

# Cairngorms NP and Monadhliath

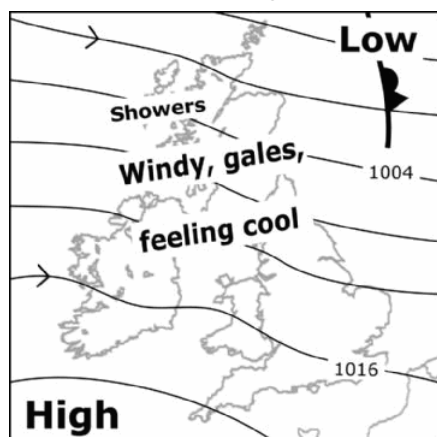
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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## General Summary for Monday, 23 June, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 23 June, 2025

Windy for all regions, gale-force westerlies on higher mountains. Much cooler air than recently, feeling distinctly chilly where exposed on hills. Showery rain most frequent western Scotland and cloud often capping tops. Light showers England & Wales, drier spells.

### Headline for Cairngorms NP and Monadhliath

Chilly and windy, gales on higher terrain. Mostly brief showers.

## Detailed Forecast for Monday, 23 June, 2025

<b>How windy? (On the Munros)</b>	Westerly 35 to 40mph, to 50mph for periods higher Cairngorms.
<b>Effect of wind on you?</b>	Frequent buffeting over higher terrain, affecting balance on exposed tops, walking generally more difficult on higher Cairngorms. Considerable wind chill.
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional light rain</b> Patchy light showers and drizzle mostly near and west of the A9, for periods also across the northern Cairngorms, mainly morning. Often dry toward Deeside.
<b>Cloud on the hills?</b>	<b>Mostly higher and western tops</b> Banks of cloud most common near/west of the A9 above 900-1000m; mostly above 1100-1200m further east with breaks.
<b>Chance of cloud free Munros?</b>	<b>40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Fairly cloudy, occasional sun, more often toward east. Visibility very good below cloud.
<b>How Cold? (at 900m)</b>	3C from dawn, rising to 7C. Feeling near -5C in the wind, or colder on high tops in morning.
<b>Freezing Level</b>	Close to Ben Macdui summit just around dawn, then rising well above tops.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 24 June</b>	<b>Wednesday 25 June</b>
<b>How windy? (On the Munros)</b>	West to southwesterly 15 to 25mph, occasional 30mph higher Cairngorms.	Southwest then southerly, 15 to 20mph.
<b>Effect of wind on you?</b>	<b>Fairly small, but may start to feel noticeable when walking on higher exposed terrain. Marked wind chill.</b>	<b>Fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain</b> Patchy rain and drizzle, mostly areas toward west and south of the Cairngorms, may be frequently drizzly over a few hours.	<b>Rain unlikely during daytime</b> Chance of an isolated drizzly shower. Into the night, rain may develop from the southwest.
<b>Cloud on the hills?</b>	<b>Often covering higher areas</b>  Fairly persistent above 800-1000m western side of Cairngorms and west of A9. Some breaks higher up eastwards.	<b>Lifting above most tops</b>  Some banks of cloud over higher slopes in the morning, may linger for a time toward Drumochter, patches may come and go on southern tops but tending to rise above most tops, good breaks toward north.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, glimpses of sun in east. Visibility good below cloud away from rain.	Glimpses of sun best north and east of the Cairngorms. Visibility very good.
<b>How Cold? (at 900m)</b>	7C. Feeling sub-zero on high tops in the wind.	7C, rising up to 10C afternoon.
<b>Freezing Level</b>	Above the summits	Above the summits

**Planning Outlook****All mountain areas of Britain from Tuesday, 24 June, 2025**

West to southwesterly winds prevail this week and a series of frontal systems come in from the Atlantic. Rain and drizzle most frequent in west with low cloud often covering hills. Higher cloud bases and drier further eastwards. Much cooler than recently, temperatures nearer average, or lower at times in Scotland. Often windy, but by later in the week, risk of more extensive upland gales and some heavier rain as deeper areas of low pressure likely move in.

**Forecast issued at 16:00 on Sunday, 22 June, 2025**

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