

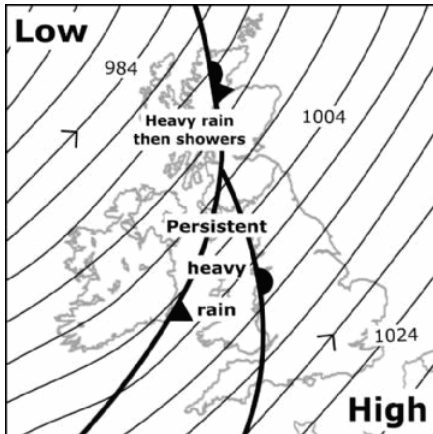
# Cairngorms NP and Monadhliath

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, 23 February, 2025



### British Mountain Summary:

**Based on forecast chart for noon 23 February, 2025**

Severe conditions with storm-force winds widely over the mountains. Extensive heavy rain for Scotland in the morning, some wet snow only on highest summits for a time, by afternoon breaking up into showers. Heavy rain setting in for much of the day for England and Wales.

### Headline for Cairngorms NP and Monadhliath

Sustained storm to hurricane-force winds. Rain heaviest south.

## Detailed Forecast for Sunday, 23 February, 2025

<b>How windy? (On the Munros)</b>	South to southwesterly 60 to 80mph, up to 100mph in gusts for periods on higher Cairngorms.
<b>Effect of wind on you?</b>	<b>Severe conditions: mobility challenging even at mid-elevations, frequently knocking you off your feet where exposed.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Heavy rain, summit snow; showers later</b> Rain soon setting in from dawn, heaviest south & western Cairngorms, snow for a time on the Munros. By afternoon, clusters of showers, locally remaining frequent near Drumochter; back to snow on high tops into night. Very wet underfoot particularly southern areas, streams in spate.
<b>Cloud on the hills?</b>	<b>Extensive higher areas</b> 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.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Overcast much of day, then later afternoon some glimpses of sun forming, mainly north of the Cairngorms. Slight haze, poor visibility in precipitation.
<b>How Cold? (at 900m)</b>	1 to 3C. Feeling like -15C or below due to wind chill.
<b>Freezing Level</b>	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.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 24 February	Tuesday 25 February
<b>How windy? (On the Munros)</b>	Southwesterly 45 to 60mph, or 70mph for periods on higher Cairngorms.	Westerly 25 to 35mph.
<b>Effect of wind on you?</b>	<b>Arduous conditions, difficult on higher mountains, where squally gusts could knock you over. Significant wind chill.</b>	<b>Starting to affect comfortable walking and balance on exposed higher terrain. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Intermittent snow on tops</b> Precipitation on and off, most frequent in areas near and west of the A9, least toward Lecht; falling as snow above 700-800m. Later also possible heavier showers with hail.	<b>Occasional snow or hail</b> A few showers coming in from the west, but rare toward Deeside; snow above 700m, possible brief hail.
<b>Cloud on the hills?</b>	<b>Varied over higher tops</b>  Cloud base typically 800 to 1000m, lowest over western side of Cairngorms to Ben Alder and during showers. Breaks to higher slopes toward north & east.	<b>Varied over higher slopes</b>  Banks of cloud most frequent over western Cairngorms and hills west of the A9, bases 800 to 1000m, briefly lower in showers. Often above 1000-1200m further east.
<b>Chance of cloud free Munros?</b>	<b>50%</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun most common north/east. Visibility often good, reduced to poor in showers.	Sunshine in and out, best toward east. Visibility often excellent, but reduced to briefly very poor in snow.
<b>How Cold? (at 900m)</b>	0 to 2C. Feeling like -15C in the wind.	0 or -1C. Wind chill feeling like -10C, nearer -15C on higher summits.
<b>Freezing Level</b>	900 to 1100m, highest north; tending to lower a little into night to around 800m.	800 to 900m.

## Planning Outlook

### All mountain areas of Britain from Monday, 24 February, 2025

Returning to freezing over the Scottish Munros from Monday, staying sub-zero over the tops during the week ahead, whilst higher summits in England & Wales will fluctuate around freezing point. Beware of icy surfaces as previously thawed ground refreezes. Wet underfoot on lower ground with streams in spate and local flooding at first following several spells of heavy rain recently. Showery precipitation coming in from the west, falling as snow on the mountains, accumulating on higher terrain, also sometimes hail. A possibly more widespread area of rain and hill snow during midweek. Wind speeds varied, west to southwesterlies at times gale force on tops, prepare for considerable chill factor.

### Forecast issued at 16:00 on Saturday, 22 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.