

Cairngorms NP and Monadhliath

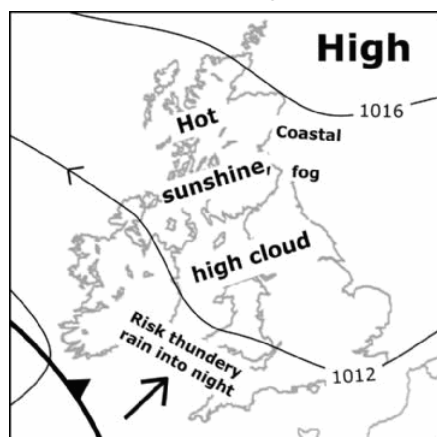
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Sunday, 13 July, 2025



British Mountain Summary:

Based on forecast chart for noon 13 July, 2025

Very warm across the mountains from overnight, soon feeling hot in morning sun. Some valleys again approaching 30C by early afternoon, though mostly slightly less hot than Saturday. A veil of high cloud tending to weaken the sun. Local gusty E-SE'ly winds. Generally dry, later a chance of very isolated showers.

Headline for Cairngorms NP and Monadhliath

Very warm, sun and increasing high cloud.

Detailed Forecast for Sunday, 13 July, 2025

| | |
|---|---|
| How windy? (On the Munros) | South to southeasterly 10-15mph, at times 20mph higher Cairngorms, particularly toward northern areas, speeds tending to strengthen slightly during daytime. |
| Effect of wind on you? | Mostly small, but feeling breezier with time on higher areas. |
| How wet? (Precipitation and its impact) | Rain very unlikely Chance of localised spots of rain from high cloud later in day, remote risk of an isolated thundery shower toward west. |
| Cloud on the hills? | Hills clear Local patchy haar from North Sea may reach lowest slopes of Deeside around dawn but will soon clear. Small chance of low fog patches returning here as night falls. |
| Chance of cloud free Munros? | 100% |
| Sunshine? Air clarity (below cloud) | Sunny most of the day, some high cloud increasingly weakening the sun. Excellent visibility. |
| How Cold? (at 900m) | 16 to 18C, already very warm from overnight, little change Deeside, cooler by evening. Warmest north Cairngorms and Monadhliath, up to 19C. Valleys reaching 27C by early afternoon, locally approaching 30C. |
| Freezing Level | Above the summits |

Cairngorms NP and Monadhliath - Looking Ahead

| | Monday 14 July | Tuesday 15 July |
|---|--|--|
| How windy? (On the Munros) | Southeasterly 25 to 35mph, risk 40mph higher Cairngorms, very gusty for a period. | Variable direction, mostly less than 10mph. |
| Effect of wind on you? | Affecting comfortable walking and balance on exposed terrain; risk of buffeting gusts, more challenging conditions for a time. | Small |
| How wet? (Precipitation and its impact) | 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. | Early patchy rain, risk showers Remnants of previous thundery rain may leave patchy light rain into morning. By afternoon, risk of localised slow-moving heavy showers. |
| Cloud on the hills? | 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. | Cloud at different heights, may break up Fairly extensive, banks of cloud to lower slopes in morning, some slopes may emerge between or above cloud layers early in day before cloud lifts upslope. Some hills may fully clear, but cloud returning and lowering in showers. |
| Chance of cloud free Munros? | 20% east, to 70% Strathspey west. | 30% |
| Sunshine? Air clarity (below cloud) | Variable high cloud, a little weak sun, clouding over. Misty in east, good visibility west, slight haze, reducing in rain. | Some sun through cloud layers, may brighten up, but expect high cloud. Misty morning, visibility improving. |
| How Cold? (at 900m) Freezing Level | 10 to 14C, coolest if in cloud in east, warmest near/west of A9. May start to drop widely during day. Above the summits | 9 or 10C, may rise a little higher toward northern Cairngorms NP. Above the summits |

Planning Outlook

All mountain areas of Britain from Monday, 14 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. Heavy rain likely moving across England and Wales on Tuesday accompanied by near-gale southwesterlies, lighter winds Scotland.

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

Forecast issued at 16:00 on Saturday, 12 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.