MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

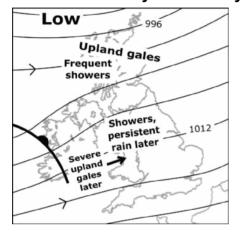
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Monday, 26 May, 2025



British Mountain Summary: Based on forecast chart for noon 26 May, 2025

Gales widespread over the mountains, during afternoon in Wales strengthening to become increasingly severe on tops. Showery bursts, most frequent in the west, hail and isolated thunder. Merging into constant and heavier rain for England, Wales and southwest Scotland later.

Headline for Cairngorms NP and Monadhliath

Upland gales, heavy showers, hail, chance lightning.

Detailed Forecast for Monday, 26 May, 2025

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How windy? (On the Munros)	Southwesterly, 35 to 45mph, at times 50mph on higher Cairngorms; squally gusts in showers. Speeds moderating toward evening.		
Effect of wind on you?	Frequent buffeting across the hills, making balance difficult on exposed ridges; gusts could knock you over. Significant wind chill.		
How wet?	Increasingly showery, heavier afternoon		
(Precipitation and its impact)	Showers mostly toward the west early morning; a few hours more often dry toward Deeside, but showers increasingly widespread, some heavy bursts with possible hail, small chance of lightning.		
Cloud on the hills?	Varied over higher tops		
	Patches over higher slopes in the morning, clearer in east. Most cloud becomes confined above 1000m with higher breaks, always best in east, but some patches to 800m or lower at times around showers.		
Chance of cloud free Munros?	40%, to 60% toward east.		
Sunshine? Air clarity (below cloud)	Occasional sun mostly morning, then just brief bursts of sun. Visibility excellent for periods, but suddenly poor in showers.		
How Cold? (at 900m)	2C rising to 4C. Wind chill feeling like -10C high tops.		
Freezing Level	1100-1200m early morning, rising just above highest summits into afternoon.		

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Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 27 May	Wednesday 28 May
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 25 to 35mph in morning, gradually easing to 15-20mph or less afternoon-evening. Blustery, affecting comfortable walking on exposed higher areas in morning,	Westerly 25 to 30mph, at times 35mph on higher Cairngorms, mainly northern areas. Starting to impede ease of walking where exposed, very blustery over
	likely becoming smaller.	higher terrain. Considerable wind chill.
How wet?	Rare showers	Passing showers
(Precipitation and its impact)	Often dry, one or two brief showers possible.	Occasional brief showers, mostly west of the A9 in the morning, one or two further eastwards middle of day onward, possible hail. Into night, chance of heavy rain moving in from southwest (may stay further south).
Cloud on the hills?	Clearing most or all tops	Patches lifting above tops
	Patches of cloud in the morning mostly above 900m, most common toward the A9. Lifting above most or all tops.	Patches of cloud on higher slopes above 1000-1200m in the morning, lifting to only occasionally graze highest summits by middle of day.
Chance of cloud free Munros?	70%	50% rising to 90%
Sunshine? Air clarity (below cloud)	Broken cloud and sun. Visibility very good.	Broken cloud and sun; cloud filling in for periods. Visibility very good.
How Cold? (at 900m)	2C rising to 5C. Wind chill feeling like -5 to -8C in morning.	2C rising to 5C. Wind chill feeling like -5C, to -8C higher Cairngorms.
Freezing Level	1200m early morning, rising above all summits.	Around 1200-1300m early morning, then rising above the summits.

Planning Outlook

All mountain areas of Britain from Tuesday, 27 May, 2025

Changeable conditions this week with low pressure and frontal systems passing west to east. West to southwesterly winds prevailing, speeds varied, but gale force for periods on the mountains. Spells of rain and showers, some periods of sustained heavier rain. Cloud often shrouding higher terrain. Better toward the east and northeast of Scotland. Generally rather cool for Scotland, near freezing on highest summits early in week, then a little milder, or warmer further south over England & Wales. Some improvements in conditions especially in southern areas as pressure builds at times, but mixed westerlies are likely to prevail into the start of June.

Forecast issued at 16:00 on Sunday, 25 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.