MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

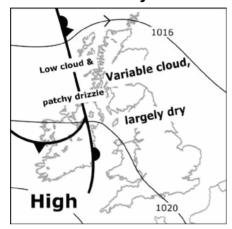
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Wednesday, 30 July, 2025



British Mountain Summary:

Based on forecast chart for noon 30 July, 2025

Generally cloudy conditions, covering some hill slopes in the morning, but breaking and lifting above many tops. Occasional sun breaking through, mainly in the east. In western Scotland, a weak front pushing in will lower the cloud over coastal hills and bring a little drizzle at times. Light winds overall.

Headline for Cairngorms NP and Monadhliath

Largely dry day, cloud lifting and breaking. Light-moderate breeze.

Detailed Forecast for Wednesday, 30 July, 2025

How windy? (On the Munros)	Northwesterly 15-20mph early in day, turning westerly 10-15mph.	
Effect of wind on you?	Mostly small	
How wet?	Substantially dry, locally a shower	
(Precipitation and its impact)	Most or all day dry. A rare drizzly shower passing eastwards. Locally chance of a heavier shower forming in east later. Toward or more likely after dusk, some drizzly rain developing from the west.	
Cloud on the hills?	Fairly extensive then lifting and clearing	
	Covering the mountains fairly widely early morning, bases 700-900m, or some lower early cloud banks mainly around Strathspey. Gradually rising and breaking above 1100m by middle of day, clearing most or all tops by afternoon.	
Chance of cloud free Munros?	30% rising to 80%	
Sunshine?	Glimpses of sun becoming patchwork of cloud and sun.	
Air clarity (below cloud)	Visibility good below cloud, increasingly very good by afternoon.	
How Cold? (at 900m)	10C rising to 13C afternoon.	
Freezing Level	Above the summits	

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Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 31 July	Friday 1 August
How windy? (On the Munros) Effect of wind on you?	Northwesterly 15 to 20mph, possibly 25mph higher Cairngorms toward northeast. Fairly small, locally feeling more blustery at times on higher slopes. Feeling cool.	Northwesterly 25 to 35mph, strongest over Cairngorm plateau, especially toward east. Affecting comfortable walking over tops, frequent buffeting some exposed terrain. Significant wind chill higher
		areas.
How wet? (Precipitation and its impact)	Occasional rain and showers A little rain locally in the morning, mostly western areas, then scattered showers during afternoon, an odd heavier burst, focused later toward the east.	Showers Showery rain most common toward the north Cairngorms and Monadhliath in the morning, some pushing increasingly south and east, tending to fade with time.
Cloud on the hills?	Fairly extensive on higher areas	Covering higher tops, may improve
	Covering higher slopes fairly widely above 900-1100m, lower for a time in rain near/west of the A9. Lifting above higher slopes occasionally afternoon. Ragged patches lowering in showers.	Covering higher Cairngorms fairly extensively and widely above 900-1000m in morning, tending to rise above 1100-1200m and breaking higher up afternoon.
Chance of cloud free Munros?	30%	50%
Sunshine? Air clarity (below cloud)	Rare bursts of sun. Visibility reduced in rain, later becoming very good.	Glimpses of sun. Visibility very good away from showers.
How Cold? (at 900m) Freezing Level	8 to 10C. Feeling close to freezing in the wind on highest tops. Above the summits	5C rising to 7 or 8C. Feeling below freezing in wind, but -5 to possibly -8C higher summits in morning. Above the summits

Planning Outlook

All mountain areas of Britain from Thursday, 31 July, 2025

Westerly winds prevail in the extended outlook, with occasional fronts moving through - western mountains often shrouded in cloud, periods of rain and drizzle. Some showery bursts of rain further eastwards, particularly Thursday-Friday this week, but often smaller amounts of rain toward easternmost hills, and cloud bases often higher with breaks to eastern summits. Moderate breezes, sometimes more blustery - early next week looks windier for a time. Temperatures near average, though rather cool in Scotland late this week and again early next week. Ridges of higher pressure will build occasionally from the southwest for better windows of weather, particularly England & Wales.

Forecast issued at 16:00 on Tuesday, 29 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.