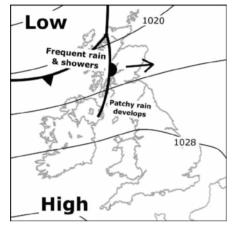
# **Cairngorms NP and Monadhliath**

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



Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment. Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

# 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

How windy? (On the Munros)	Southwesterly 20 to 30mph, tending to strengthen, later 35mph higher Cairngorms.	
Effect of wind on you?	Starting to affect comfortable walking over higher terrain, particularly exposed Cairngorms tops. Feeling rather cool.	
How wet?	Showery rain becoming frequent	
(Precipitation and its impact)	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.	
Cloud on the hills?	Lowering over tops, particularly west	
	Capping tops above 900 to 1100m, lowering across western Cairngorms to Drumochter in rain. Breaks to higher tops best in morning toward the east.	
Chance of cloud free Munros?	70% east, dropping to 30% west.	
Sunshine?	Mostly cloudy, glimpses of sun north/east.	
Air clarity (below cloud)	Visibility very good, reducing where rain occurs, locally poor at times.	
How Cold? (at 900m)	7 or 8C, marginal rise during day.	
Freezing Level	Above the summits	

# MOUNTAIN WEATHER INFORMATION SERVICE

#### Cairngorms NP and Monadhliath - Looking Ahead

	Friday 4 July	Saturday 5 July
How windy? (On the Munros)	Southwesterly 40 to 50mph, to 60mph higher Cairngorms; peak speeds may start to lessen later in daytime.	Southwesterly 20 to 30mph, possibly dropping lighter with time.
Effect of wind on you?	Difficult conditions over the mountains, mobility challenging and gusts could knock you off your feet. Significant wind chill.	Blustery over the mountains, affecting ease of walking on exposed higher tops; feeling cool. May improve.
How wet?	Rain most persistent toward west	Increasingly showery
(Precipitation and its impact)	Often spots of rain in the wind at least, but pulses of steady rain more frequently near and west of the A9, risk often raining toward Ben Alder. Drier for periods toward the northeast Cairngorms NP.	A little patchy rain in the morning, mostly west of the A9, then a scattering of showers more widely, locally heavy, chance isolated thunder afternoon.
Cloud on the hills?	Extensive higher areas	Fairly extensive higher areas
	Shrouding higher mountains most or all day, cloud bases 800 to 1000m, lowest near and west of the A9. Some higher breaks mostly furthest east.	Covering higher mountains most or all day, cloud base lowest in rain and toward west, 800 to 1000m; some higher breaks east.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of weak sun easternmost areas at times. Visibility good below cloud, though a haze, reduced to poor in rain.	Largely cloudy, a little sun in east morning. Visibility at times very good, but poor during rain.
How Cold? (at 900m)	8 or 9C, small rise during day. Feeling near -5C in the wind.	8 to 10C. Feeling near/below freezing directly in the wind.
Freezing Level	Above the summits	Above the summits

## Planning Outlook

### 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.

#### Forecast issued at 16:00 on Wednesday, 2 July, 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.