

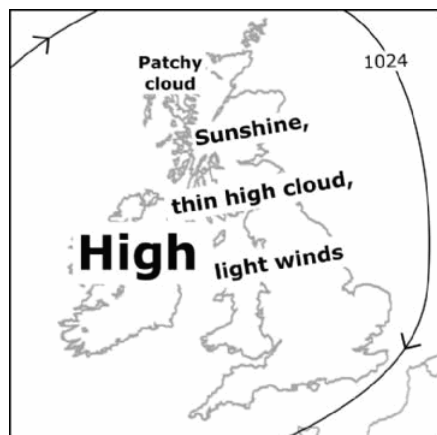
Cairngorms NP and Monadhliath

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



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General Summary for Tuesday, 6 May, 2025



British Mountain Summary:

Based on forecast chart for noon 6 May, 2025

Fine with strong sunshine for most places, beware sunburn. A little fair-weather cloud into the afternoon. Warming up after a chilly start with frost. Cloud banks affect west coastal mountains north from Mull in the morning, tending to lift and thin with time. Light winds overall.

Headline for Cairngorms NP and Monadhliath

Mostly sunny, light breezes.

Detailed Forecast for Tuesday, 6 May, 2025

How windy? (On the Munros)	Variable or westerly, 10mph or less, at times little wind.
Effect of wind on you?	Negligible
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Little or none
Chance of cloud free Munros?	Above 90%
Sunshine? Air clarity (below cloud)	Extensive or unbroken sunshine. Superb visibility.
How Cold? (at 900m)	1C at dawn; rising as high as 12C afternoon.
Freezing Level	Generally above the summits, but at dawn near freezing point higher slopes and frost both upland and lowland valleys.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 7 May	Thursday 8 May
How windy? (On the Munros)	Variable or mostly northeasterly, 10mph or less.	Variable or easterly, 10mph or less.
Effect of wind on you?	Negligible	Negligible
How wet? (Precipitation and its impact)	Rain very unlikely Small risk of a light shower late afternoon into evening, mainly near/west of the A9.	Rain not expected
Cloud on the hills?	All clearing Patches may cap higher Cairngorms and summits near Deeside in the morning, lifting above the summits.	Little if any Patches or fragments around some upper slopes in the morning, lifting above the summits by middle of the day.
Chance of cloud free Munros?	80%	90%
Sunshine? Air clarity (below cloud)	Sun and partly cloudy skies, perhaps cloudier for periods. Visibility excellent.	Sunshine and fair-weather cloud, which may fill in a little by afternoon. Visibility excellent.
How Cold? (at 900m)	2C at dawn, rising as high as 11C by afternoon, though eastern areas may only reach 7C.	6C but some spots colder at first, rising up to 11C by afternoon; easternmost hills may be slightly cooler.
Freezing Level	Generally above the summits, but at dawn near freezing with slight frost both in the glens and on sheltered higher terrain.	Generally above the summits, but just at dawn slight frost possible some glens and sheltered higher terrain.

Planning Outlook

All mountain areas of Britain from Wednesday, 7 May, 2025

A quiet spell of weather as high pressure continues to dominate over the British Isles this week and very possibly well into next week too. 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, beware high risk of fire.

Forecast issued at 16:00 on Monday, 5 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.