

# Cairngorms NP and Monadhliath

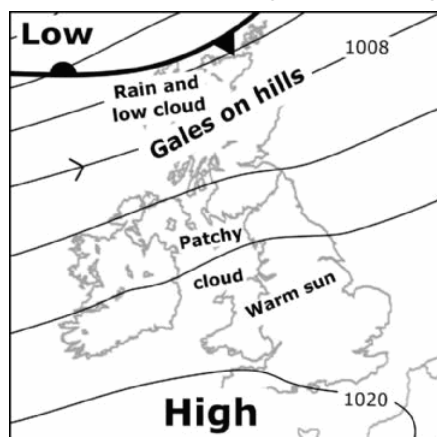
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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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

<b>How windy? (On the Munros)</b>	Southwesterly 45 to 55mph, stronger gusts 60mph+ over higher Cairngorms. Speeds tending to increase further toward evening into night, 60-70mph on tops.
<b>Effect of wind on you?</b>	<b>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.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain and drizzle mostly west</b> 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.
<b>Cloud on the hills?</b>	<b>Fairly extensive, lifting, breaks east</b> 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.
<b>Chance of cloud free Munros?</b>	<b>30% rising to 60% east</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun mostly northeast Cairngorms. Good visibility below cloud in east and north, reduced around rain.
<b>How Cold? (at 900m)</b>	8C rising to 10C, locally warmer on hills around The Lecht. Feeling like -3C in the wind.
<b>Freezing Level</b>	Above the summits

**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.

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.