

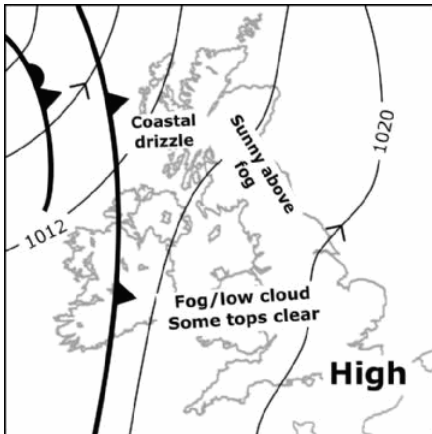
Cairngorms NP and Monadhliath

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, 19 January, 2025



British Mountain Summary:

Based on forecast chart for noon 19 January, 2025

Banks of low cloud over the southern Highlands and up the west coast to Skye, some patchy coastal drizzle. Many higher Scottish tops poking out above the cloud sheet. The northern Highlands sunnier. England & Wales sees fairly extensive low cloud, with only highest tops possibly poking just above cloud. Wind fairly light.

Headline for Cairngorms NP and Monadhliath

Some cloud/fog banks, mostly sunny north. Locally gusty.

Detailed Forecast for Sunday, 19 January, 2025

How windy? (On the Munros)	Southerly, 10-20mph. Higher winds near mountain tops and eastern Cairngorm Plateau, up to 25mph.
Effect of wind on you?	Minimal effect in most places. Walking becoming impeded and some stability challenges on higher terrain.
How wet? (Precipitation and its impact)	No precipitation expected
Cloud on the hills?	Low fog/cloud banks, clear higher Some fog/low clouds linger on lower slopes and bottoms of glens south of Cairngorm plateau, mostly below 700m. Thicker clouds in immediate vicinity of highest mountain peaks, though cloud tops staying near 800m.
Chance of cloud free Munros?	20% low, 80% above 800m and north
Sunshine? Air clarity (below cloud)	Widely sunny above fog/cloud banks and generally northern areas toward Glenmore. Excellent visibility.
How Cold? (at 900m)	2C, cooler in valley/glen fog patches. Up to 5C on north slopes of Cairngorm plateau.
Freezing Level	Above the summits, but some partly frozen terrain with frost both on lower and some higher slopes - thawing in sunshine.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 20 January	Tuesday 21 January
How windy? (On the Munros)	Southwesterly 25-30mph.	Southwest 20-25mph. Notably gustiness possible on higher terrain.
Effect of wind on you?	Walking starting to be impeded. Marked wind chill.	Marked wind chill. Comfort of walking affected, gusts impacting stability.
How wet? (Precipitation and its impact)	Little precipitation expected Brief spells of rain possible, more likely west; sleet on higher tops.	No precipitation expected
Cloud on the hills?	Cloudy west, north/east mostly clear Early patchy low cloud in most places soon clearing. Clouds quite persistent near Drumochter. Windward hills and tops of the Cairngorms will see cloud come and go, mostly clear further north/eastwards.	Patchy clouds near south summits Occasional cloud patches on higher ground of southwest slopes. Mostly clear north.
Chance of cloud free Munros?	30% west, 70% east	70%
Sunshine? Air clarity (below cloud)	Where out of hill clouds, decent sunshine through some high clouds. Visibility good.	Glimpses of sun between higher clouds. Good visibility.
How Cold? (at 900m)	2C, up to 4C on northern hills. Feeling like -8C in the wind.	1C Feeling like -10C in the wind.
Freezing Level	Near freezing on highest summits	Highest terrain frozen, some spots down to 1000m west.

Planning Outlook**All mountain areas of Britain from Monday, 20 January, 2025**

Gradually lowering pressure and falling temperature during the days ahead - mountain tops dropping sub-zero widely into midweek. Some areas of precipitation, most frequent in western Scotland early in the new week, falling as snow over higher terrain, although total amounts generally small. Blustery over some higher slopes with marked wind chill, but speeds relatively light for many into midweek. Winds are likely to strengthen toward next weekend as deeper areas of low pressure over the Atlantic approach. Late January is likely to see more frequent precipitation and periods of gales or possibly stormy winds at times; fluctuating temperatures and freeze-thaw cycles.

Forecast issued at 16:30 on Saturday, 18 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.