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.

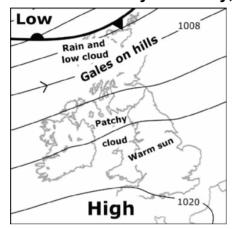


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General Summary for Friday, 8 August, 2025



British Mountain Summary:

Based on forecast chart for noon 8 August, 2025

Gale-force winds persist over higher terrain in Scotland. Rain and drizzle throughout the day toward the northwest, low cloud covering western mountains extensively; higher cloud bases eastwards. Cloud banks common on hills near the Irish Sea, clearer with more sun eastwards over England & Wales.

Headline for Cairngorms NP and Monadhliath

Upland gales, severe highest tops. A little rain, cloud highest east.

Detailed Forecast for Friday, 8 August, 2025

How windy? (On the Munros)	Southwesterly 45 to 55mph, stronger gusts 60mph+ over higher Cairngorms. Speeds tending to increase further toward evening into night, 60-70mph on tops.	
Effect of wind on you?	Walking widely arduous on hills, forward progress difficult over Cairngorm plateau and highest tops elsewhere, you may be blown over in strong gusts. Significant wind chill.	
How wet?	Rain and drizzle mostly west	
(Precipitation and its impact)	Rain most common toward and west of A9, a mix of drizzle and some steadier rain, particularly Monadhliath to Ben Alder in the morning, here may remain drizzly through afternoon. Little reaching Deeside.	
Cloud on the hills?	Fairly extensive, lifting, breaks east	
	From dawn, cloud fairly extensive over high terrain, to 700-800m for a time Drumochter and nearby. Bases lifting to 1000-1200m, likely clearing the tops at times afternoon, best eastern Cairngorms afternoon.	
Chance of cloud free Munros?	30% rising to 60% east	
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly northeast Cairngorms. Good visibility below cloud in east and north, reduced around rain.	
How Cold? (at 900m)	8C rising to 10C, locally warmer on hills around The Lecht. Feeling like -3C in the wind.	
Freezing Level	Above the summits	

MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 9 August	Sunday 10 August
How windy? (On the Munros) Effect of wind on you?	Southwesterly 40 to 50mph, up to 60mph for periods on higher areas, especially Cairngorm plateau. Challenging walking over exposed higher terrain, balance difficult, gusts could knock you over. Considerable wind chill.	Westerly 30-35mph for a few hours from dawn, easing a little 20-25mph, turning southwesterly; by evening 30-40mph. Blustery and feeling cold early in day, lessening through middle of day, but into evening likely to deteriorate.
How wet?	Occasional showers mostly south/west	Rain unlikely until late
(Precipitation and its impact)	Showery rain on and off, locally more frequent for a few hours, heavier at times Drumochter area. Smaller amounts north/east of Cairngorms.	Risk of patchy rain and drizzle moving in from the west by evening.
Cloud on the hills?	Extensive higher areas, base rising	Lifting and breaking from most hills
	Covering higher slopes above 900-1100m, lower for a time in rain near/west of A9. Higher breaks forming in afternoon, though cloud likely to come and go on high tops.	Patchy cloud around some slopes early morning, lifting to cap some tops for a few hours, mostly southwestern Cairngorms NP. Good breaks to most or all tops afternoon. Lowering onto tops by dusk.
Chance of cloud free Munros?	30%	40% rising to 80% afternoon.
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly north/east areas. Slight haze, visibility reduced in rain, may improve during day.	Sunshine best toward east and north. Visibility very good below cloud.
How Cold? (at 900m)	8C. Feeling like -5 to -8C in wind on tops.	7C at first, rising to 10C, local 12C in east afternoon; staying mild into evening. Feeling below freezing in wind in morning.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 9 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

Forecast issued at 16:00 on Thursday, 7 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.