

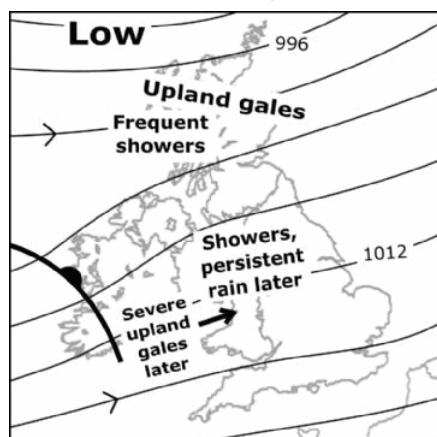
# Cairngorms NP and Monadhliath

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

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly, 35 to 45mph, at times 50mph on higher Cairngorms; squally gusts in showers. Speeds moderating toward evening.  <b>Frequent buffeting across the hills, making balance difficult on exposed ridges; gusts could knock you over. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Increasingly showery, heavier afternoon</b> 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.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Varied over higher tops</b> 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.  <b>40%, to 60% toward east.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun mostly morning, then just brief bursts of sun. Visibility excellent for periods, but suddenly poor in showers.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	2C rising to 4C. Wind chill feeling like -10C high tops.  1100-1200m early morning, rising just above highest summits into afternoon.

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

**Forecast issued at 16:00 on Sunday, 25 May, 2025**

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