

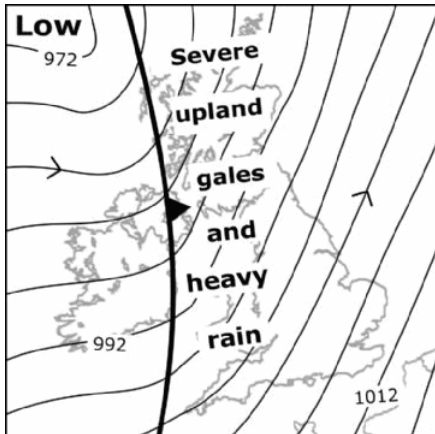
Cairngorms NP and Monadhliath

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 Friday, 21 February, 2025



British Mountain Summary:

Based on forecast chart for noon 21 February, 2025

Severe conditions over the mountains, storm-force winds most of daylight. Wet all day most areas, heaviest rain on south-facing hill groups, risk of local flooding. Least rain toward far north of the Highlands. Cloud shrouding the hills widely. Well above freezing with an ongoing thaw.

Headline for Cairngorms NP and Monadhliath

Stormy upland winds. Rain heaviest toward south.

Detailed Forecast for Friday, 21 February, 2025

How windy? (On the Munros)	Southerly, 60-80mph for most of daylight, gusts in places over 90mph on higher Cairngorms; powerful gusts also in places downslope to north. Top speeds lessen evening into night, but gales likely continue.
Effect of wind on you?	Any mobility very difficult on mountains; walking challenging even on mid to lower slopes in exposure. Severe wind chill.
How wet? (Precipitation and its impact)	Wet south, intermittent spells north Often raining west and south Cairngorms, heavy at times. Some spells of rain will reach north over the Cairngorm plateau.
Cloud on the hills?	Extensive south, varied north Extensive mid-to-low cloud south Cairngorm plateau, bases often 600-700m. Bases will be highest Monadhliath east to northern Cairngorms, breaks towards 1000m at times.
Chance of cloud free Munros?	10% south, 30% north.
Sunshine? Air clarity (below cloud)	Little or no sunshine. Often poor visibility, very poor in precipitation.
How Cold? (at 900m)	6 to 7C. Western areas may slightly cool in the afternoon. Feeling as cold as -12C in wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 22 February	Sunday 23 February
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-35mph, up to 40mph around dawn higher areas. Walking strenuous at times with some stability challenges. Significant wind chill.	South to southwesterly 60 to 80mph, up to 100mph in gusts for periods on higher Cairngorms. Severe conditions: mobility challenging even at mid-elevations, frequently knocking you off your feet where exposed.
How wet? (Precipitation and its impact)	Little precipitation expected A few patches of light drizzle into areas west of A9, brief flurries on Munros.	Heavy rain, summit snow; showers later Rain soon setting in around dawn, heaviest south & western Cairngorms, snow for a time on higher tops. By afternoon, clusters of showers, locally remaining frequent near Drumochter; back to snow on high tops into night.
Cloud on the hills?	Few patches southwest, tops clear Cloud banks often lingering on higher slopes around the A9 and south Cairngorms. Higher summits near the top of the cloud layer. Slopes north of Cairngorm plateau often clear.	Extensive higher areas Shrouding the mountains most or all day, lowest cloud bases to mid-slopes over southern areas and whilst rain persists. Mostly higher tops toward north Cairngorms, some breaks by afternoon.
Chance of cloud free Munros?	50% south, 80% north	20%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine south, frequent or widely sunny north. Good visibility, excellent north.	Overcast for several hours, then some glimpses of sun forming, mainly north of the Cairngorms. Slight haze, poor visibility in precipitation.
How Cold? (at 900m) Freezing Level	2C. Feeling like -8C in the wind. 1200m. Mostly above Deeside summits.	1 to 3C. Feeling like -15C or below due to wind chill. Close to freezing above 1000-1200m early in day, but by middle of day above all tops. Starting to lower again onto tops into night.

Planning Outlook**All mountain areas of Britain from Saturday, 22 February, 2025**

All terrain will have thawed by the weekend; very wet underfoot with several spells of heavy rainfall, highest totals on south & southwest-facing hills bringing local flooding. A relative improvement on Saturday for many places, but remaining windy, up to gale-force higher northern Scottish tops - rain still frequent around Skye. Deteriorating again into Sunday with further storm-force mountain winds. Chillier westerly winds prevail next week, a return to mostly sub-freezing conditions over Scottish Munros, whilst lower Scottish hills plus mountains in England & Wales will see some freeze and thaw. Showery conditions with hail and upland snow, mixed with occasionally more widespread precipitation.

Forecast issued at 15:45 on Thursday, 20 February, 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.