MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

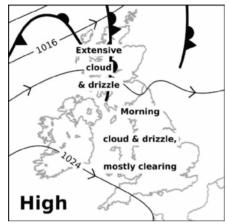
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Wednesday, 9 July, 2025



British Mountain Summary: Based on forecast chart for noon 9 July, 2025

Extensive cloud and drizzle near the all western coasts; improving in the afternoon when only a few patches remain, most extensive on the Cuillin where it will also be windy. Cloud base higher well inland with occasional breaks; clearing Peak District and parts of Wales. Feeling cool in Scotland and mild in England and Wales.

Headline for Cairngorms NP and Monadhliath

Locally extensive cloud; drizzle in the west

Detailed Forecast for Wednesday, 9 July, 2025

How windy? (On the Munros)	Westerly 20 to 25mph.	
Effect of wind on you?	Fairly small, but feeling breezy on exposed higher areas.	
How wet? (Precipitation and its impact)	Drizzly spots at times Occasional patches of drizzle mostly near and west of the A9.	
Cloud on the hills? Chance of cloud free Munros?	Extensive west, breaks east Fairly extensive above 800-1000m western side of Cairngorms to Monadhliath and Ben Alder area. Higher cloud base eastwards, mostly above 1000m with breaks above 1200m at times. May temporarily clear for a few hours from mid-morning, best east of the main 20% west; 40% east	
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun mostly eastern areas. Visibility good below cloud, particularly in east.	
How Cold? (at 900m)	10C, rising to 13C toward east afternoon, humid. Feeling a touch cooler in the wind.	
Freezing Level	Above the summits	

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Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 10 July	Friday 11 July
How windy? (On the Munros)	West to southwesterly 20-25mph, up to 30mph over higher Cairngorms, gusty 35mph around highest tops.	South to southwesterly 15 to 25mph.
Effect of wind on you?	Strenuous walking in exposure on higher mountains, gusts affecting balance in places.	Walking inconvenienced at times. Gustiness in the northern Cairngorms may affect your balance occasionally.
How wet? (Precipitation and its impact)	Rain unlikely Small risk a local light shower.	Rain not expected
Cloud on the hills?	Most persistent west, breaks east Fairly extensive above 800-1000m western Cairngorms, Monadhliath to Ben Alder. Higher cloud base eastwards, mostly above 1000m, breaks to tops around Deeside to Lecht.	Little or no cloud
Chance of cloud free Munros?	20% west, to 50% east.	90%
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun best toward east and northeast. Visibility very good below cloud.	Widespread sunshine through high-level cloud; beware sunburn and dehydration. Excellent visibility.
How Cold? (at 900m) Freezing Level	11C, gradual rise, up to 15C eastern areas. Feeling near freezing directly in wind on highest tops. Above the summits.	15 to 20C, warmest in the northern Cairngorms. Feeling as cold as 8C in the wind. Above the summits.
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Planning Outlook

All mountain areas of Britain from Thursday, 10 July, 2025

A humid southwesterly wind midweek produces extensive low cloud across west and northwest Scotland with some drizzly rain. Drier with sun and broken cloud in eastern Scotland, improving in southern areas. High pressure expanding over England and Wales brings more sunshine and draws in increasingly very warm air again in the later part of this week; higher temperatures and more sunshine extending into Scotland with time. A fine and very warm weekend in prospect, low risk of thundery showers forming toward the west. Cooler with a greater risk of showers early next week.

Forecast issued at 16:30 on Tuesday, 8 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.