

Cairngorms NP and Monadhliath

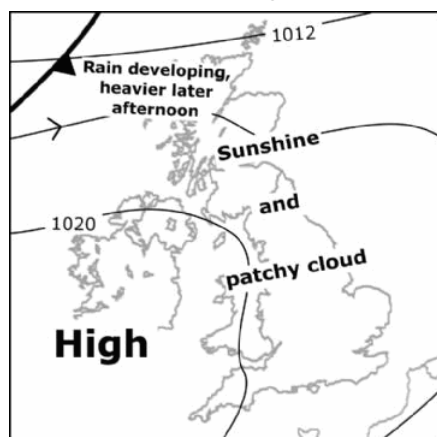
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



sportscotland
the national agency for sport

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

General Summary for Monday, 24 March, 2025



British Mountain Summary:

Based on forecast chart for noon 24 March, 2025

Westerly winds strengthening, reaching gale force over tops in the Highlands. Rain moves into northwest Scotland, setting in heavier during afternoon; patchy rain extending southeastwards later. Dry all daylight for England, Wales and southern Scotland, with good amounts of sunshine.

Headline for Cairngorms NP and Monadhliath

Increasingly windy, later gales tops. Patchy rain later.

Detailed Forecast for Monday, 24 March, 2025

How windy? (On the Munros)	West to southwesterly, a lull of around 20mph morning, then strengthening toward 35mph, later 45mph on higher tops.
Effect of wind on you?	Fairly small, then walking becoming increasingly arduous and wind chill significant where exposed.
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.
Cloud on the hills?	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.
Chance of cloud free Munros?	70%
Sunshine? Air clarity (below cloud)	Patches of sun will gradually give way as cloud thickens from west. Excellent visibility.
How Cold? (at 900m)	3C, rising slowly through the day to 5C. Wind chill feeling as cold as -8C as speeds increase.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 25 March	Wednesday 26 March
How windy? (On the Munros) Effect of wind on you?	Westerly 25 to 35mph, at times 40mph higher Cairngorms. Affecting comfortable walking over higher terrain and balance on exposed ridges. Considerable wind chill.	Southwesterly, strengthening 35 to 45mph, risk 60mph higher Cairngorms toward evening. Deteriorating to make walking increasingly arduous, later difficult on higher terrain, wind chill becoming significant.
How wet? (Precipitation and its impact)	Dry all day Remnants of overnight rain clearing before dawn to leave a dry day.	Rain unlikely until evening Risk of rain developing from the west by dusk onward into night.
Cloud on the hills? Chance of cloud free Munros?	Very little Brief patches over higher slopes in the morning, lifting to be mostly above higher summits. 70%	Mostly clear, local patches Patchy mist lower slopes from dawn. Some cloud banks drifting over upper slopes, but many hills often clear. Toward evening, risk lowering cloud starting to fill in from west. 80%
Sunshine? Air clarity (below cloud)	Patchwork of sun, best toward Deeside. Visibility excellent.	A veil of high cloud with a little weak sun; cloud tending to thicken from west. Visibility very good.
How Cold? (at 900m) Freezing Level	3 to 5C. Wind chill feeling like -5 to -8C. Close to highest summits in the morning, rising further above the tops.	1 to 4C. Wind chill feeling like -10C, nearer -15C as speeds increase. Close to freezing some sheltered higher and lower slopes at dawn; otherwise above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 25 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. Frequently windy, periods of gale force wind over the mountains. Temperature varied, sometimes just below freezing on higher Scottish summits, with some showers of snow at times on the Munros - chillier more widely by Friday into Saturday as wind turns northwesterly for a time.

Forecast issued at 16:08 on Sunday, 23 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.