

# Cairngorms NP and Monadhliath

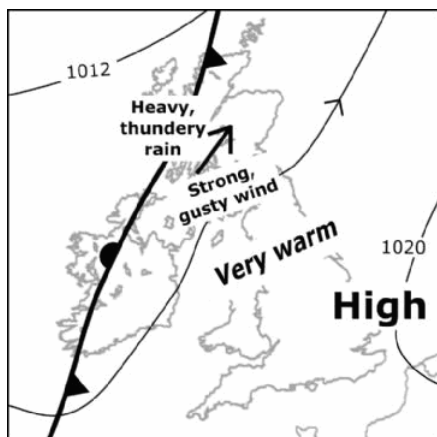
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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## General Summary for Monday, 30 June, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 30 June, 2025

Very warm and humid. Gale force southerly winds for NW Scotland at first will ease, but gusty winds strengthen elsewhere. As a front encroaches from the west across the Highlands, bursts of rain will merge into a swathe of more extensive heavy rain, possible thunder. Dry with sunshine for England and Wales, small risk local showers.

### Headline for Cairngorms NP and Monadhliath

Windy, gusty. Warm; high cloud, rain mostly later, turning heavy.

## Detailed Forecast for Monday, 30 June, 2025

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	South to southwesterly 25 to at times gusty 40mph, risk 50mph early morning higher Cairngorms at least in gusts. Speeds may drop markedly in western areas later in the day.  <b>Strenuous walking on higher terrain, may be more challenging on highest Cairngorms; buffeting gusts in places over high tops and through some passes.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Often dry, local bursts developing, rain more widely later</b> Occasional spots from high cloud, chance of odd bursts of rain forming. Mainly later in the day, heavier rain moving in from southwest, chance of thundery bursts mixed in toward evening as rain becomes widespread.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Early local low cloud clearing</b> Low cloud banks mostly southern Cairngorms NP around to Drumochter in morning, patches for a time elsewhere. Tending to lift, thin and largely break up. Returning and lowering as rain develops later. <b>40% rising to 80%, then later 20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Varied high cloud thickens to cover the sun increasingly. Visibility very good, though southern areas may start misty; reducing by evening in rain.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	12C where in cloud, up to 16C northeastern areas; very humid. Likely to drop considerably into night, toward 6C.  Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 1 July</b>	<b>Wednesday 2 July</b>
<b>How windy? (On the Munros)</b>	Westerly or variable 10 to 15mph or less.	Westerly 10 to 15mph or less.
<b>Effect of wind on you?</b>	<b>Small</b>	<b>Small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Risk a heavy shower later</b> Remnants of overnight rain soon fades. By afternoon, risk of localised slow-moving showers forming, possibly heavy, an isolated thundery burst.	<b>Risk local heavy showers later</b> Scattered showers forming mainly mid-late afternoon onward, local heavy bursts, greatest risk eastern areas toward evening, chance of isolated thunder.
<b>Cloud on the hills?</b>	<b>Mostly little</b>  Varied patchy cloud from dawn, soon mostly fragments confined to upper slopes. Lifting above most summits, but if showers occur, some lowering patches.	<b>Mostly clear, patches in showers</b>  Rare patches briefly around upper slopes in the morning, lifting above the tops. If showers form, cloud banks forming over tops, local patches lower down.
<b>Chance of cloud free Munros?</b>	<b>80%</b>	<b>80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Periods of sun in morning, cloud bubbling up afternoon, may fill in. Visibility mostly excellent.	Patchwork of sun and cloud, may build and fill in afternoon. Visibility excellent.
<b>How Cold? (at 900m)</b>	7 to 10C.	7 to 10C.
<b>Freezing Level</b>	Above the summits	Above the summits

**Planning Outlook****All mountain areas of Britain from Tuesday, 1 July, 2025**

Cooler across Scotland by Monday night as a cold front advances eastwards. Risk of scattered thundery showers Tuesday-Wednesday, mostly eastern areas. High pressure then builds to the south, whilst a humid southwesterly returns to bring spells of rain and low cloud to western Scotland. The second week of July looks cooler for all with sunshine and showers.

**Forecast issued at 16:00 on Sunday, 29 June, 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.