

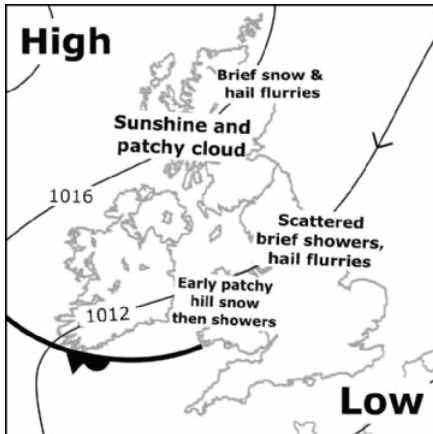
# Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.  
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit [www.tiso.com](http://www.tiso.com)**

## General Summary for Friday, 14 March, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 14 March, 2025

Cold, staying below freezing on higher mountains. Northeasterly winds lessening over the Highlands, but staying brisk for northern England. Scattered snow or hail flurries. Patchy cloud lifting toward or above many tops. Sunniest toward western coasts. Early patchy snow in Wales clears to leave brief showers.

### Headline for Cairngorms NP and Monadhliath

Cold, but wind easing. Snow or hail showers mostly morning.

## Detailed Forecast for Friday, 14 March, 2025

<b>How windy? (On the Munros)</b>	North-northeasterly 25-30mph early morning, strongest on higher Cairngorms; easing to 15-20mph into early afternoon, 10-15mph up to dusk, at least near the A9.
<b>Effect of wind on you?</b>	<b>Marked wind chill and blustery in places in the morning, particularly early in day, but becoming smaller during afternoon.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Snow and hail showers in morning</b> A fresh covering of snow on most higher terrain from overnight. Occasional showers of snow or soft hail onto Cairngorm plateau and further north, mostly in the morning. Isolated brief showers toward south.
<b>Cloud on the hills?</b>	<b>Cloud banks north, often clear south</b> Frequent cloud banks on the north Cairngorm plateau with bases near 700m in the morning, rising above 1000m. Cloud banks come and go on tops Deeside. Bases rarely reaching below 1000m Drumochter area.
<b>Chance of cloud free Munros?</b>	<b>40% north, 70% south</b>
<b>Sunshine? Air clarity (below cloud)</b>	Fairly cloudy north, occasional bright sun; cloudy skies filling in more widely with time. Excellent visibility, reducing at times in showers.
<b>How Cold? (at 900m)</b>	-3C, rising to 0 or -1C; coldest toward northeast. Wind chill feeling like -12C on higher tops in the morning.
<b>Freezing Level</b>	Near or below freezing at most elevations from dawn, frost in many glens. Rising to around 800-900m, or slightly higher on some south-facing slopes.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Saturday 15 March</b>	<b>Sunday 16 March</b>
<b>How windy? (On the Munros)</b>	West to northwesterly 20mph, at times 25 gusts 30mph higher Cairngorms.	North to northeasterly 10 to 15mph, likely strongest on eastern hills.
<b>Effect of wind on you?</b>	<b>Marked wind chill, feeling blustery in places where exposed on higher tops.</b>	<b>Fairly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation unlikely</b> Small chance of a brief light flurry in the afternoon, spots of rain below 700m.	<b>Rare light showers</b> Chance of an odd brief flurry of soft hail, and snow on higher slopes; spots of rain lower down; mainly northern Cairngorms.
<b>Cloud on the hills?</b>	<b>Patches at times higher tops</b>  Many mountains starting clear. Some patches forming during morning above 900-1000m, lifting mostly to 1200m and clearing highest tops frequently afternoon.	<b>Some cloud banks mainly north</b>  Patches briefly forming around some higher slopes during the morning will lift toward or above higher summits during middle of day. Possibly cloud banks more persistent toward the north Cairngorms.
<b>Chance of cloud free Munros?</b>	<b>70%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine best in the morning, then cloudier skies develop with patchy sun. Visibility excellent.	Patchwork of sun, more cloud by afternoon. Visibility excellent.
<b>How Cold? (at 900m)</b>	-2C rising to 0C or slightly higher afternoon. Feeling like -10C directly in the wind.	-1C rising to +1C.
<b>Freezing Level</b>	Much terrain frozen with frost into glens from dawn. Rising to 900m or slightly higher during afternoon.	Frost many glens and sheltered higher areas at dawn, becoming typically 1000m or above by afternoon.

**Planning Outlook****All mountain areas of Britain from Saturday, 15 March, 2025**

High pressure drifts over the country through the weekend and early next week, bringing largely dry conditions, rare brief light showers. Chilly, becoming slightly less cold than recent days, but frost overnight into valleys; during the daytimes the freezing level lifting onto higher slopes. A covering of recent snow on many higher mountain tops. Sunny spells, variable cloud, and very clear crisp air. Winds fairly light overall this weekend and Monday - becoming southeasterly, strengthening soonest in Wales early in the new week, then more widely windy toward midweek, with some showery rain developing. A risk of more widespread spells of rain and some hill snow later in the week.

**Forecast issued at 14:30 on Thursday, 13 March, 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.