

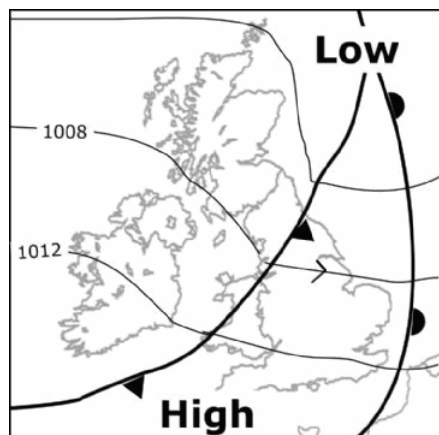
Cairngorms NP and Monadhliath

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



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General Summary for Sunday, 3 August, 2025



British Mountain Summary:

Based on forecast chart for noon 3 August, 2025

Rain, low cloud and fog ahead of a front will clear Scotland late morning and England and Wales afternoon - but high humidity may maintain a little drizzle and low cloud Wales (most likely SW). Cloud base may not rise sufficiently to clear higher mountains mainly in W Scotland.

Headline for Cairngorms NP and Monadhliath

Improving: wind easing; rain clearing to the odd shower, low cloud clearing.

Detailed Forecast for Sunday, 3 August, 2025

How windy? (On the Munros)	Westerly, soon 20mph, but up to 35mph post dawn.
Effect of wind on you?	Soon small.
How wet? (Precipitation and its impact)	Rain on and off at first; clearing to the odd shower. From dawn, frequent rain for a few hours. Then extensively dry, but perhaps a few showers afternoon.
Cloud on the hills? Chance of cloud free Munros?	Fog across the mountains; improving markedly - clearing afternoon. From dawn, extensive across the mountains. By mid or late morning, cloud base 600-900m, a little higher eastern Cairngorms/Deeside. By early afternoon, little cloud at all on the summits. Less than 10%, rising to 80% by mid afternoon
Sunshine? Air clarity (below cloud)	Patchwork of sunshine coming through later morning onwards, sunniest toward Deeside. Good visibility although slight haze.
How Cold? (at 900m) Freezing Level	Between 10 and 13C generally warmest easternmost summits. Above the summits

	Monday 4 August	Tuesday 5 August
How windy? (On the Munros)	South abruptly westerly; rapid variations in speed; often above 50mph, later 90mph; perhaps short-lived pronounced lull.	West to northwesterly; slowly easing through day from 40 to 50mph post dawn to 30-35mph by early evening.
Effect of wind on you?	Expect difficult conditions from lowest slopes up. Frequently any mobility challenging together with severe wind chill.	Widely difficult or strenuous walking and considerable wind chill, particularly morning.
How wet? (Precipitation and its impact)	Rain most of the day, sometimes heavy Rain soon extensive and heavy - particularly southern mountains in Cairngorms NP - streams rising quickly to be in spate.	Showers, sometimes frequent Showers, particularly west of A9, the rain could be almost constant for an hour or s..
Cloud on the hills?	Extensively shrouding the mountains Shrouding the mountains more or less all day, sometimes the cloud below 450m southern Cairngorms NP, but generally cloud base 650 to 900m.	Very extensive: cloud base slowly rising After dawn, cloud base typically 650m, though a little higher south Cairngorms NP. Through day, rising to 800-1000m Monadhliath and Cairngorms whilst elsewhere, cloud base intermittently 1200m or above by early or mid afternoon.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Rare glimpses, if any, of sun. Visibility frequently poor.	Glimpses of sunshine, mainly lower slopes. Most sun southernmost Cairngorms NP Persistent haze, best visibility S & E Cairngorms NP.
How Cold? (at 900m)	7C, although temporarily up to 11C. Directly in the wind, feeling as cold as -9C.	6C; rising a couple of degrees through day. Feeling well below freezing point in the wind.
Freezing Level	Above the summits	Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 4 August, 2025

A mixed week: unusually stormy for August on Monday northern Britain, then intermittent rain though the week, most frequent and heaviest western mountains together with areas of low cloud and pulses of strong wind.

Forecast issued at 14:58 on Saturday, 2 August, 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.