

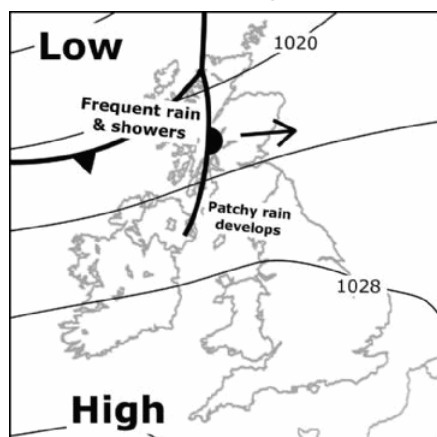
# Cairngorms NP and Monadhliath

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 Thursday, 3 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 3 July, 2025

Southwesterly winds strengthen; showery rain becomes increasingly widespread across the Highlands, more frequent rain in western areas. Patchy rain reaches Cumbria with time as cloud thickens. Wales and south Pennines stay dry with a good deal of sunshine.

### Headline for Cairngorms NP and Monadhliath

Increasingly windy. Showery bursts develop, soonest in west.

## Detailed Forecast for Thursday, 3 July, 2025

<b>How windy? (On the Munros)</b>	Southwesterly 20 to 30mph, tending to strengthen, later 35mph higher Cairngorms.
<b>Effect of wind on you?</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>Showery rain becoming frequent</b> Patchy rain develops, most common near and west of the A9, some showery bursts mixed in, becoming more widespread with time, chance of isolated hail and thunder afternoon.
<b>Cloud on the hills?</b>	<b>Lowering over tops, particularly west</b> Capping tops above 900 to 1100m, lowering across western Cairngorms to Drumochter in rain. Breaks to higher tops best in morning toward the east.
<b>Chance of cloud free Munros?</b>	<b>70% east, dropping to 30% west.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, glimpses of sun north/east. Visibility very good, reducing where rain occurs, locally poor at times.
<b>How Cold? (at 900m)</b>	7 or 8C, marginal rise during day.
<b>Freezing Level</b>	Above the summits

## All mountain areas of Britain from Friday, 4 July, 2025

Friday brings sustained heavy rain to western Scotland, rain extending further south with time; gales over the mountains, severe on Scottish tops. The weekend stays unsettled, windy and rather cool with low pressure bringing heavy showery rain widely, risk isolated thunder. Next week maintains a mixed westerly regime with greatest risk of rain toward northwest Scotland, drier and warmer further south and east.

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.