

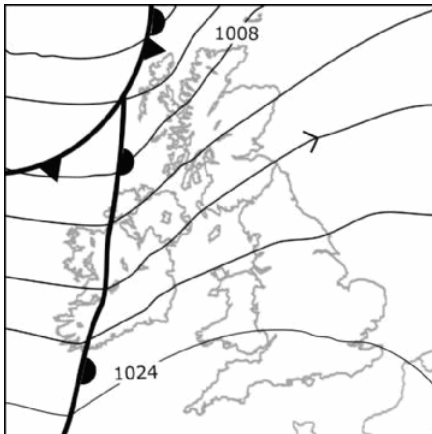
Cairngorms NP and Monadhliath

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 Saturday, 29 March, 2025



British Mountain Summary:

Based on forecast chart for noon 29 March, 2025

Deteriorating rapidly as a front, particularly active in western Scotland, brings precipitation and upland gales - or on Scottish highlands storm force winds. Heavy snow for a few hours mainly western Scotland, mostly rain elsewhere. Total rainfall small south toward S Pennines and Wales.

Headline for Cairngorms NP and Monadhliath

Storm force wind; upland snow abruptly from late morning or midday.

Detailed Forecast for Saturday, 29 March, 2025

| | |
|--|---|
| How windy? (On the Munros) | Speeds increasing rapidly late morning after a lull - westerly less than 25mph. By early afternoon southwest 60mph, but 65 to perhaps 75mph Cairngorm plateau. |
| Effect of wind on you? | Around midday walking rapidly becoming very difficult - any mobility sometimes challenging - and wind chill severe. |
| How wet? (Precipitation and its impact) | Snow on hills, heaviest west of A9, afternoon Morning: Little or no precipitation. From late morning or midday: Precipitation on and off, mainly west of A9. Little rain reaching Deeside. Expect snow above 600m, later 900m. |
| Cloud on the hills? | Extensive on higher areas Cloud base by late morning 800 to 1100m, generally highest eastern summits Cairngorms NP. Deteriorating as precipitation arrives, particularly southern summits Cairngorms NP and then west of A9, where cloud base dropping to around 500m. |
| Chance of cloud free Munros? | 10% |
| Sunshine? Air clarity (below cloud) | Sunshine rare if any: a few pockets valleys Cairngorms and Deeside. Excellent visibility before becoming poor or appalling in precipitation |
| How Cold? (at 900m) | -1C, later 1C. Will feel as cold as minus 17C directly in the wind. |
| Freezing Level | 750m rising mid afternoon after which will vary between 1050 and 1300m. |

Cairngorms NP and Monadhliath - Looking Ahead

| | Sunday 30 March | Monday 31 March |
|---|--|---|
| <p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p> | <p>Northwesterly slowly easing from 60-70mph post dawn to around 40mph by evening, when will back westerly.</p> <p>Very difficult conditions, particularly morning when wind chill severe and general mobility challenging on higher areas.</p> | <p>Ranging from 50mph Cairngorm plateau to 35 or 40mph elsewhere.</p> <p>Marked increase of speed with height: significant wind chill and buffeting on higher areas, particularly Cairngorm plateau.</p> |
| <p>How wet? (Precipitation and its impact)</p> | <p>Rain very unlikely</p> | <p>Isolated if any rain</p> <p>Chance of the odd brief burst of rain.</p> |
| <p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p> | <p>Mostly confined to highest summits</p> <p>By late morning cloud base typically 800 to 1050m and may lift above 1200m particularly Deeside.</p> <p>40%</p> | <p>Very extensive although becoming confined to higher slopes</p> <p>Cloud base will rise through day and northeastward across region. From midday, typical cloud base Ben Alder east to S Cairngorms NP 500 to 700m, whilst further north 900 to 1200m highest Deeside where may all clear.</p> <p>10%, but later 60% toward Deeside</p> |
| <p>Sunshine? Air clarity (below cloud)</p> | <p>Patches of sun; sunniest toward Deeside.</p> <p>Slight haze, particularly west of A9.</p> | <p>Sunshine in glimpses more southern hills, more frequent elsewhere - there may well be extensive sun Deeside.</p> <p>Very good or excellent visibility.</p> |
| <p>How Cold? (at 900m)</p> <p>Freezing Level</p> | <p>5C Rising slowly through the day. Will feel as cold as minus 8C directly in the wind.</p> <p>Above the summits</p> | <p>7C.</p> <p>Will feel as cold as minus 6 Celsius directly in the wind.</p> <p>Above the summits.</p> |

Planning Outlook

All mountain areas of Britain from Sunday, 30 March, 2025

Pressure will rise across the UK early next week, bringing extensively dry and for a few days very warm weather - albeit on Monday the remnants of fronts will bring a little rain but extensive low cloud to some western mountains. Later next week, some forecasts suggest a marked drop in temperature levels as the high pressure shifts position to the north of Scotland.

Forecast issued at 7:02 on Saturday, 29 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.