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 Wednesday, 16 July, 2025



British Mountain Summary: Based on forecast chart for noon 16 July, 2025

Fine much of the day for many areas, cloud covering some hill slopes in the morning, tending to lift above many summits. A little patchy rain mostly southern Scotland and northern England in the morning, tending to fade. Isolated showers into afternoon. Mostly light winds.

Headline for Cairngorms NP and Monadhliath

Largely dry, chance a shower; cloud patches clear. Light wind.

Detailed Forecast for Wednesday, 16 July, 2025

How windy? (On the Munros)	Easterly 10-15mph some slopes in morning. Otherwise variable direction 10mph or less.	
Effect of wind on you?	Negligible	
How wet? (Precipitation and its impact)	Rain unlikely Small risk of an isolated shower.	
Cloud on the hills?	Mostly little, some early cloud north	
	Local pockets of mist or cloud just above some glens from dawn. Fragments of cloud briefly form around some slopes, local cloud banks drifting onto north Cairngorms for a few hours, but soon likely to lift or disperse.	
Chance of cloud free Munros?	80%	
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, some mist possible in morning, otherwise visibility excellent.	
How Cold? (at 900m)	10C rising to 13 to 15C.	
Freezing Level	Above the summits	

MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 17 July	Friday 18 July
How windy? (On the Munros)	South or southeasterly, 15 to 20mph, may increase during day, to 25mph, occasional 30mph on highest Cairngorms.	Southerly 20-25mph, in places 30mph over higher terrain.
Effect of wind on you?	Fairly small many areas, but feeling blustery over exposed high tops, may start to affect ease of walking.	Breezy over higher slopes, may start to affect comfortable walking in exposure.
How wet?	Risk of some rain developing west	Patchy rain and showery bursts
(Precipitation and its impact)	Patchy rain and drizzle developing mostly toward Drumochter. Areas further east and north largely dry, but risk some rain developing later.	Occasional rain and drizzle, most common southern Cairngorms NP, but some scattered heavier showery pulses of rain drifting northeastwards across the region.
Cloud on the hills?	Mostly little, may fill in southwest	Mostly higher tops, breaks north
	Banks of cloud drifting onto slopes near and west of the A9, may become fairly extensive Ben Alder and Drumochter area. Further north and east, patchier cloud and above tops most of day.	Often confined to higher slopes above 900-1000m, lowering at times in rain, for periods to 700m southern areas. Breaks forming to higher tops, best in north Cairngorms and Monadhliath.
Chance of cloud free Munros?	30% southwest, to 80% north/east	40% south, to 70% north.
Sunshine? Air clarity (below cloud)	Glimpses of sun through high cloud, best north of Cairngorms. Visibility good below cloud.	A little weak sun through cloud. Visibility good below cloud, but poor in rain.
How Cold? (at 900m)	11C up to local 14C northeast Cairngorms, increasingly humid.	12C, little variation all day many areas, locally up to 15C north Cairngorms, quite humid.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Thursday, 17 July, 2025

Humid air moves in from the southwest on Thursday with drizzly rain and low cloud particularly in western regions. A mixed outlook, as slack low pressure drifts slowly over the British Isles, giving slow-moving showers and increasingly thundery downpours, these most extensive over England and Wales into the weekend. Staying fairly warm, quite humid. Often low wind speeds, but south-southeasterlies may increase at times. By next week, west to southwesterlies likely to prevail, with some rain or drizzle at times mostly western Scotland, often dry further south and east.

Forecast issued at 16:00 on Tuesday, 15 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.