

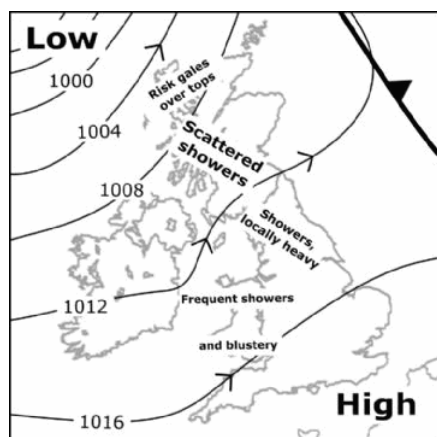
# Cairngorms NP and Monadhliath

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 Monday, 8 September, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 8 September, 2025

Strong winds and scattered showers western Scotland; clearer east with only patchy upland cloud. Showers in England, risk more concentrated rain over Lakeland and west Pennines for periods with heavy bursts. Little cloud on Pennines. Blustery in Wales with frequent showers, risk local hail/thunder.

### Headline for Cairngorms NP and Monadhliath

Blustery over tops but often clear of cloud; some afternoon showers

## Detailed Forecast for Monday, 8 September, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 20-30mph, stronger winds at times over high Cairngorm tops of 35mph+.
<b>Effect of wind on you?</b>	<b>Walking inconvenienced on high terrain - stability challenged on exposed tops in buffeting gusts. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Often dry - some scattered afternoon showers</b> Likely dry through morning. Increasing chance of scattered showers in the afternoon, most likely southern Cairngorms to Drumochter and southern Monadhliath.
<b>Cloud on the hills?</b>	<b>Tops often clear, some patchy cloud around showers</b> Cloud varying over higher slopes above 1000m, lowest and most frequent southern Cairngorms to Ben Alder. Cloud base will lift, allowing clear high tops for several hours. Southern tops may see patchy cloud reform around showers.
<b>Chance of cloud free Munros?</b>	<b>Rising to 70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly sunny through morning, fair weather cloud tending to build in afternoon. Excellent visibility.
<b>How Cold? (at 900m)</b>	6 to 8C. At dawn, easternmost Cairngorms and Deeside may be slightly warmer. Rising up to 9C north of Cairngorm plateau. Feeling at or just below freezing where exposed to strongest wind.
<b>Freezing Level</b>	Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 9 September</b>	<b>Wednesday 10 September</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	South-southeasterly 15-25mph. Strengthening into evening and night, up to 45mph over tops.  <b>Fairly small most of the day, though winds at times affecting comfort of walking on exposed tops.</b>	Southerly 40-50mph, stronger gusts over highest tops up to 60mph.  <b>Arduous walking likely all day. Buffeting gusts over tops may blow you over. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Little or no rain expected</b> Chance of patchy drizzly rain forming around Drumochter and southern parts of Monadhliath and Cairngorms later in the day.	<b>Rain sets in from SW after noon</b> Local spots of light rain around/west of A9 well into the day. A broader area of rain arrives onto southern Cairngorms and Monadhliath later
<b>Cloud on the hills?</b>          <b>Chance of cloud free Munros?</b>	<b>Summits likely becoming free of cloud</b>  From dawn, patchy mist in sheltered glens, some fog patches on higher Cairngorm slopes, particularly south. Cloud largely lifting off summits.  <b>90%</b>	<b>Often clear early, then deteriorating</b>  Patchy cloud on high terrain in the morning, mostly south of Cairngorm plateau; clear tops for a time. Bases lowering, becoming extensive across high terrain as rain arrives with patches to lower slopes.  <b>80%, lowering to 30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine increasingly extensive, then afternoon fair weather cloud. Excellent visibility.	Morning patchy sunshine over east Cairngorms, becoming overcast. Good visibility for several hours, deteriorating as rain arrives.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	6 to 8C, coolest temperatures central highlands. Warmer northern Cairngorms/Monadhliath, likely 9 or 10C. Above the summits	7 to 9C from dawn, warmest northern Cairngorms. Becoming 9C most areas. Feeling below freezing in strongest wind. Above the summits

**Planning Outlook****All mountain areas of Britain from Tuesday, 9 September, 2025**

Low pressure over the north Atlantic dominates the weather pattern over the next 10 days, maintaining unsettled conditions. West to southwesterly winds prevail bringing frequent rain and cloud to western areas, regularly becoming more widespread as weather features come and go. Early indications suggest a deeper area of low pressure late weekend and early next week will bring widespread gales, possibly severe on highest terrain.

Tending to improve after mid-month with longer periods of dry weather, but a persistent southwesterly regime will continue to draw unsettled spells of weather into Britain, notably in the north.

**Forecast issued at 16:20 on Sunday, 7 September, 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.