

# Cairngorms NP and Monadhliath

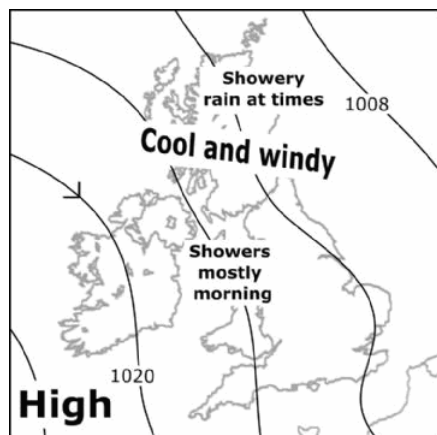
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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## General Summary for Monday, 7 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 7 July, 2025

Northwesterly winds will be blustery over the mountains, feeling distinctly chilly in exposure. Plenty of dry weather, some showers toward the north and east of Scotland. Showery rain for Wales early in the day fades. Cloud clearing many tops and some sun.

### Headline for Cairngorms NP and Monadhliath

Windy and cool. Cloudy north, risk showers north and east.

## Detailed Forecast for Monday, 7 July, 2025

<b>How windy? (On the Munros)</b>	Northwesterly 25-35mph early, then 25-30mph most of the day, though stronger gusts over high tops.
<b>Effect of wind on you?</b>	<b>Walking becoming impeded with buffeting gusts - stability challenged over exposed tops. Feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Odd showers north</b> Some early drizzle in cloud over highest tops with brief showers possible mainly toward northeast. Risk showers mainly toward evening, most likely toward northern Cairngorms NP.
<b>Cloud on the hills?</b>	<b>High northern slopes early, well breaking</b> Often covering high terrain of northern Cairngorm plateau through morning, to some mid slopes for a time; likely only over highest southern slopes. Gradually lifting and breaking for intermittent clear tops by later afternoon.
<b>Chance of cloud free Munros?</b>	<b>30% rising to 70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Increasingly sunny, best south slopes. Fair weather cloud may fill in late in the day. Excellent visibility.
<b>How Cold? (at 900m)</b>	6C rising to 9 or 10C. Local warmer areas south Cairngorm slopes. Feeling below freezing in the wind, near -5C high tops in morning, around 3C afternoon.
<b>Freezing Level</b>	Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 8 July</b>	<b>Wednesday 9 July</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Northwesterly shifting westerly, 15-25mph, easing a little through morning, then increasing again into later afternoon. <b>Fairly small, though notable gusts over tops when winds are stronger.</b>	Westerly 20 to 25mph.  <b>Fairly small, but feeling breezy on exposed higher areas.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>No rain until late</b> Local spots of drizzly rain arrive onto western hills late in the day, amounting to very little.	<b>Drizzly spots at times</b> Occasional patches of drizzle mostly near and west of the A9.
<b>Cloud on the hills?</b>	<b>Tops clearing, cloud reforming later</b>  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.	<b>Extensive west, breaks east</b>  Fairly extensive above 800-1000m western side of Cairngorms to Monadhliath and Ben Alder area. Higher cloud base eastwards, mostly above 1000m with breaks above 1200m at times.
<b>Chance of cloud free Munros?</b>	<b>Becoming 90%, reducing to 40% late</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Fairly extensive sun early though high cloud building, largely overcast later. Excellent visibility.	Largely cloudy, glimpses of sun mostly eastern areas. Visibility good below cloud, particularly in east.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8C rising to 13C, locally warmer on eastern Cairngorm slopes/Deeside.  Above the summits	10C, rising to 13C toward east afternoon, humid.  Above the summits

**Planning Outlook****All mountain areas of Britain from Tuesday, 8 July, 2025**

Low pressure to the northwest maintains a humid southwesterly wind mid-late this week, with fronts situated near northwestern coasts - often extensive low cloud here with some drizzly rain. Drier with sun and broken cloud in east and southern Scotland. High pressure expanding over England and Wales brings more sunshine and draws in increasingly very warm air again in the later part of this week, higher temperatures extending into Scotland with time; some mist may continue to affect coasts in the west.

**Forecast issued at 16:00 on Sunday, 6 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.