

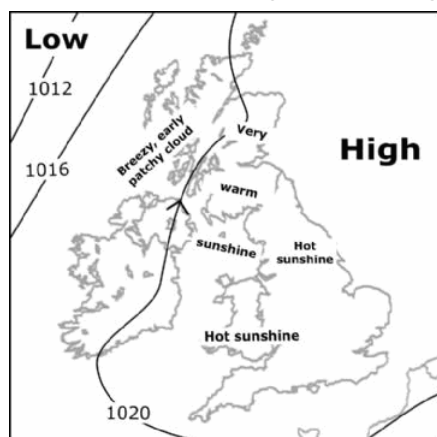
Cairngorms NP and Monadhliath

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, 11 July, 2025



British Mountain Summary:

Based on forecast chart for noon 11 July, 2025

Sunny and very warm across most areas with light or negligible wind - beware risk of sunburn and dehydration. Warm temperatures will persist overnight. Temperatures nearer the middle teens on Scotland's west coast in the breeze, some early patchy cloud onto Skye and coastal slopes to the south.

Headline for Cairngorms NP and Monadhliath

Sunny and very warm, staying warm into night

Detailed Forecast for Friday, 11 July, 2025

How windy? (On the Munros)	South to southwesterly 10-15mph.
Effect of wind on you?	Mostly small, occasional uncomfortable gusts in the morning over high tops/north Cairngorm slopes.
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Summits soon cloud-free Odd patches over tops near central highlands, these fading through morning for cloud-free summits.
Chance of cloud free Munros?	Above 90%
Sunshine? Air clarity (below cloud)	Widespread strong sunshine through high-level cloud; beware sunburn and dehydration. Excellent visibility.
How Cold? (at 900m)	13C in the morning, rising to 18 to 19C, local areas north of Cairngorm summits reaching 20C.
Freezing Level	Well above the summits. (Little change of temperature overnight on high ground, possibly slight increase.)

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 12 July	Sunday 13 July
How windy? (On the Munros)	Southerly 15mph or often less, becoming variable direction at times.	South to southeasterly 10-15mph.
Effect of wind on you?	Mostly small.	Mostly small
How wet? (Precipitation and its impact)	No rain	No rain expected
Cloud on the hills?	Hills clear Only odd local patches of haar on lowest slopes of Deeside at dawn, soon fading for cloud-free hills.	Hills clear Local patchy haar on the lowest slopes of Deeside at dawn will soon clear for cloud-free hills. Small chance of low fog patches returning here as night falls.
Chance of cloud free Munros?	Almost certain	Above 90%
Sunshine? Air clarity (below cloud)	Widespread strong sunshine; beware sunburn, dehydration and heatstroke. Excellent visibility.	Sunny most of the day, some high cloud at times weakening the sun. Excellent visibility.
How Cold? (at 900m) Freezing Level	17C rising to 20C by mid-afternoon, some areas north of Cairngorm summits up to 22C. Remaining warm overnight. Well above the summits. (Valley temperatures approaching 28 to 30C in the afternoon north of the	16 to 18C at dawn, warmest north Cairngorms and Monadhliath. Rising towards 19C, staying cooler Deeside. Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 12 July, 2025

Very warm or hot conditions this weekend in the mountains and the valleys, with extreme risk of wildfire in Scotland; beware dehydration and sunburn. Light winds and very little cloud.

Low pressure returns late Sunday into Monday bringing rain to most, risk heavy or thunderstorms north England and Scotland. Temperatures will cool towards average and often raining for the first half of the week. Becoming more mixed from mid-week as pressure goes slack and Atlantic fronts make only weak pushes from the west. Patchy rain and cloud will come and go with the best opportunities for sun in north and western areas.

Forecast issued at 16:08 on Thursday, 10 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.