

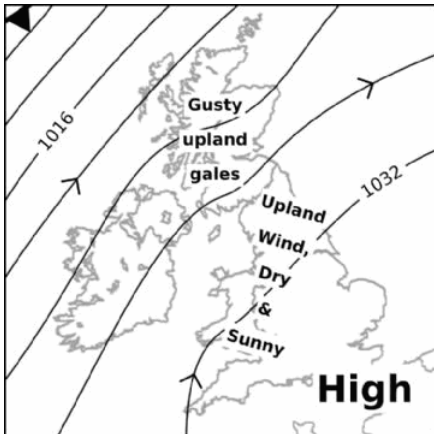
Cairngorms NP and Monadhliath

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, 16 January, 2025



British Mountain Summary:

Based on forecast chart for noon 16 January, 2025

Almost all mountains cloud free but low level fog coming in off the south and west coasts and rolling up some coastal uplands and mountains. Many summits warmer than their mid-slopes. Sudden increase of wind with height; very gusty gales in the Highlands. Hazy low down in some areas; superb visibility from high ground.

Headline for Cairngorms NP and Monadhliath

Gusty upland gales; nearly all summits cloud free

Detailed Forecast for Thursday, 16 January, 2025

How windy? (On the Munros)	South to southwesterly; strengthening markedly with height to 45mph. On the Cairngorm plateau 60mph or locally higher is possible.
Effect of wind on you?	Difficult walking conditions and severe wind chill, particularly Cairngorms. Expect considerable buffeting in very powerful gusts.
How wet? (Precipitation and its impact)	Rain not expected
Cloud on the hills?	Little if any Mountains nearly all cloud free. There may be fragments of cloud some slopes Ben Alder area.
Chance of cloud free Munros?	80%
Sunshine? Air clarity (below cloud)	Extensive bright sunshine and superb visibility.
How Cold? (at 900m)	8C to perhaps 12C. Slightly cooler on the mid-slopes. Will feel as cold as -6C directly in the wind.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 17 January	Saturday 18 January
How windy? (On the Munros) Effect of wind on you?	Southwesterly 45 to 60mph, with the highest speeds likely in the morning. Very gusty, particularly on mid-slopes. Mobility difficult where exposed to the full strength of the wind, especially morning. Gusts may easily blow you over. Significant wind chill.	Gusty south to southwesterly 25 to 35mph, probably highest in the morning. Your balance will be affected on high ground. Beware gusts throwing you further off balance on down-slope slopes. Marked or significant wind chill.
How wet? (Precipitation and its impact)	Little or no rain	Not expected
Cloud on the hills?	Widespread Cloud will shroud most higher ground, from mid-slopes up. Highest chances of breaks in the Northern Cairngorms.	Very little if any
Chance of cloud free Munros?	30%	80%
Sunshine? Air clarity (below cloud)	Patchy sunshine at times in northern regions. Excellent visibility if out of cloud.	Extensive sunshine, possibly weakened by high cloud. Excellent visibility becoming superb on high ground.
How Cold? (at 900m) Freezing Level	7C but cooler on the mid-slopes. Feeling as cold as -10C in the wind. Above the summits.	Uncertainly due to inversion height. Possibly 1C, but northern regions may be up to 8C. Risk feeling around -10C in wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Friday, 17 January, 2025**

Rain moving in some areas from the west on Sunday and Monday before high pressure starts building again and suppressing any rainfall to pockets of drizzle. Conditions may become gloomy low down as cloud is trapped below inversion; summits likely to remain clear with superb visibility. Freeze-thaw cycles will resume on the Scottish mountains though next week.

Forecast issued at 16:34 on Wednesday, 15 January, 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.