

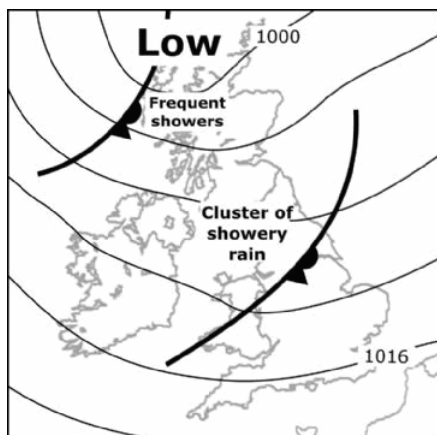
Cairngorms NP and Monadhliath

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 Sunday, 1 June, 2025



British Mountain Summary:

Based on forecast chart for noon 1 June, 2025

Low pressure brings a cold and blustery westerly airflow. Area of rain southern Highlands southwards, will clear in morning, brighter conditions following. Showers transferring inland from west coast, concentrated NW Highlands and later NE Scotland, where risk of thunder. Turning mostly dry later in the day for England and Wales.

Headline for Cairngorms NP and Monadhliath

Cloud lifting and breaking after early rain. Heavy showers return later, risk thunder.

Detailed Forecast for Sunday, 1 June, 2025

How windy? (On the Munros)	Southwesterly 15 to 20mph before midday, becoming westerly 20 to 25mph afternoon. Risk of up to 35-40mph later on as showery trough moves in.
Effect of wind on you?	Comfort of walking affected at times. May become arduous and very gusty as trough moves in later in day. Significant wind chill as the winds strengthen.
How wet? (Precipitation and its impact)	Band of perhaps thundery showers mid to late afternoon. A batch of heavy rain, northward extent uncertain, will soon clear early morning. Then mostly dry for a few hours, until a trough moves in after lunchtime, with clouds bubbling up as clusters of perhaps thundery showers move in from west. Greatest risk of thunder, northern Cairngorm over to Deeside.
Cloud on the hills?	Focused in south early in day, and again upper slopes in afternoon showers. Extensive cloud to start the morning, particularly south of Ben Macdui. Will lift and break as morning progresses and into early afternoon, with some breaks to tops. However, re-forming above 900m during and after showers that move in from west toward mid afternoon onwards.
Chance of cloud free Munros?	Lifting to 60% for a time middle of day, before lowering again.
Sunshine? Air clarity (below cloud)	Patchy sunshine developing for a few hours, particularly on lower slopes. Excellent visibility for several hours, but becoming poor in heavy downpours that develop later.
How Cold? (at 900m)	6C. Feeling as cold as -4C in the wind at times.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 2 June, 2025

Atlantic low pressure systems will continue to dominate and bring a sustained period of westerly winds for the next 7 to 10 days. High rainfall western mountains, with periods of strong to gale force westerly winds bringing significant chill factor. Best of the drier and brighter weather for eastern ranges. Freezing level at times down to 1200-1400m in Scotland, bringing occasional snow to the highest Munro tops.

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.