MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

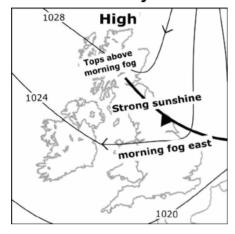
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Wednesday, 14 May, 2025



British Mountain Summary: Based on forecast chart for noon 14 May, 2025

Misty low cloud in central and east Scotland in the morning; high terrain above the cloud layer. Morning low cloud east of the Pennines as well, most tops shrouded. Cloud fading to strong warm sun nearly all mountains by afternoon. Notable gusts, increasing into evening along the Pennines. Cloud-free in western areas and Wales.

Headline for Cairngorms NP and Monadhliath

Tops above cloud; strong sunshine becoming widespread

Detailed Forecast for Wednesday, 14 May, 2025

How windy? (On the Munros)	Generally easterly though some variability, 15mph or less. Some strong winds around low northern slopes early. A northeasterly shift in eastern areas as evening approaches, increasing to a gusty 25mph.	
Effect of wind on you?	Mostly small through the day. Walking starting to be impeded as dusk approaches.	
How wet? (Precipitation and its impact)	No rain	
Cloud on the hills?	Early misty low cloud; tops above cloud	
	North Sea low cloud fairly extensive from overnight to early morning, fog almost into glens, but most terrain above 1100m likely above this layer. Patches may drift upslope briefly on north aspects but all dispersing through middle of day.	
Chance of cloud free Munros?	80% (in places above early cloud), rising above 90%	
Sunshine? Air clarity (below cloud)	Strong sunshine on highest terrain increasingly widespread. Some thin high cloud. Visibility becoming excellent after early mist or haze lower down.	
How Cold? (at 900m)	7C rising to 10C (cooler if in cloud lower down in morning); reaching locally 12C toward west of Cairngorms by afternoon.	
Freezing Level	Above the summits	

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Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 15 May	Friday 16 May
How windy? (On the Munros) Effect of wind on you?	Northeasterly 15 to 20mph, at times 25mph with stronger gusts over higher Cairngorms, especially toward east. Fairly small, but may affect comfortable walking in places on higher exposed tops, feeling rather cool.	North to northeasterly 15-25mph. Chance higher breezes easternmost Cairngorms and Deeside. Notable gusts. Fairly small, though walking at times impeded in eastern areas, particularly in gusty bursts.
How wet? (Precipitation and its impact)	No rain	No rain
Cloud on the hills?	Possibly patchy cloud for a time on some slopes toward northeast Cairngorms, but soon dispersing.	Likely none If any, low banks of patchy sea fog around east Cairngorms at dawn, soon fading for cloud-free hills.
Chance of cloud free Munros?	90%	Above 90%
Sunshine? Air clarity (below cloud)	Extensive strong sunshine. Visibility excellent.	Extensive warm sunshine. Excellent visibility.
How Cold? (at 900m) Freezing Level	7C rising locally up to 12C by afternoon, mainly Drumochter area; further northeast staying cooler all day. Above the summits	9 or 10C. Areas west of the A9 rising to near 13C, only a slight rise if any elsewhere. Above the summits

Planning Outlook

All mountain areas of Britain from Thursday, 15 May, 2025

High pressure persists north of Britain this week into the weekend bringing dry, warm and sunny weather. East to northeasterly winds prevail, at times strong and gusty, mainly England and Wales. Some coastal fog and low cloud drifting inland from the North Sea will affect eastern areas in the mornings (high terrain in Scotland often above the cloud layer), largely dispersing through middle of daytimes. Highest temperatures typically toward the west. Very dry ground conditions, beware high risk of fire.

Forecast issued at 15:22 on Tuesday, 13 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.