MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

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



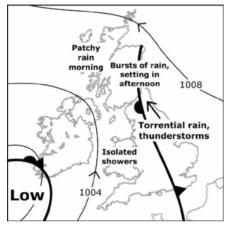
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General Summary for Saturday, 19 July, 2025



British Mountain Summary:

Based on forecast chart for noon 19 July, 2025

Some early rain near west coast, but the Highlands largely dry in morning. Into afternoon, bursts of rain becoming extensive heavy rain. A swathe of prolonged heavy rain moves north over England; intense downpours and thunderstorms, focused on Pennines. A few local showers Wales, but often dry. Fairly warm, locally gusty.

Headline for Cairngorms NP and Monadhliath

Bursts of rain, then sustained heavy rain later. Gusty wind develops.

Detailed Forecast for Saturday, 19 July, 2025

How windy? (On the Munros)	Southeast then easterly, little wind toward west at first, increasing 10 to 20mph during daytime, increasingly gusty 25mph afternoon, at times stronger later.		
Effect of wind on you?	Mostly small, but becoming breezier with time, gusts later affecting balance where exposed.		
How wet?	Heavy rain setting in from southeast afternoon		
(Precipitation and its impact)	Often dry morning, beyond midday further north/west, perhaps a local patch of drizzle. By early afternoon, rain developing from southeast, odd bursts soonest in east, becoming prolonged heavy rain increasingly widely during afternoon, later local torrential bursts, chance of thunder.		
Cloud on the hills?	Clearing for periods, lowering later		
	Patchy cloud banks on some slopes in the morning tending to lift higher up, good breaks to many tops. As rain develops later, cloud lowering to become extensive over hills, lowest toward south & east.		
Chance of cloud free Munros?	60% later 20%		
Sunshine? Air clarity (below cloud)	Some sun and high cloud, tending to cloud over from south with time. Visibility very good, then reducing to be poor as rain develops.		
How Cold? (at 900m)	11C, small change all day, locally up to 13C Monadhliath; feeling humid.		
Freezing Level	Above the summits		

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Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 20 July	Monday 21 July
How windy? (On the Munros) Effect of wind on you?	Easterly 20 to 30mph, likely strongest toward north and northeast, risk very gusty for periods on some slopes. Blustery winds, starting to affect comfortable walking and balance on some exposed tops and ridges.	South to southeasterly or variable, typically 10mph or less, but may reach 20mph N/E Cairngorms; gusty around rain. Mostly small
How wet?	Risk persistent rain, at times heavy	Bursts of rain, risk thunder
(Precipitation and its impact)	Rain falling most of the day, at times setting in heavy. Sometimes patchy and drizzly, especially near/west of the A9, but further east likely more constant. Wet underfoot, streams fast-flowing.	Areas of patchy rain, risk developing increasingly into heavier bursts, possibly slow-moving thundery downpours by afternoon, but these very hit and miss, some places nearby may see little rain.
Cloud on the hills?	Extensive	Varied cloud, but often covering hills
	Likely to blanket the hills throughout the day, from mid-slopes up in eastern areas. Ragged patches to lower slopes widely during and after rain. Highest cloud base west of the A9, but rarely lifting above higher slopes.	Banks of cloud at various elevations from dawn into the morning, to lower slopes in places. Cloud base rising, but often capping higher terrain. Widespread in rain, ragged patches forest canopies upward.
Chance of cloud free Munros?	10%	30%
Sunshine? Air clarity (below cloud)	Sun unlikely. Visibility locally good below cloud if dry Strathspey to Drumochter, but mostly murky during rain.	Mostly little sun, breaking through briefly. Visibility very good for periods, but reduced in rain, poor at times.
How Cold? (at 900m)	12 to 14C, quite humid.	12C, small variation all day.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 20 July, 2025

Unsettled onward into early next week, as slack low pressure drifts slowly over the British Isles. Slow-moving showers and areas of persistent heavier rain in places, increasingly thundery downpours, these most extensive over England and Wales by Sunday. Staying fairly warm, quite humid. Often low wind speeds, but gusty south-southeasterlies at times. By mid-next week onward into late July, 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 16:17 on Friday, 18 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.