

# Cairngorms NP and Monadhliath

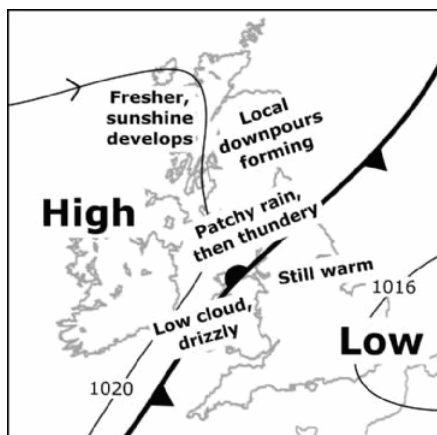
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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## General Summary for Tuesday, 1 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 1 July, 2025

Cooler for Scotland and northern England. Patchy rain and low cloud across central-southern Scotland and northern England, risk of developing into slow-moving heavy downpours into the afternoon. Low cloud and a little rain for Wales. West & northwest Scotland better, cloud lifting to give sunshine near the coast. Mostly light winds.

#### Headline for Cairngorms NP and Monadhliath

Heavy slow-moving downpours later, risk thunder. Light wind.

## Detailed Forecast for Tuesday, 1 July, 2025

<b>How windy? (On the Munros)</b>	Direction variable, mostly north to northwesterly in morning, 10mph or less; sudden gusts during and just before downpours locally.
<b>Effect of wind on you?</b>	Small
<b>How wet?</b> (Precipitation and its impact)	<b>Mostly dry, then heavy bursts of rain increasingly later; possible thunder</b> Remnants of overnight rain soon fades, but local pockets of rain may linger southeastern areas. By afternoon, localised slow-moving heavy bursts forming increasingly widely, possibly thundery onward into the evening, tending to drift north then later eastwards.
<b>Cloud on the hills?</b>	<b>Varied, lifting and mostly clearing; returning in showers</b> Varied areas of cloud from dawn, may be extensive across east and northern hills for a few hours. Lifting to upper slopes and clearing possibly many tops. Where showers occur, lowering over tops, patches in places forming to lower slopes during/after rain.
<b>Chance of cloud free Munros?</b>	<b>40% rising to 80% afternoon, dropping again by evening.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some sun breaking through in morning, most likely toward west; cloud bubbling up afternoon, may fill in. May start misty some areas, visibility becoming excellent below cloud.
<b>How Cold? (at 900m)</b>	7C rising to 10C.
<b>Freezing Level</b>	Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 2 July	Thursday 3 July
<b>How windy? (On the Munros)</b>	Westerly 10 to 15mph or less.	Southwesterly 20 to 30mph.
<b>Effect of wind on you?</b>	<b>Small</b>	<b>Starting to affect comfortable walking over higher terrain, particularly exposed Cairngorms tops. Feeling rather cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Local heavy showers mainly later</b> Remnants of showers from overnight may leave patches of rain at first. Scattered showers forming mainly mid-late afternoon onward, local heavy bursts, greatest risk eastern areas toward evening, isolated thunder.	<b>Occasional rain mostly west</b> A little rain, most common near and west of the A9, some brief showers mixed in, risk more frequent with time.
<b>Cloud on the hills?</b>	<b>Mostly clear, patches in showers</b>  Patchy cloud around upper slopes in the morning, lifting above the tops. If showers form, cloud banks forming over tops, local patches lower down.	<b>Mostly higher western tops</b>  Patches confined to higher tops, often clear toward east. May drop slightly to cap upper slopes more often near/west of A9.
<b>Chance of cloud free Munros?</b>	<b>80%</b>	<b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchwork of sun and cloud, may build and fill in afternoon. Visibility excellent.	Mostly cloudy, glimpses of sun north/east. Visibility very good, reducing where rain occurs.
<b>How Cold? (at 900m)</b>	7 to 10C.	7 or 8C, marginal rise during day.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

### All mountain areas of Britain from Wednesday, 2 July, 2025

Fresher westerly air into midweek. Some heavy showers forming, mostly in eastern Scotland and Pennine areas - with light winds some slow-moving heavy downpours, possible thunder locally. By Thursday, west to southwesterly winds increase for Scotland, with more persistent rain and low cloud returning from the west associated with fronts over the Atlantic. Friday brings a risk of heavier rain to western Scotland and gales over higher terrain for Scotland and possibly northern England, rain extending further south with time. The weekend looks unsettled with low pressure bringing heavy showery rain widely, risk isolated thunder.

### Forecast issued at 16:07 on Monday, 30 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.