

Cairngorms NP and Monadhliath

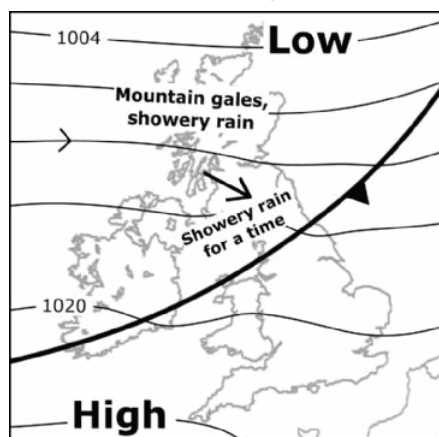
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Saturday, 9 August, 2025



British Mountain Summary:

Based on forecast chart for noon 9 August, 2025

Windy, gales over Scottish mountains and highest tops in northern England throughout the day. A cold front brings a band of showery rain, weakening as it moves southwards. Showery much of the day in western Scotland, scattered heavy showers advancing east over the Highlands. Feeling chilly on tops.

Headline for Cairngorms NP and Monadhliath

Gales, severe on highest tops. Occasional showers.

Detailed Forecast for Saturday, 9 August, 2025

How windy? (On the Munros)	Southwesterly 40 to 55mph, but 60mph+ gusts over 70mph early in day on higher Cairngorm plateau, with ongoing gusts over 60mph on highest tops most of day.
Effect of wind on you?	Challenging walking over exposed higher terrain, balance difficult; on Cairngorm plateau in places any mobility difficult and gusts could knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Showers develop from west A belt of rain soon clears southeast from dawn. Briefly dry early morning, then showery rain develops, locally frequent for a few hours afternoon, Drumochter area, some heavy bursts. Fewer showers east of Cairngorms.
Cloud on the hills?	Varied over higher tops, base rising Covering higher slopes frequently in morning above 900-1100m, some lower patches in rain near/west of A9. Higher breaks forming in afternoon, best in east, though cloud likely to come and go on higher tops.
Chance of cloud free Munros?	40% rising to 70% afternoon east
Sunshine? Air clarity (below cloud)	Bursts of sun most common eastern areas. Visibility often very good below cloud, but reduced intermittently in showers.
How Cold? (at 900m)	7 or 8C, little change all day. Feeling like -7 to -10C in wind on tops.
Freezing Level	Above the summits

All mountain areas of Britain from Sunday, 10 August, 2025

A ridge of high pressure expands briefly northwards on Sunday - most places dry all day, variable cloud and some warm sun. A front moves in from the southwest later and will affect Scotland into Monday with rain, drizzle and low cloud, also damp and misty at least on Monday morning for the Lakes. Very warm and humid over England and Wales in the first half of the week, but this comes with a risk of thundery bursts of rain drifting northeastwards. Less warm for Scotland, though humid for a time. Later in the week, southwesterlies prevail in Scotland, low cloud often covering western hills, but small amounts of rain. Higher pressure further south, mostly dry and warm England, Wales & S/E Scotland.

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.