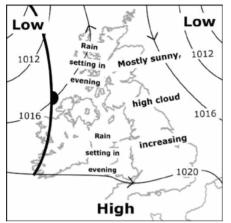
Cairngorms NP and Monadhliath

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 Friday, 23 May, 2025



British Mountain Summary:

Based on forecast chart for noon 23 May, 2025

A sunny start for most. High cloud begins drifting over western areas, gradually thickening through afternoon. Patchy high cloud builds in eastern Scotland and down the spine of the Pennines before high cloud reaches these areas too. Overcast for most by dusk with rain setting into western coastal areas, spreading east overnight.

Headline for Cairngorms NP and Monadhliath

Sunny, high cloud increasing; rain into night

Detailed Forecast for Friday, 23 May, 2025

How windy? (On the Munros)	Variable 10mph or less. Some northwesterly breezes in the morning east up to 15mph. Settling southwesterly 10-15mph around dusk.	
Effect of wind on you?	Negligible	
How wet?	Dry daylight, rain from dusk	
(Precipitation and its impact)	Dry during most or all daylight. Rain arriving from the west around dusk, steadier and heavier rain setting in through the night for all areas.	
Cloud on the hills?	Little cloud expected	
	At dawn, odd patchy cloud banks on middle slopes of Cairngorm plateau; tops likely free of cloud. Soon fading for cloud-free mountains.	
Chance of cloud free Munros?	Above 90%	
Sunshine? Air clarity (below cloud)	Extensive strong sunshine, some patchy fair weather cloud building. High cloud thickens from the west later, becoming overcast by dusk. Excellent visibility, though some haze around early.	
How Cold? (at 900m)	1C rising to 9C. Some local warm areas near/west of the A9, around 10C; local cool areas east Cairngorms/Deeside, around 7C.	
Freezing Level	Only on the highest summits in the east at dawn, soon lifting off the summits. Frost in glens at dawn.	

MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 24 May	Sunday 25 May
How windy? (On the Munros)	Westerly 20 to 35mph, strongest over higher Cairngorms in morning; may start to strengthen again into the night.	Westerly 40-50+mph. Squally gusts near showers.
Effect of wind on you?	Blustery over the mountains, affecting comfortable walking and balance on exposed tops and ridges, feeling cool.	Walking arduous, squally gusts may inhibit forward progress or blow you over. Significant wind chill.
How wet?	Drizzly, fading at times north/east	Rain on and off, heavy bursts afternoon
(Precipitation and its impact)	Persistent rain fades as dawn breaks, but leaves drizzly rain, staying damp much of day Drumochter area, but easing off for periods north Cairngorms to Deeside. Risk heavier rain onward into night.	Rain on and off, chance more frequent in the west in the morning. Some heavy bursts in the afternoon; hail or snow on highest tops. Deeside may be intermittently or more often dry.
Cloud on the hills?	Often covering higher tops, lowest west	Shrouded at dawn, breaking; best east
	Shrouding the mountains most persistently southwestern Cairngorms NP, often extensive above 500-700m. Bases higher further north and eastwards, often above 700-800m, some breaks to eastern tops afternoon.	High terrain widely shrouded at dawn, bases as low as 600m west of A9. Cloud breaking and bases generally lifting to above 1000m; eastern areas may often be clear, though caps over tops will come and go.
Chance of cloud free Munros?	30%	40%, 60% easternmost areas
Sunshine? Air clarity (below cloud)	Glimpses of sun toward north and east of Cairngorms, visibility good where dry. Mostly cloudy, hazier in the west, misty in drizzle.	Little if any sun early, clearing for intermittent or frequent sun. Visibility good or excellent, though poor in showers.
How Cold? (at 900m)	8C, locally 10C toward north/east of Cairngorms, only slightly rising. Feeling sub-zero directly in the wind.	Around 5C much of the day, possibly near 8C early. Becoming 2C most areas later. Feeling like -10C in direct wind.
Freezing Level	Above the summits	Above the summits most of the day. Lowing to highest tops of Cairngorms late in the day.

Planning Outlook

All mountain areas of Britain from Saturday, 24 May, 2025

Low pressure facilitates a strong westerly Atlantic breeze over the weekend: blustery winds, low cloud, damp conditions for Saturday, then widely heavier rain is expected by Saturday night, accompanied by winds strengthening to gale force over many hills. Remaining very windy through Sunday and Monday with mountain gales; cooler too, with heavy showers, particularly frequent in western Scotland, a risk of hail and thunder. A changeable week follows, winds generally easing and likely a period of rain for England and Wales Tuesday. Eastern Scotland may be substantially dry with regular sun. Some improvement likely late week into the weekend.

Forecast issued at 16:20 on Thursday, 22 May, 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.