

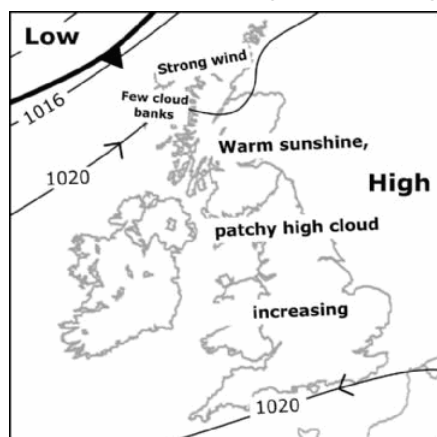
Cairngorms NP and Monadhliath

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 Friday, 9 May, 2025



British Mountain Summary:

Based on forecast chart for noon 9 May, 2025

In Scotland, thin mist in the glens and isolated cloud caps over highest tops at dawn will soon clear for cloud free hills. Isolated low morning fog in eastern valleys of England and Wales as well, also soon clearing. A patchwork of sun for most as high fair-weather cloud builds, feeling warm in direct sun. Mostly light winds.

Headline for Cairngorms NP and Monadhliath

Dry with patchy high cloud increasing; breeze in the east later

Detailed Forecast for Friday, 9 May, 2025

How windy? (On the Munros)	Variable or southwesterly 15mph or less. Eastern Cairngorms and Deeside may see 20mph breezes as dusk approaches.
Effect of wind on you?	Mostly small
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Little if any on highest tops at dawn, then cloud-free Isolated cloud caps may cover highest summits of the Cairngorms at dawn. Thin local mists in inland glens at dawn as well. Cloud soon lifts and dissipates for cloud-free mountains.
Chance of cloud free Munros?	Above 90%
Sunshine? Air clarity (below cloud)	Sunshine and well broken cloud. Cloud fills in through the afternoon, though intermittent sun bursts will persist. Visibility excellent.
How Cold? (at 900m)	7 or 8C, rising to 11C by afternoon, some local areas north of Cairngorms reaching 12C.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 10 May	Sunday 11 May
How windy? (On the Munros)	South to southwesterly 10 to 20mph. Slight rise in speeds around dusk.	Southerly 15-25mph, higher winds at dawn up to 30mph. Easing in afternoon, direction may be variable.
Effect of wind on you?	Fairly small	Fairly small, some walking impeded in the morning, notably on exposed high terrain.
How wet? (Precipitation and its impact)	Little or no rain Small chance of an odd spot of light rain over Monadhliath.	Afternoon bursts of rain Some outbreaks of rain after noon, chance frequent for a few hours.
Cloud on the hills?	Not expected	If any, only high terrain in rain Mostly clear. Bases may lower onto higher terrain in the afternoon during rain outbreaks.
Chance of cloud free Munros?	Above 90%	90%
Sunshine? Air clarity (below cloud)	Mostly sunny, some fair weather cloud building after noon. Visibility excellent.	Mostly sunny morning, gradually becoming overcast through afternoon. Excellent visibility, poor in rain.
How Cold? (at 900m)	5C from dawn, rising to 12C afternoon.	8 or 9C, rising only slightly during daylight
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 10 May, 2025

Low pressure south and west of the British Isles will facilitate bursts of rain into Wales though the weekend into next week. High pressure to the east keeps most eastern areas settled during this time. The continental wind track will keep most cloud above the summits, with eastern areas often sunny. Generally settled conditions prevail next week as high pressure reestablishes just north of the British Isles, though odd bursts of rain come and go in Wales. A mix of cloud and sun with light winds, generally easterly though variable. Slight frosts at dawn in sheltered spots, mostly warm by day. Very dry ground conditions, beware high risk of fire.

Forecast issued at 15:29 on Thursday, 8 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.