

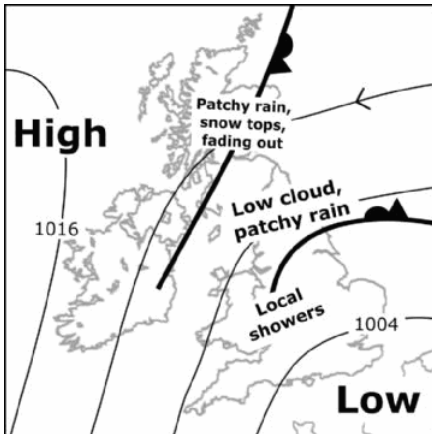
Cairngorms NP and Monadhliath

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 March, 2025



British Mountain Summary:

Based on forecast chart for noon 23 March, 2025

Chilly north to northeasterly winds; air temperature near freezing on higher Scottish tops. Rain and mountain top snow in eastern Highlands gradually fading, but low cloud persists. Sunnier skies emerging in western Scotland. England & Wales sees patchy rain, drizzle and low cloud, local showers toward south.

Headline for Cairngorms NP and Monadhliath

Chilly wind. Hill snow fading, low cloud persistent north.

Detailed Forecast for Sunday, 23 March, 2025

How windy? (On the Munros)	Northerly 20 to 30mph, nearer 35mph early morning higher Cairngorms.
Effect of wind on you?	Likely to impede ease of walking on higher areas and may give considerable buffeting and wind chill on some slopes.
How wet? (Precipitation and its impact)	Rain and upland snow slowly fading out Snow on the Munros, briefly to 700m early morning, rain lower elevations, continuing from overnight into the morning, easing to become light, but likely to linger northern Cairngorms and Deeside. Mostly fading in afternoon.
Cloud on the hills?	Extensive, rising with time toward south. Fairly extensive above 600-800m Monadhliath, Cairngorms and Deeside. Elsewhere, cloud largely lifting above 900m, some breaks forming.
Chance of cloud free Munros?	10% rising to 30% southern hills
Sunshine? Air clarity (below cloud)	Mostly cloudy, becoming brighter afternoon. Poor visibility in early rain/hill snow, becoming good out of cloud.
How Cold? (at 900m)	0C rising to 1 or 2C. Wind chill as cold as -10C.
Freezing Level	As low as 800m morning, but rising, in afternoon 1000m, to nearer 1100-1200m southern Cairngorms NP.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 24 March	Tuesday 25 March
How windy? (On the Munros) Effect of wind on you?	West to southwesterly, a lull of around 20mph morning, then strengthening toward 35mph, later 45mph on higher tops. Fairly small, then walking becoming increasingly arduous and wind chill significant where exposed.	Westerly 25 to 35mph, at times 40mph higher Cairngorms. Affecting comfortable walking over higher terrain and balance on exposed ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	A little rain later in day Morning: Rain not expected. Afternoon: A little rain spreading from west, mostly hills near/west of A9, only spots in the wind further south/east.	Dry all day Remnants of overnight rain clearing before dawn to leave a dry day.
Cloud on the hills? Chance of cloud free Munros?	Many summits clearing; lowering later west Cloud coming and going above 900m until mid morning, then for several hours patchy cloud will be confined above 1100 to 1300m. Lowering over tops near & west of A9 later in the daytime. 70%	Very little Brief patches over higher slopes in the morning, lifting to be mostly above higher summits. 70%
Sunshine? Air clarity (below cloud)	Patches of sun will gradually give way as cloud thickens from west. Excellent visibility.	Patchwork of sun, best toward Deeside. Visibility excellent.
How Cold? (at 900m) Freezing Level	3C, rising slowly through the day to 5C. Wind chill feeling as cold as -8C as speeds increase. Above the summits.	3 to 5C. Wind chill feeling like -5 to -8C. Close to highest summits in the morning, rising further above the tops.

Planning Outlook**All mountain areas of Britain from Monday, 24 March, 2025**

A mixed westerly regime for the next week to ten days - fronts coming in from the west bringing spells of rain, interspersed with better days under ridges of high pressure. Rain most frequent in western Scotland. Wind speeds varied, but at times reaching gale force over the mountains. Temperature varied, occasionally just below freezing on higher Scottish summits, with some showers with snow at times on the Munros - possibly chillier for a few days around next weekend (29-30 March).

Forecast issued at 16:25 on Saturday, 22 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.