

Cairngorms NP and Monadhliath

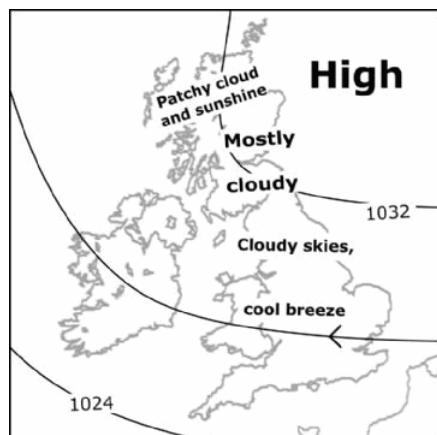
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Monday, 17 March, 2025



British Mountain Summary:

Based on forecast chart for noon 17 March, 2025

Staying near freezing on higher tops. Light winds for the Highlands, a chilly easterly breeze further south. Generally dry but rather cloudy, although much cloud lifting above the hills. Best sunshine toward the north and northwest of Scotland, also nearer western coasts in England and Wales.

Headline for Cairngorms NP and Monadhliath

Chilly, but light winds and dry with sunshine.

Detailed Forecast for Monday, 17 March, 2025

How windy? (On the Munros)	Variable, less than 10mph.
Effect of wind on you?	Negligible
How wet? (Precipitation and its impact)	No precipitation expected
Cloud on the hills?	Little cloud expected A few cloud banks on higher terrain of the Cairngorm plateau and southern slopes in the morning, lifting for a mostly clear day on high tops.
Chance of cloud free Munros?	80%
Sunshine? Air clarity (below cloud)	Frequent sun, becoming extensive. Visibility excellent.
How Cold? (at 900m)	-1C, rising a degree or so. Reaching near +2C Monadhliath.
Freezing Level	Frost many glens and sheltered higher areas at dawn, becoming typically 800-900m, or above 1000m Monadhliath.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 18 March	Wednesday 19 March
How windy? (On the Munros)	Southerly though some variability, 10mph or less, some stronger winds east.	Southerly or variable, 5 to 10mph.
Effect of wind on you?	Mostly negligible.	Negligible
How wet? (Precipitation and its impact)	No precipitation expected	No precipitation expected
Cloud on the hills?	Little to none Patchy mist in valley bottoms in the morning, perhaps some isolated clouds over high tops too. All clearing for cloud-free hills.	Hills clear
Chance of cloud free Munros?	Above 90%	Above 90%
Sunshine? Air clarity (below cloud)	Widespread sunshine. Superb visibility.	Sunshine and thin high cloud. Visibility excellent.
How Cold? (at 900m)	Around -1C, some warmer patches north. Many areas rising to +2C.	2C, rising slightly higher by afternoon on south-facing slopes.
Freezing Level	Frosts at dawn across much terrain. Rising near high tops though poorly defined.	Frost in the glens and sheltered higher areas at first. Otherwise just above freezing up to highest tops.

Planning Outlook**All mountain areas of Britain from Tuesday, 18 March, 2025**

High pressure persists, maintaining dry conditions during this week. East to southeasterly winds will prevail, ushering in milder air from southern Europe with time - rising above freezing to highest summits into midweek. Cloud breaking up to offer sunnier skies more widely, but clear skies overnight will bring frosty dawns to many valleys and glens for several more nights ahead. By the end of this week, lowering pressure from Biscay will introduce an increasing risk of showery rain, soonest for Wales. Pressure may remain fairly high to the north, resulting in little rain for Scotland in the extended outlook. Late March may draw in some chillier air from the north once again.

Forecast issued at 16:30 on Sunday, 16 March, 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.