

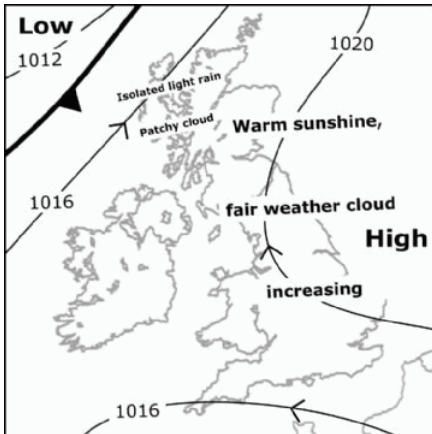
Cairngorms NP and Monadhliath

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, 10 May, 2025



British Mountain Summary:

Based on forecast chart for noon 10 May, 2025

Moderate breezes across Scotland. Variable cloud banks in west Scotland with local light showers onto northwest coasts. East Scotland, England, and Wales will be mostly sunny with a patchwork of high cloud building. Feeling warm in afternoon sunlight. Winds increase in England and Wales somewhat as dusk approaches.

Headline for Cairngorms NP and Monadhliath

Strong sunshine and breezy, patchy high cloud building.

Detailed Forecast for Saturday, 10 May, 2025

How windy? (On the Munros)	South to southwesterly 20-25mph, some notable gusts through elevated passes and over tops for a time. Chance of winds near 30mph Deeside.
Effect of wind on you?	Just starting to affect comfortable walking, some buffeting gusts briefly challenging stability on exposed ridges. Feeling chilly in strongest wind.
How wet? (Precipitation and its impact)	Rain not expected
Cloud on the hills?	Not expected
Chance of cloud free Munros?	Nearly certain
Sunshine? Air clarity (below cloud)	Strong sunshine, a patchwork of cloud building after noon. Visibility excellent.
How Cold? (at 900m)	6C from dawn, rising to 12C afternoon. North slopes of the Cairngorm plateau a degree or two warmer. Feeling just above freezing in direct wind.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 11 May	Monday 12 May
How windy? (On the Munros) Effect of wind on you?	Southerly 15-25mph, higher winds at dawn up to 30mph. A lull from the west later afternoon, variable direction. Fairly small, some walking impeded in the morning, notably on exposed high terrain.	East or southeasterly, 20-25mph. Walking starting to be impeded, some uncomfortable gusts on exposed terrain.
How wet? (Precipitation and its impact)	Afternoon bursts of rain Some outbreaks of rain afternoon most likely west Cairngorms and Monadhlaith, possibly later in day an odd heavy burst.	Chance odd spots of light rain Detail uncertain: A few odd spots of light rain may come and go, possibly extended rain at dawn Monadhlaith. Chance largely dry.
Cloud on the hills? Chance of cloud free Munros?	If any, only high terrain in rain Mostly clear. Bases may lower onto higher terrain in the afternoon during rain outbreaks. 90%	Occasional cloud banks over high tops Patches of sea fog at dawn on lower and mid-slopes of Deeside and Monadhlaith, clearing through morning. Chance of more extensive cloud Monadhlaith at dawn. Mountains often clear though bases occasionally touch high tops, further lowering in rain. 80%
Sunshine? Air clarity (below cloud)	Mostly sunny morning, gradually becoming overcast through afternoon. Excellent visibility.	Glimpses of sun, though overcast at times, possibly improving later afternoon. Excellent visibility.
How Cold? (at 900m) Freezing Level	8 or 9C, rising only slightly during daylight Above the summits	9C, rising to 11C, up to 13C Monadhlaith. Deeside and east Cairngorms may see little or no temperature change. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 11 May, 2025

Low pressure south and west of the British Isles will facilitate bursts of rain, possible thunderstorms, into Wales into early next week, some may reach into northwest England and west Scotland. The continental wind track and high pressure to the east will keep most cloud above the summits, with eastern areas often sunny. Generally settled conditions prevail mid-late week into next weekend as high pressure reestablishes just north of the British Isles. 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 16:25 on Friday, 9 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.