

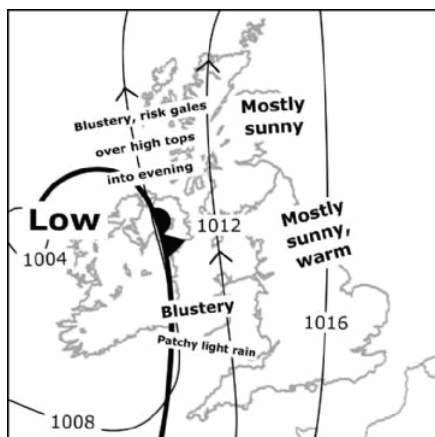
# Cairngorms NP and Monadhliath

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 Tuesday, 9 September, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 9 September, 2025

Windy near west coasts of Scotland and Wales, risk of gales over high tops later in the day; local cloud and light morning rain, then dry and largely clear. Some morning light rain and cloud for Lakeland too, also clearing. Mostly clear hills east Scotland though blustery. Mostly sunny and warm along the Pennines.

### Headline for Cairngorms NP and Monadhliath

Mostly sunny; blustery over tops, speeds rising into evening

## Detailed Forecast for Tuesday, 9 September, 2025

<b>How windy? (On the Munros)</b>	South-southeasterly 20-25mph. Strengthening into evening and night towards 25-35mph, risk gusts of up to 45mph over highest tops.
<b>Effect of wind on you?</b>	Fairly small most of the day, though winds at times affecting comfort of walking on exposed tops. Becoming strenuous late in the day, balance increasingly challenged in exposure and feeling cool.
<b>How wet? (Precipitation and its impact)</b>	No rain expected
<b>Cloud on the hills?</b>	<b>Summits likely becoming free of cloud</b> From dawn, patchy mist in sheltered glens, fog patches on higher Cairngorm slopes, particularly southern aspects. Cloud largely fading and lifting off summits.
<b>Chance of cloud free Munros?</b>	90%
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine extensive well into the day, some fair weather cloud building afternoon. Excellent visibility.
<b>How Cold? (at 900m)</b>	6 or 7C from dawn, local warm spots on northern Cairngorm slopes. Rising to 8 to 10C, always warmest north of Cairngorm plateau. Feeling near freezing in direct wind.
<b>Freezing Level</b>	Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 10 September	Thursday 11 September
<b>How windy? (On the Munros)</b>	Southerly 40-50mph, stronger gusts over highest tops may reach up to 60mph.	Southwesterly 25-35mph. Some risk of much stronger peak winds; detail uncertain.
<b>Effect of wind on you?</b>	<b>Arduous walking likely all day. Gusts over tops may blow you over. Significant wind chill.</b>	<b>Comfortable walking impacted, though some risk of arduous or difficult conditions on exposed tops.</b>
<b>How wet?</b> (Precipitation and its impact)	<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 with showery spots onto northern slopes.	<b>Scattered showers, at times heavy</b> Scattered showers drift in from the west. Tending to increase in frequency afternoon with some heavy bursts.
<b>Cloud on the hills?</b>	<b>Breaks to tops early, deteriorating</b>  Patchy cloud on high terrain in the morning, mostly south of Cairngorm plateau; breaking off tops for a time. Bases lowering, becoming extensive across high terrain as rain arrives with patches to lower slopes.	<b>Well broken east, filling in during rain</b>  Cloud over high terrain around Drumochter and southern Monadhliath in the morning, higher patches extending north and east; clear tops at times Deeside/east Cairngorms. Tending to fill in for periods above 800m as showers come and go.
<b>Chance of cloud free Munros?</b>	<b>80%, lowering to 30%</b>	<b>50%, lowering to 30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Likely overcast, though some morning patchy sunshine on east mountains. Good visibility for several hours, deteriorating where rain arrives.	Patchy sunshine between fair weather cloud - may be largely cloudy for hours at a time. Excellent visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	7 to 9C from dawn, warmest northern Cairngorms. Becoming 9C most areas. Feeling below freezing in strongest wind.  Above the summits	5 or 6C. A slight rise possible east Cairngorms/Deeside. Feeling like -5C in exposure, through risk much cooler.  Above the summits

## Planning Outlook

## All mountain areas of Britain from Wednesday, 10 September, 2025

Low pressure over the north Atlantic dominates the weather pattern for the week ahead, 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. Breaks may form with some bursts of sunshine, though likely short lived. Early indications suggest a deeper area of low pressure late weekend and early next week will bring widespread gales, possibly severe on highest terrain. Becoming more mixed 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 16:15 on Monday, 8 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.