

Cairngorms NP and Monadhliath

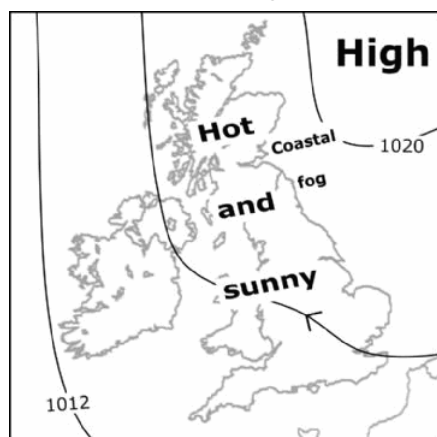
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Saturday, 12 July, 2025



British Mountain Summary:

Based on forecast chart for noon 12 July, 2025

Hot everywhere, rising to 30C in valleys widely by early afternoon, slightly cooler easternmost areas. Unbroken sunshine dawn til dusk. Light winds, though breezier west coast of Scotland, particularly on islands. Very dry ground conditions - high fire risk.

Headline for Cairngorms NP and Monadhliath

Hot sunshine. Light winds.

Detailed Forecast for Saturday, 12 July, 2025

How windy? (On the Munros)	Southerly 15mph or often less, becoming variable direction at times.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Hills clear Haar on lowest slopes furthest east at dawn, soon dispersing.
Chance of cloud free Munros?	100%
Sunshine? Air clarity (below cloud)	Widespread strong sunshine; beware sunburn, dehydration and heatstroke. Excellent visibility.
How Cold? (at 900m)	17C rising to 20C by mid-afternoon, some areas north of Cairngorm summits up to 22C. Remaining warm overnight.
Freezing Level	Well above the summits. (Valley temperatures approaching 28 to 30C in the afternoon north and west of the

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 13 July	Monday 14 July
How windy? (On the Munros) Effect of wind on you?	South to southeasterly 10-15mph. Mostly small	Southeasterly 25 to 35mph, risk 40mph higher Cairngorms, very gusty for a period. Later S-SW'ly 20-30mph. Affecting comfortable walking and balance on exposed terrain; risk of buffeting gusts, more challenging conditions for a time.
How wet? (Precipitation and its impact)	Dry most or all daylight Chance of localised spots of rain from high cloud into the evening.	Threat of thunderstorms developing Misty drizzle on some eastern hills in morning, largely dry start toward west. Increasing risk with time of localised bursts of rain forming, thundery into afternoon. Heavy rain possibly more widespread later.
Cloud on the hills? Chance of cloud free Munros?	Hills clear Local patchy haar on the lowest slopes of Deeside at dawn will soon clear for cloud-free hills. Small chance of low fog patches returning here as night falls. Above 90%	Low cloud east, clearer west Covering hills to mid or lower elevations toward Deeside possibly all day. Cloud more broken westwards. Some highest slopes may be near top of cloud layer for a time. In rain, cloud filling in widely. 20% east, to 70% Strathspey west.
Sunshine? Air clarity (below cloud)	Sunny most of the day, some high cloud at times weakening the sun. Excellent visibility.	Variable high cloud, a little weak sun, clouding over. Misty in east, good visibility west, slight haze, reducing in rain.
How Cold? (at 900m) Freezing Level	16 to 18C at dawn, little change Deeside, cooler by evening. Warmest north Cairngorms and Monadhliath, up to 19C. Above the summits	10 to 14C, coolest if in cloud in east, warmest near/west of A9. May start to drop widely during day. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 13 July, 2025

Lowering pressure from southwest late Sunday into Monday bringing increasing risk bursts of rain and thunderstorms to start the new week, strong and gusty southerly winds. Temperatures will cool towards average. Pressure goes slack and winds fall light into midweek. A risk of heavy rain moving across England and Wales in particular on Tuesday.

Low pressure is likely to be more common in the extended outlook with slow-moving areas of showery rain, some thundery bursts locally, interspersed with drier days.

Forecast issued at 16:00 on Friday, 11 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.