

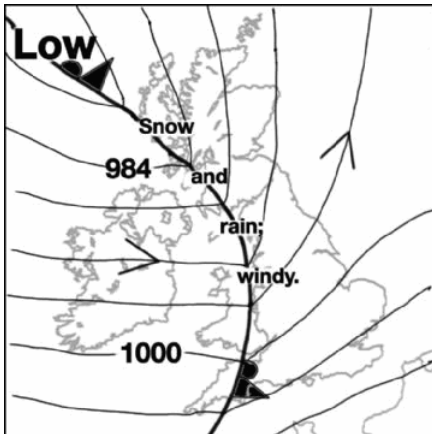
Cairngorms NP and Monadhliath

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 Thursday, 23 January, 2025



British Mountain Summary:

Based on forecast chart for noon 23 January, 2025

The onset of a change as air begins to come in off the Atlantic. There will be extensive low cloud, and as a weakening front comes inland precipitation (snow on the mountains, even lower slopes Scotland) will set in for a couple of hours or so (very little N/NE Scotland). Upland winds will also strengthen markedly.

Headline for Cairngorms NP and Monadhliath

Wind strengthening; risk of a little snow, mainly toward south.

Detailed Forecast for Thursday, 23 January, 2025

How windy? (On the Munros)	Southerly 25 to 35mph.
Effect of wind on you?	Significant wind chill and buffeting where exposed on higher areas.
How wet? (Precipitation and its impact)	Risk of occasional snow spreading northeast afternoon Largely or completely dry, although ahead of a weakening front, a little snow probably mainly west of A9 (Ben Alder area most at threat).
Cloud on the hills?	Varied: some summits clearing for periods Cloud persisting on some higher slopes, whilst for most of day others remain cloud free. In snow, cloud base will lower to or below 600m, particularly Ben Alder area.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of weak sun giving way from southwest due to thickening high cloud. Visibility very good or excellent but poor in snow.
How Cold? (at 900m)	-1 or -2C. Will feel as cold as minus -12C directly in the wind.
Freezing Level	Poor defined between 300 and 700m (little temperature change with height).

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 24 January	Saturday 25 January
How windy? (On the Munros) Effect of wind on you?	Southeast veering southwest or westerly: temporarily low speeds, but later abruptly, 60 to possibly 90mph. Severe wind chill and even on lower slopes mobility at times difficult. Progress tortuous higher up.	Westerly later southwesterly, typically 40 to 50mph, although perhaps 70mph post dawn. Expect severe wind chill and walking challenging particularly morning.
How wet? (Precipitation and its impact)	Snow on and off Bands of snow, sometimes heavy, moving north, interspersed with dry interludes. Most precipitation east from Ben Alder to more southern summits in Cairngorms NP where whiteout extensive.	Hail and snow showers Snow and hail showers; possibly later the precipitation frequent. As the showers move east they will tend to die out: very little expected Deeside.
Cloud on the hills?	Varied, often extensive Cloud bases fluctuating, at times covering some hills from lower slopes up, but occasionally breaking toward 1050m N Monadhliath, N Cairngorms and Lochnagar.	Extensive on higher areas Varying cloud base; breaks to 1000m, occasionally 1200m (generally highest toward Deeside) but near precipitation, forming at 750m or sometimes lower.
Chance of cloud free Munros?	20%	30%
Sunshine? Air clarity (below cloud)	Rare brief sun valleys around Cairngorms. Visibility appalling with whiteout when in snow; intermittently good.	Bursts of sun, most widely Deeside. Visibility very good or excellent, but abruptly very poor or appalling in snow.
How Cold? (at 900m) Freezing Level	-3C rising to around 1C. After dark dropping again below 0C. Will feel as cold as minus 15C directly in 200m rising to 900 to 1050m. Lowering again from dusk.	-3C. Will feel as cold as minus 20C directly in the wind. 450m

Planning Outlook**All mountain areas of Britain from Friday, 24 January, 2025**

An extremely intense Atlantic low will make landfall in Scotland on Friday. In many areas upland winds will approach or reach hurricane force, and widespread precipitation will occur.

Precipitation will then fall most days over the coming week as low pressure continues to dominate, giving further periods of upland gales or storm force winds. On the Scottish Highlands most precipitation will be of snow, whilst further south snow more intermittently and often confined to higher summits.

Forecast issued at 14:30 on Wednesday, 22 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.