

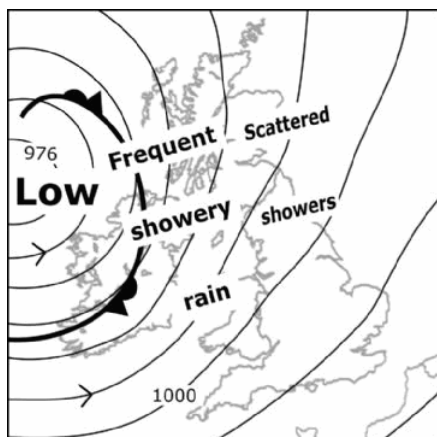
# Cairngorms NP and Monadhliath

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 Sunday, 31 August, 2025



### British Mountain Summary:

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

Low pressure southwest of the Hebrides, brings strong to gale force southerly winds; marked chill. Showery rain frequent on western hills from west Highlands to Snowdonia, with showers increasingly developing elsewhere. Hill fog varied, but extensive west/southern Highlands. Highest cloud bases in northern Scotland.

#### Headline for Cairngorms NP and Monadhliath

Southerly gales, significant chill. Showers developing. Best breaks in the north.

## Detailed Forecast for Sunday, 31 August, 2025

<b>How windy? (On the Munros)</b>	Southerly, 35 to 50mph, but on highest Cairngorms at times 60mph, at least in gusts.
<b>Effect of wind on you?</b>	<b>Arduous walking conditions widely, often difficult mobility on highest terrain, gusts could knock you over. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain increasingly, driest in north.</b> Patches of rain in the morning, mostly near and west of the A9, but showers developing more widely with time, some heavy bursts locally, especially afternoon. Northern areas may stay dry well into day.
<b>Cloud on the hills?</b>	<b>Varied over high tops</b> Cloud base varying, mostly above 800-1000m, lowest toward west and south of Cairngorms NP and during rain. Good breaks for periods to 1200m or above northern areas.
<b>Chance of cloud free Munros?</b>	<b>40% in the south, 70% in the north.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional glimpses of sun mostly northern areas. Visibility good away from showers, but general slight haze.
<b>How Cold? (at 900m)</b>	8 or 9C, little change all day. Wind chill feeling like -5C in exposure, nearer -8C highest summits.
<b>Freezing Level</b>	Above the summits

**All mountain areas of Britain from Monday, 1 September, 2025**

Low pressure continues to dominate early in the new week, maintaining unsettled conditions widely. Areas of rain and heavy showers, risk of hail and thunder. Windy, gales over mountains early in the week, tending to ease for periods at least in the Highlands mid-late week, whilst southwesterlies often remain strong over England and Wales. Some improvement possible toward next weekend, though the extended outlook into the second week of September remains changeable. Mid-September shows signs of a better improvement as pressure tends to rise more widely.

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.