

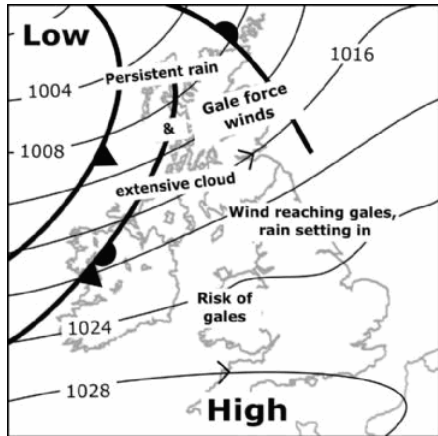
# Cairngorms NP and Monadhliath

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 Friday, 4 July, 2025



### British Mountain Summary: Based on forecast chart for noon 4 July, 2025

Gales and rain setting in across Scotland. Rain will be persistent and heavy in the west - beware risk of local flooding. Clear fells for a time in England, rain and cloud setting in later afternoon. The Pennines from Yorkshire Dales southward mostly dry and free of cloud. A fair but windy day in Wales, rain only arriving later in north Wales.

### Headline for Cairngorms NP and Monadhliath Gale force wind and often raining, particularly west

## Detailed Forecast for Friday, 4 July, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 40 to 50mph, to 60mph higher Cairngorms. Peak speeds will be lower early morning and into evening, around 30-35mph.
<b>Effect of wind on you?</b>	<b>Difficult conditions over the mountains, mobility challenging and gusts could knock you off your feet. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain most persistent toward west</b> Often spots of rain in the wind, pulses of steady rain more frequently near and west of the A9, most often toward Ben Alder with occasional heavy bursts. Drier for periods toward the northeast Cairngorms NP.
<b>Cloud on the hills?</b>	<b>Becoming extensive higher areas, occasional breaks far east</b> At dawn, patchy cloud often covers terrain above 900m, lower bases west Cairngorms. Filling in through morning to shroud higher mountains with bases 800 to 1000m, lowest near and west of the A9. Some higher breaks furthest east, briefly to tops.
<b>Chance of cloud free Munros?</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, glimpses of weak sun easternmost areas at times. Visibility good below cloud, though a haze, reduced to poor in rain.
<b>How Cold? (at 900m)</b>	8 or 9C, small rise during day north of Cairngorm plateau. Southern slopes may see little change. Feeling near -5C in the wind.
<b>Freezing Level</b>	Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 5 July	Sunday 6 July
<b>How windy? (On the Munros)</b>	West to southwesterly 20 to 30mph, up to 35mph early.	Northwesterly 20-25mph. Rising slightly later, risk up to 35mph north/eastern areas.
<b>Effect of wind on you?</b>	<b>Blustery over the mountains, affecting ease of walking on exposed higher tops, notably early; feeling cool.</b>	<b>Fairly small, comfortable walking increasingly affected, primarily eastern areas; feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Increasingly showery</b> A little patchy rain in the morning with drizzle on high slopes, mostly west of the A9, then a scattering of showers more widely, locally heavy.	<b>Often raining with heavy bursts</b> Often raining with heavy bursts mixed in - more showery in nature Monadhliath. Rain may be fairly persistent onto north slopes east Cairngorms.
<b>Cloud on the hills?</b>	<b>Fairly extensive higher areas</b>  Covering higher mountains most or all day, cloud base lowest in rain and toward west, 800 to 1000m; some higher breaks east.	<b>Extensive north slopes, improving elsewhere</b>  Northern slopes of Cairngorm plateau shrouded from 800m up most of the day. Higher bases and patchy Monadhliath and south Cairngorms, though variably lower in rain; some improvement here later.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>10%, Monadhliath becoming 60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, a little sun in east morning. Visibility at times very good, but poor during rain.	Little or no sun. Poor visibility though improving southern slopes and Monadhliath.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	9 to 10C. Locally warming up to 12C Deeside. Feeling near/below freezing in direct wind. Above the summits	7 or 8C, eastern slopes slightly warmer early. Later lowering to 6C Monadhliath. Feeling near freezing in wind. Above the summits

## Planning Outlook

## All mountain areas of Britain from Saturday, 5 July, 2025

The weekend ahead will be generally unsettled: windy and feeling cool with low pressure bringing heavy showery rain widely. High pressure to the southwest will extend to the Isles early next week, settling the weather and allowing sun to break through Monday and Tuesday. Into the week, a mixed westerly regime dominates with greatest risk of rain toward northwest Scotland, drier and warmer further south and east. Several fronts will drift towards Britain from the northwest but high pressure to the southwest will prevent extended unsettled periods. England and Wales may only see occasional rain.

## Forecast issued at 16:27 on Thursday, 3 July, 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.