#### 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.

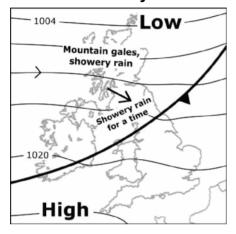


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## General Summary for Saturday, 9 August, 2025



## 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?	Showers develop from west		
(Precipitation and its impact)	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?	Bursts of sun most common eastern areas.		
Air clarity (below cloud)	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		

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## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 10 August	Monday 11 August
How windy? (On the Munros)  Effect of wind on you?	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.	West-southwesterly, easing from 30-35mph early morning to 20mph afternoon perhaps less later in day.  Affecting comfortable walking in morning, feeling rather cool, but becoming fairly small with time.
How wet? (Precipitation and its impact)	Rain unlikely until late Risk of patchy rain and drizzle moving in from the west by evening.	Rain mostly near/west of the A9 Rain and drizzle, most persistent western side of Cairngorms to Ben Alder and Monadhliath, risk damp much of day, may slowly fade. Little reaching Deeside.
Cloud on the hills?	Lifting and breaking from most hills  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.	Extensive higher and western areas  Low cloud covering most higher slopes, from 600-700m up near and west of the A9, mostly above 800-1000m further east and northeast, some breaks may form higher up.
Chance of cloud free Munros?	40% rising to 80% afternoon.	30%
Sunshine? Air clarity (below cloud)	Sunshine best toward east and north. Visibility very good below cloud.	Largely overcast, glimpses of sun easternmost glens where visibility good below cloud. Mistier further west.
How Cold? (at 900m) Freezing Level	7C at first, rising to 10C, local 12C in east afternoon; staying mild into evening. Feeling below freezing in wind in morning. Above the summits	9C where in cloud (feeling near freezing in wind high tops in morning), up to local 12C east; small rise afternoon, feeling humid.  Above the summits

## **Planning Outlook**

## 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.

#### Forecast issued at 16:30 on Friday, 8 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.