

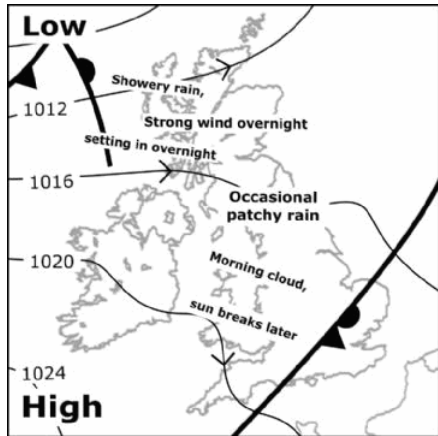
# Cairngorms NP and Monadhliath

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, 26 July, 2025



### British Mountain Summary: Based on forecast chart for noon 26 July, 2025

Showery rain and fog over west Scotland, rain setting in into night. Clearer east highlands with only spots of rain. Very strong overnight winds for Scotland. Morning fog and patchy rain for northern England, tending to improve with cloud lifting off most Pennines. Morning cloud in Wales will also clear summits; northwest Wales last to clear.

### Headline for Cairngorms NP and Monadhliath Some patchy rain, hills increasingly clear; best east

## Detailed Forecast for Saturday, 26 July, 2025

<b>How windy? (On the Munros)</b>	Westerly 15-20mph, occasional breezes up to 25mph over tops. Lightest winds around Deeside. Increasing to 25-30mph as night falls, further deteriorating overnight.
<b>Effect of wind on you?</b>	<b>Affecting ease of walking on higher terrain. Becoming strenuous on exposed higher tops late in the day, persistently strenuous overnight. Marked wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain west, local patches spreading east</b> A little showery rain occasionally spilling in from the west, but eastern hills largely dry through morning. Risk of local showery rain rises through afternoon, possibly a heavier bursts later toward northeast.
<b>Cloud on the hills?</b>	<b>Clearing many eastern tops; patchy on western tops</b> Near and west of the A9, often covering hills above 800-1000m, some variation. Mostly above 1000m in the Cairngorms with breaks to high tops increasing; possibly often clear afternoon, best in the east.
<b>Chance of cloud free Munros?</b>	<b>20% west, rising to 50%; 80% east Cairngorms</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy most of the day. Decent sun breaks emerge for a time later afternoon before high cloud rebuilds from the west. Visibility very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8 or 9C, rising to 10C, locally 11C Deeside. Westernmost Monadhliath may stay nearer 9C. Feeling near freezing in strongest wind.  Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 27 July	Monday 28 July
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Westerly 30-35mph, easing to 15-25mph, stronger at times central highlands. Shifting northwesterly later.  <b>Comfortable walking often affected, notably central highlands. Walking strenuous at and before dawn. Feeling cool.</b>	West-northwesterly 15-20mph. Winds on the lighter side over eastern Cairngorms/Deeside.  <b>Fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain on and off</b> Showery rain on and off most of the day, most frequent Monadhliath and west Cairngorms. Rain possibly frequent or persistent for a few hours with heavy bursts.	<b>Little rain expected during daylight</b> A few odd spots of light rain in the morning will fade - easternmost Cairngorms may see a few spots through the day. A chance of rain arriving into Drumochter area as night falls.
<b>Cloud on the hills?</b>   <b>Chance of cloud free Munros?</b>	<b>Lifting to summits, increasingly above</b>  Cloud fairly extensive over high terrain from dawn with some lower patches on western mountains. Tending to lift with breaks to many tops. Patches may intermittently return to high tops from time to time, decreasing in frequency later.  <b>Rising to 70%</b>	<b>Occasional banks over high terrain</b>  Patchy cloud over high terrain from dawn will lift, breaking off most summits. Banks may return to high summits at times, notably on west/north aspects. East Cairngorms/Deeside substantially clear.  <b>Rising to 80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun, becoming more frequent later in the day. Excellent visibility.	Intermittent sun becomes frequent, best on low slopes; high cloud arrives and thickens through afternoon. Excellent visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	8C rising to 9 or 10C, warmest on hills south of Cairngorm plateau. Feeling below freezing in strongest wind. Above the summits	6 to 7C, rising to 9C, locally to 10C east Cairngorms/Deeside.  Above the summits

## Planning Outlook

### All mountain areas of Britain from Sunday, 27 July, 2025

West-northwesterly winds with mixed weather will prevail as next week begins. Patchy rain and some heavier showers will come and go from the west, most often affecting west Scotland. Periods of rain will be punctuated with decent sun breaks, though northwest Scotland will struggle to clear for sun. Often breezy and temperatures will be near average, rising and falling as frontal systems pass - expect brief warm and humid spells.

Some indication is emerging of high pressure becoming more dominant in early August, though periods of unsettled weather will interrupt its establishment - timing is uncertain.

### Forecast issued at 16:20 on Friday, 25 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.