

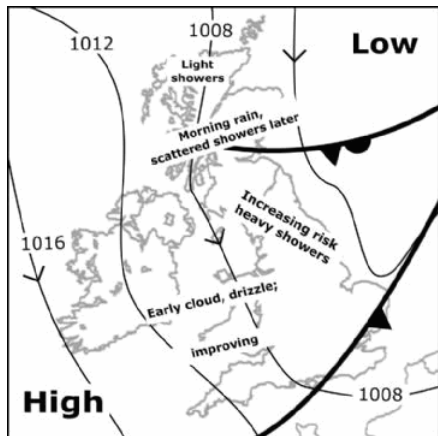
Cairngorms NP and Monadhliath

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, 6 July, 2025



British Mountain Summary: Based on forecast chart for noon 6 July, 2025

Cloud on higher hills with patchy rain for many areas in the morning. Later, a band of showers forms from central highlands southward into England, drifting down the Pennines; showers will give heavy bursts with a risk of few lightning flashes southern Scotland. Damp in Wales early, gradually improving.

Headline for Cairngorms NP and Monadhliath

Rain and cloud clears for a time, showers later

Detailed Forecast for Sunday, 6 July, 2025

How windy? (On the Munros)	Northerly 15-20mph, easternmost areas at times reaching 25mph.
Effect of wind on you?	Fairly small; comfortable walking affected at times in eastern areas.
How wet? (Precipitation and its impact)	Often raining with heavy bursts; easing for a time afternoon Often raining with heavy bursts mixed in through morning, rain may be fairly persistent onto northern Cairngorms. Rain abates for a time afternoon, though risk of scattered showery bursts returns later.
Cloud on the hills?	Extensive north early, lifting; returning to tops in rain Northern slopes of Cairngorm plateau shrouded from 800m up through morning; higher bases and patchy over Monadhliath and south Cairngorms. Lifting to largely clear tops though banks returning toe high terrain as showers arrive.
Chance of cloud free Munros?	10%, becoming 70%
Sunshine? Air clarity (below cloud)	Little or no sun, some glimpses later. Very good visibility, though often poor for a time north slopes.
How Cold? (at 900m)	7 or 8C, rising to 9C, locally 10C southern Cairngorms. Feeling just above freezing in strongest wind.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 7 July	Tuesday 8 July
How windy? (On the Munros) Effect of wind on you?	Northwesterly 25-35mph early, then 25-30mph most of the day, though stronger gusts over high tops. Walking becoming impeded with buffeting gusts - stability challenged over exposed tops. Feeling cool.	Northwesterly shifting westerly, 15-25mph, strongest early. Winds may ease to a lull for a time midday/afternoon. Fairly small, though notable gusts over tops when winds are stronger.
How wet? (Precipitation and its impact)	Odd showers north, risk increasing later Some early drizzle in cloud over highest tops with a few odd showers drifting onto north slopes. Risk more showers later, an odd flash of lightning possible east.	No rain until late Local spots of drizzly rain arrive onto western hills late in the day, amounting to very little.
Cloud on the hills? Chance of cloud free Munros?	High northern slopes early, well breaking Often covering high terrain of northern Cairngorm plateau through morning, banks at times drifting downslope; likely only over highest southern slopes. Gradually lifting and breaking for intermittent clear tops by later afternoon. 30% rising to 70%	Tops clearing, cloud reforming later Patches cling to high northern slopes of the Cairngorm plateau - southern aspects below summits may be largely cloud-free. Patchy cloud returns to tops later in the day with variable banks drifting downslope, as low as 900m north/west. Becoming 90%, reducing to 40% late
Sunshine? Air clarity (below cloud)	Increasingly sunny, best south slopes. Fair weather cloud may fill in late in the day. Excellent visibility.	Fairly extensive sun early though high cloud building, largely overcast later. Excellent visibility.
How Cold? (at 900m) Freezing Level	6C rising to 9 or 10C. Local warmer areas south Cairngorm slopes. Feeling just above freezing in the wind. Above the summits	8C rising to 13C, locally warmer on eastern Cairngorm slopes/Deeside. Above the summits

Planning Outlook

All mountain areas of Britain from Monday, 7 July, 2025

A generally settled start to the week as high pressure will become dominant across England and Wales Monday and Tuesday. Expect substantially dry conditions here through much of the week with good periods of sunshine. In Scotland, low pressure to the north will facilitate a consistent west-southwesterly wind, driving several weak fronts onto northwestern coasts as the week goes - often cloudy here with periods of rain, tending to be drier with sunny spells in east Scotland. Temperatures will be near average. Some uncertainty about next weekend - fronts are likely to continue drifting towards Scotland and north England, though possibly interrupted by dry and warm air from the continent.

Forecast issued at 16:29 on Saturday, 5 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.