MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

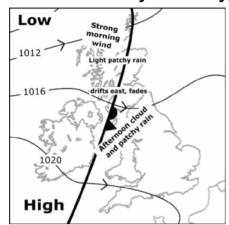
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Friday, 25 July, 2025



British Mountain Summary: Based on forecast chart for noon 25 July, 2025

Cloud and patchy rain in western Scotland clears east, progressively easing; far east Scotland substantially dry and clear. Patchy cloud over high English and Welsh summits in the morning, deteriorating with the arrival of patchy rain through afternoon. East Wales and south Pennines substantially dry and free of cloud.

Headline for Cairngorms NP and Monadhliath

High fog through early afternoon with some rain; improving

Detailed Forecast for Friday, 25 July, 2025

How windy? (On the Munros)	Southwesterly 15 to 25mph, may reach 30mph for a time over high Cairngorms in the morning. Tending to shift westerly as the day goes.	
Effect of wind on you?	Fairly small many areas, but starting to affect or impede walking near the high tops. Feeling cool on higher terrain.	
How wet?	vet? Patchy light rain west, only local spots drifting east	
(Precipitation and its impact)	Patchy light rain through afternoon, most often western hills near Drumochter. Tending to drift east later afternoon but fading out; very little in the far east	
Cloud on the hills?	Mostly higher tops, deteriorating for a time, then lifting again	
	Banks of cloud mostly confined to higher slopes above 1000m, locally lower and more extensive western side of Cairngorms in morning. Cloud filling in above 900m for a time around midday, eastern areas only seeing scattered lower banks. Lifting and breaking above 1200m through afternoon. More often clear all day in east.	
Chance of cloud free Munros?	30%, rising to 80% later afternoon	
Sunshine? Air clarity (below cloud)	Glimpses of sun increasingly breaking through during afternoon. Visibility increasingly very good.	
How Cold? (at 900m)	10 or 11C, warmest east; rising only a degree if at all. Local slopes of Deeside may reach 13C. Feeling near freezing in the wind on higher tops.	
Freezing Level	Above the summits	

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Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 26 July	Sunday 27 July
How windy? (On the Munros) Effect of wind on you?	West-southwesterly 20 to 25mph, at times 30mph over high western tops. Speeds rising into night. Affecting ease of walking on higher terrain, more strenuous on exposed higher tops. Feeling chilly.	Westerly 30-35mph, soon easing to 15-20mph, stronger at times central highlands. Shifting northwesterly later. Comfortable walking at times affected, notably central highlands. Walking briefly strenuous at and before dawn.
How wet?	Patchy rain west, showers later east	Showery rain on and off
(Precipitation and its impact)	A little showery rain occasionally spilling in from the west, but eastern hills largely dry in morning. Into afternoon, local showery rain moving further east, risk an odd heavier shower later toward northeast.	Showery rain on and off most of the day, most frequent Monadhlaith and west Cairngorms. Rain possibly frequent or persistent for a few hours.
Cloud on the hills?	Mostly on higher and western areas	Banks over summits, most extensive west
	Near and west of the A9, often covering hills above 800-1000m, some variation. Cairngorms mostly above 1000m with breaks to higher slopes, best further east.	Cloud fairly extensive over high terrain from dawn with some lower patches on western mountains. Tending to lift with good breaks to many tops. Banks likely returning to high tops from time to time.
Chance of cloud free Munros?	20% west, to 60% easternmost tops.	Rising to 60%
Sunshine? Air clarity (below cloud)	Largely cloudy early, glimpses of sun increasing, most frequent east. Visibility very good.	Glimpses of sun later in the day - may be largely overcast western mountains. Excellent visibility.
How Cold? (at 900m)	7 or 8C, rising to 10C, locally 11C Deeside. Feeling near freezing in strongest wind.	8C rising to 9 or 10C, warmest on hills south of Cairngorm plateau. Feeling below freezing in strongest wind.
Freezing Level	Above the summits	Above the summits
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Planning Outlook

All mountain areas of Britain from Saturday, 26 July, 2025

Westerly winds with mixed weather will prevail through the weekend into next week, bringing patchy rain and some heavier showers at times pushing eastwards - Saturday into Sunday may be quite wet for the west of Scotland. Through the week, periods of rain will be punctuated with decent sun breaks, though northwest Scotland will struggle to clear for sun. Often breezy and feeling cool with temperatures lingering near or below average.

Likely remaining unsettled into the following weekend though details are uncertain.

Forecast issued at 16:29 on Thursday, 24 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.