cairngorms.
Chance of cloud free Munros?	Almost nil south to 20% northernmost summits
Sunshine? Air clarity (below cloud)	Ranging from dull and murky Ben Alder and summits east of Drumochter to mostly cloud but good visibility elsewhere. Sunny and excellent visibility northernmost hills Cairngorms and Monadhliath.
How Cold? (at 900m)	0 to -3C. Feeling as cold as -12C due to wind chill.
Freezing Level	Terrain frozen but beginning to thaw slightly some higher areas exposed to the wind. Some slopes increasingly icy.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 13 January	Tuesday 14 January
How windy? (On the Munros) Effect of wind on you?	Southwesterly; very marked increase with height to 50 to 75mph. Difficult walking conditions extensively, in places any mobility difficult. Severe wind chill.	West to southwesterly; marked increase of speed with height to 40 or perhaps 50mph on some higher areas. Expect considerable buffeting and wind chill on higher areas.
How wet? (Precipitation and its impact)	Rain on and off - mainly west of A9 West of A9: Rain fairly persistent. East of A9: Rain from time to time, toward Deeside rarely more than 'spots in the wind'. Very wet underfoot as snow melts.	Little or no rain Risk isolated patches of rain☐.
Cloud on the hills? Chance of cloud free Munros?	Extensive higher areas Shrouding higher terrain all day, lowest bases near/west of the A9, 600-800m. Mostly above 800m further east. 20%	Covering the mountains all day Persistent fog; typically cloud base 500 to 750m west of A9 and southern summits in Cairngorms NP. Elsewhere, cloud base 750 to 1000m, perhaps higher east of Braemar. 10%
Sunshine? Air clarity (below cloud)	Rare if any glimpses of sun valleys. Visibility poor in rain, locally better in east.	Rare pockets of sunshine valleys, perhaps more widely Deeside. Persistent haze.
How Cold? (at 900m) Freezing Level	6C, locally warmer some eastern slopes. In the wind, feeling as cold as -10C. Above the summits - although terrain though thawing still largely frozen and icy.	4 to 6C. Above the summits.

Planning Outlook**All mountain areas of Britain from Monday, 13 January, 2025**

Thaw of most lying snow through the coming week as very mild air persistently arrives from off the Atlantic. Winds often fairly light Wales, but windier progressively northwards with frequent upland gales Scottish Highlands. Drizzle and rain now and again, but apart from in W Scotland (mainly NW Highlands) total rainfall will be small.

Forecast issued at 13:11 on Saturday, 11 January, 2025

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, 2025.