#### MOUNTAIN WEATHER INFORMATION SERVICE

# **Cairngorms NP and Monadhliath**

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

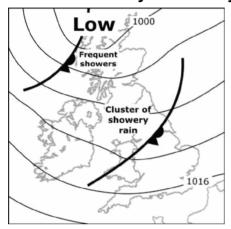


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## General Summary for Sunday, 1 June, 2025



# 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?	Band of perhaps thundery showers mid to late afternoon.	
(Precipitation and its impact)	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.	

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## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 2 June	Tuesday 3 June
How windy? (On the Munros)  Effect of wind on you?	Westerly backing southwesterly 15 to 20mph. Increasing to 35mph in afternoon and 50mph overnight; timings uncertain.  Small initially, but increasingly affecting balance in the afternoon. Conditions becoming difficult later. Marked wind chill becoming significant.	Southwesterly, 30mph, increasing up to 50mph for periods; especially in and around showers.  Be prepared for arduous, if not at times difficult, conditions with significant wind chill and buffeting.
How wet?	Generally dry until evening	Occasional rainfall, little in the east.
(Precipitation and its impact)	Small chance of isolated light showers during the day. Heavy rain moving across the region in the late afternoon to evening; timing uncertain.	Occasional rainfall will spill over from the west on strong winds. Most frequent for hills west of the A9. Very little, if any, for eastern-most hills.
Cloud on the hills?	Largely cloud free	Confined to tops, largely clear in east.
	A few patches may linger through the day, especially during and after any rain. Cloud becoming extensive on high ground once rain arrives.	Cloud bases varying through day, but often around 900-1200m, lowest toward the Monadhliath and Ben Alder. Eastern-most hills may frequently clear.
Chance of cloud free Munros?	80%	40 to 70%, highest in the east.
Sunshine? Air clarity (below cloud)	Widespread sunshine, becoming overcast in the afternoon. Excellent visibility.	A little sun at times, occasional sunny intervals for eastern hills. Visibility good, or in east very good, but occasionally poor in rain.
How Cold? (at 900m)	Near freezing at dawn. Later, 5C. Feeling around -5C in wind, -10C evening.	6C, lowering to 3C during the evening. Feeling more like -5C or below in exposure to the wind.
Freezing Level	Soon above the high summits.	Above the tops, but tending to lowering to 1300m, during the evening from the west.

## **Planning Outlook**

## 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.

## Forecast issued at 16:22 on Saturday, 31 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.