

# Cairngorms NP and Monadhliath

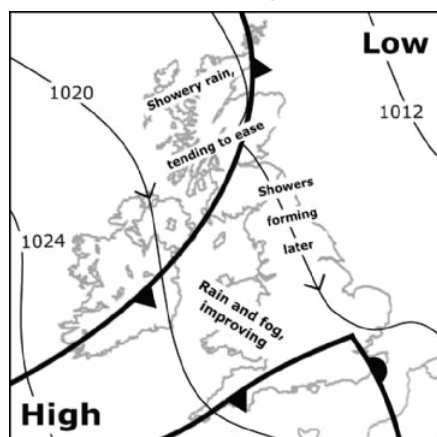
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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## General Summary for Thursday, 31 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 31 July, 2025

Showery rain in Scotland tends to ease, cloud increasingly clearing tops of central and southeast highlands. Morning cloud and patchy rain in south Scotland and England tends to improve as well; afternoon showery outbreaks from Cheviots down the eastern Pennines. Wet and dull in Wales, improving afternoon.

### Headline for Cairngorms NP and Monadhliath

Morning rain then showers, mostly east; tops mostly in cloud

## Detailed Forecast for Thursday, 31 July, 2025

<b>How windy? (On the Munros)</b>	Northwesterly 15 to 25mph, at times reaching up to 30mph high northeast Cairngorms.
<b>Effect of wind on you?</b>	Fairly small, locally feeling more blustery at times on higher slopes; balance at times challenged in strongest gusts on eastern tops. Feeling cool.
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional rain and showers</b> Rain, locally heavy, across eastern slopes at dawn, soon fading. Patchy rain over western areas and high tops, then scattered showers during afternoon, tending to fade.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Fairly extensive on higher areas</b> Covering higher slopes fairly widely above 900-1100m, down towards 600-700m east Cairngorms in morning rain. Tending to lift towards higher slopes or tops afternoon, though high Cairngorms will struggle to clear (particularly east). Ragged patches lowering in showers. <b>30%, 50% near Drumochter/Monadhliath</b>
<b>Sunshine?</b> Air clarity (below cloud)	Rare bursts of sun, possibly increasing western areas late in the day. Visibility reduced in rain, later becoming very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8 or 9C, rising up to 11C south of Cairngorm plateau. North slopes may see minimal or no rise. Feeling close to freezing in the wind on highest tops.  Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	Friday 1 August	Saturday 2 August
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Northwesterly 25 to 35mph, strongest over Cairngorm plateau, especially toward east.  <b>Affecting comfortable walking over tops, frequent buffeting on exposed terrain. Significant wind chill higher areas.</b>	West-northwesterly 15-20mph. Trending westerly and easing somewhat, though often gusty over higher terrain.  <b>Fairly small, some uncomfortable gusts on high terrain.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showers, fading later</b> Showery rain, most common over north Cairngorms and Monadhliath, some pushing increasingly south and east. Some risk of more extensive rain far east for a time. Tending to fade	<b>Little or no rain</b> Small chance of odd spots of rain drifting onto northeastern slopes of Cairngorms in the morning. Otherwise dry.
<b>Cloud on the hills?</b>          <b>Chance of cloud free Munros?</b>	<b>Covering higher tops, some improvement</b> Covering higher Cairngorms fairly extensively and widely above 900-1000m in morning, tending to rise and breaks above 1100-1200m, some breaks to tops.  <b>50%</b>	<b>Patchy mid-slope cloud dissipates</b>  In the morning, patchy cloud forms around 800-1000m; high Cairngorm tops likely above cloud layer. Cloud will dissipate for a clear afternoon.  <b>Above 90% - cloud layers below tops</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun. Visibility very good away from showers.	Increasingly sunny, most extensive south and east. High cloud builds from the west later. Excellent visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6C rising to 8C, locally warmer south Cairngorms. Feeling below freezing in wind, -5C higher summits in morning. Above the summits	6 or 7C, rising to 11 to 13C, warmest southeast Cairngorms/Deeside. Little or no drop in temperature as night falls. Above the summits

## Planning Outlook

## All mountain areas of Britain from Friday, 1 August, 2025

Westerly winds prevail in the extended outlook, though the weather will be changeable. Heavy rain and strong wind is expected Saturday night and Monday, though detail remains uncertain currently. High pressure will bring a brief settled spell around midweek with a mix of cloud and sun, then occasional low pressure systems come and go - western mountains often shrouded in cloud with periods of rain, at times heavy. Some cloud and rain drifts east, mostly in Scotland. Variable winds too, at times quite blustery. Temperatures near average, variably cooler north. Ridges of higher pressure will build occasionally from the southwest for better windows of weather, particularly England & Wales.

## Forecast issued at 16:12 on Wednesday, 30 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.