

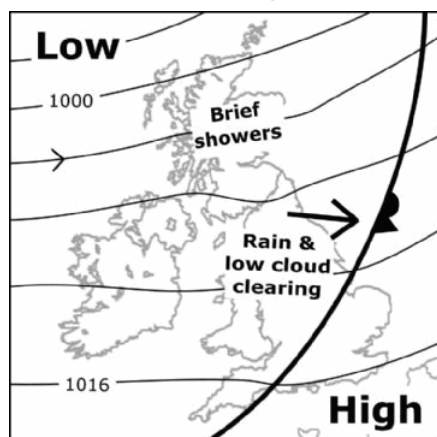
Cairngorms NP and Monadhliath

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, 7 August, 2025



British Mountain Summary:

Based on forecast chart for noon 7 August, 2025

Gale-force winds across higher mountains in Scotland all day; windy on tops for England and Wales, strongest in morning. Early rain clears southeastwards, leaving scattered showery rain but many places often dry. Cloud bases generally rising, though often covering west coastal mountains in Scotland.

Headline for Cairngorms NP and Monadhliath

Gales higher terrain. Brief showery rain, cloud breaks to tops.

Detailed Forecast for Thursday, 7 August, 2025

How windy? (On the Munros)	Southwesterly, 35 to 50mph; generally strongest Cairngorm plateau.
Effect of wind on you?	Increasingly difficult walking with height; general mobility strenuous where exposed. Significant wind chill.
How wet? (Precipitation and its impact)	Showery, tending to ease Morning showers, frequent over an hour or two, most common west of A9. Becoming often dry, particularly eastern Cairngorms NP.
Cloud on the hills?	Tending to rise and break to high terrain Cloud base varying; overall a rise in the base progressively eastward: Typically between 800 and 1000m west of A9, whilst near and east of Braemar, cloud rare below 900m with breaks to 1100m or higher.
Chance of cloud free Munros?	60%, rising to 80% east
Sunshine? Air clarity (below cloud)	Sunshine rarely west of A9, to patches of sun elsewhere, particularly Deeside. Good visibility but a haze around A9 and west.
How Cold? (at 900m)	8 to 9C. Will feel as cold as -5C directly in the wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 8 August	Saturday 9 August
How windy? (On the Munros) Effect of wind on you?	Southwesterly 45-55mph, stronger gusts over high tops. Walking increasingly arduous; balance challenges will be constant in exposure. Significant wind chill.	Southwesterly 40 to 50mph, risk 60mph for periods on higher areas, especially Cairngorm plateau, may lessen later. Challenging walking over exposed higher terrain, balance difficult, gusts could knock you over. Considerable wind chill.
How wet? (Precipitation and its impact)	Little rain expected Spots of drizzly rain occasionally drift over Monadhliath mountains, amounting to very little.	Rain mostly toward south/west Rain on and off, locally more frequent for a few hours, heavier bursts Drumochter area. Smaller amounts north/east of Cairngorms. Breaking up to brief showers.
Cloud on the hills? Chance of cloud free Munros?	High terrain fog tending to clear From dawn, cloud fairly extensive over high terrain with some lower patches, notably Drumochter and nearby. Bases lifting to highest tops, likely clearing the tops at times, best clearing eastern Cairngorms. 60%	Extensive higher areas, base rising Covering higher slopes above 900-1100m, lower for a time in rain near/west of A9. Higher breaks forming in afternoon, though cloud likely to come and go on high tops. 30%
Sunshine? Air clarity (below cloud)	Regular bursts of sun, most frequent northeast Cairngorms. Very good visibility though some haze.	Glimpses of sun mostly north/east areas. Slight haze, visibility reduced in rain, may improve during day.
How Cold? (at 900m) Freezing Level	8C rising to 10C, locally warmer on hills near and north of The Lecht. Feeling like -3C in the wind. Above the summits	8C. Feeling like -5 to -8C in wind on tops. Above the summits

Planning Outlook

All mountain areas of Britain from Friday, 8 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland - wettest here around Friday night into early Saturday. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

Forecast issued at 16:00 on Wednesday, 6 August, 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.