

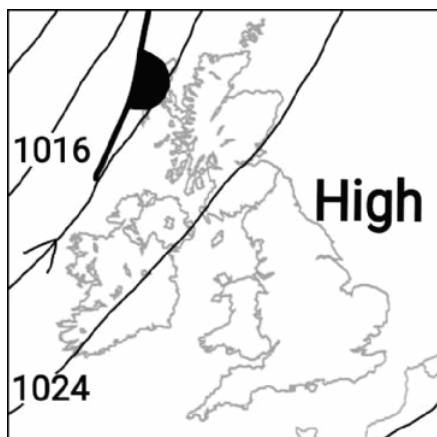
Cairngorms NP and Monadhliath

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, 29 September, 2025



British Mountain Summary:

Based on forecast chart for noon 29 September, 2025

Scotland: Southwesterly winds with a warm front bringing cloud and patchy rain into afternoon for western hills. Eastern hills substantially clear with morning sunshine.

England/Wales: Sunshine giving way to veil of cloud, with will lower onto higher western tops with local drizzle. Dry elsewhere.

Headline for Cairngorms NP and Monadhliath

Sunny morning. Clouding over in afternoon. Hills still clear. Wind picking up.

Detailed Forecast for Monday, 29 September, 2025

How windy? (On the Munros)	Southwesterly 15mph or less. A gradual rise brings gusts up to 35mph+ over tops and downslope late in the day.
Effect of wind on you?	Ease of walking gradually becoming affected, particularly in gusts over tops and elevated passes.
How wet? (Precipitation and its impact)	Likely dry most of the day Likely dry well into the day. Spotty drizzly rain forming later afternoon from the west with fine drizzle drifting around tops in cloud.
Cloud on the hills?	Substantially clear Likely only ragged patches on high Cairngorms most of the day. May begin to fill in from the west above 900m as night falls.
Chance of cloud free Munros?	90%
Sunshine? Air clarity (below cloud)	Mostly sunny through morning, before a veil of high cloud then thickens from the west. Excellent visibility.
How Cold? (at 900m)	6C, rising a degree northern slopes.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 30 September	Wednesday 1 October
How windy? (On the Munros) Effect of wind on you?	South to southwesterly, 20mph to gusty 25-30mph some exposed slopes, particularly higher Cairngorms. Fairly small, but blustery in places, may start to affect balance on exposed ridges.	South-westerly 25 to 40mph, strongest over the tops and through some passes. Very blustery if not arduous for periods, especially over tops and through passes. Marked wind chill and buffeting.
How wet? (Precipitation and its impact)	Occasional drizzly rain A little rain or drizzle, most common areas near Drumochter and southwestern mountains in Cairngorms group, amounts generally small. Further north and east more often dry or just patchy drizzle.	Occasional rain Periods of rainfall through the day, perhaps focused in the morning as a front passed through. Following this, just a 'spill over' of spots in the wind.
Cloud on the hills? Chance of cloud free Munros?	Extensive higher areas Covering the mountains fairly widely above 800-1000m, lowest and most persistent bases south and southwest Cairngorms NP. Further north/east, mostly above 1000m, some higher breaks. 30%	Extensive over the tops Cloud will very likely cap higher slopes in fog, mostly widely hills from Ben Alder to Drumochter. Further north and east, often capping the tops. 40%
Sunshine? Air clarity (below cloud)	Mostly cloudy, some glimpses of sun mainly north of Cairngorms. Visibility good below cloud, but reduced around rain.	A little weak sun may come through a veil of cloud at times, mainly in the east. Visibility sometimes poor due to rain.
How Cold? (at 900m) Freezing Level	7C, little change all day where in cloud, rising up to 10C north Cairngorms. Above the summits	10 or 11C. Feeling closer to freezing in the strongest winds. Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 30 September, 2025**

Next week the UK is situated under a boundary between high and low pressure with a trend towards more settled conditions in the south, unsettled in the north. Northwest England and west Scotland could be rather wet with a southwesterly wind pushing cloud and spells of rain onto western hills. Several more organized frontal systems are likely to pass into eastern Scotland as well. Generally dry for the Pennines and Wales, though cloud and occasionally drizzly rain will impact western areas, notably Lakeland and Snowdonia. Sun breaks likely in England but short-lived. First indications of more widely unsettled weather into next weekend as a deeper area of low pressure passes north, though confidence remains low regarding timing and strength.

Forecast issued at 16:29 on Sunday, 28 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.