

Cairngorms NP and Monadhliath

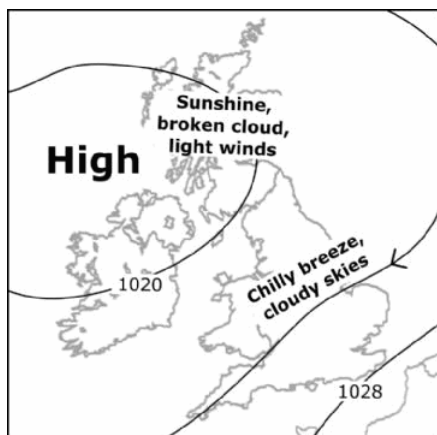
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Monday, 5 May, 2025



British Mountain Summary:

Based on forecast chart for noon 5 May, 2025

Fine with light winds for the Highlands, sunshine and the mountains largely free of cloud; starting chilly, warming up into afternoon. Chilly northeasterly winds England & Wales in the morning, easing gradually; fairly cloudy skies south & east Pennines, locally a shower.

Headline for Cairngorms NP and Monadhliath

Often sunny, light winds.

Detailed Forecast for Monday, 5 May, 2025

How windy? (On the Munros)	Westerly 10 to 15mph, strongest Cairngorms and Deeside.
Effect of wind on you?	Small
How wet? (Precipitation and its impact)	Rain not expected
Cloud on the hills?	Summits extensively cloud free Any patchy cloud around higher north and eastern slopes early morning soon dispersing.
Chance of cloud free Munros?	Greater than 90%
Sunshine? Air clarity (below cloud)	Extensive bright sunshine, a little fair-weather cloud into afternoon. Superb visibility.
How Cold? (at 900m)	0C from dawn; rising to as high as 10C afternoon (most likely southern summits in Cairngorms NP).
Freezing Level	Above the summits, but post dawn, frost many upland and lowland valleys and close to freezing higher slopes.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 6 May	Wednesday 7 May
How windy? (On the Munros)	Mostly westerly 10mph or less.	Variable or mostly northeasterly, 10mph or less.
Effect of wind on you?	Negligible	Negligible
How wet? (Precipitation and its impact)	No rain	Rain very unlikely Small risk of a light shower late afternoon into evening, mainly near/west of the A9.
Cloud on the hills?	Little or none	All clearing Patches may cap higher Cairngorms and summits near Deeside in the morning, lifting above the summits.
Chance of cloud free Munros?	Above 90%	80%
Sunshine? Air clarity (below cloud)	Extensive or unbroken sunshine. Superb visibility.	Sun and partly cloudy skies, perhaps cloudier for periods. Visibility excellent.
How Cold? (at 900m)	1C at dawn; rising as high as 12C afternoon.	2C at dawn, rising as high as 11C by afternoon, though eastern areas may only reach 7C.
Freezing Level	Generally above the summits, but at dawn near freezing point higher slopes and frost both upland and lowland valleys.	Generally above the summits, but at dawn near freezing with slight frost both in the glens and on sheltered higher terrain.

Planning Outlook**All mountain areas of Britain from Tuesday, 6 May, 2025**

High pressure continues to reside over the British Isles during the week ahead, maintaining generally dry conditions, low risk of an isolated afternoon shower. Winds mostly light, direction variable. Chilly nights with frost in valleys and sheltered higher terrain. Becoming pleasantly warm into the afternoons. Sunshine and variable cloud, at times covering the sky, but generally above the mountain tops with excellent visibility. Very dry ground conditions almost everywhere, beware high risk of fire.

Forecast issued at 16:00 on Sunday, 4 May, 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.