

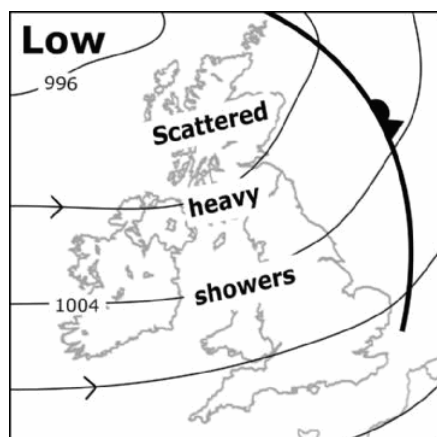
Cairngorms NP and Monadhliath

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, 13 September, 2025



British Mountain Summary:

Based on forecast chart for noon 13 September, 2025

Showery south-westerly airflow across the mountains. Most frequent showers western hills, where they will band into prolonged rain for a time with heavy or even torrential bursts. Scattered heavy showers spreading to eastern mountains too. Risk of thunder. Cloud shrouding western hills, occasional further east.

Headline for Cairngorms NP and Monadhliath

Early rain, then dry slot before heavy showers develop. Risk thunder.

Detailed Forecast for Saturday, 13 September, 2025

How windy? (On the Munros)	Southerly 25 to 30mph from dawn, risk 35mph some tops, but will ease toward and into the afternoon, veering southwesterly 10 to 20mph.
Effect of wind on you?	Blustery winds from dawn, affecting ease of walking and balance in exposure; Marked wind chill. Becoming mostly small afternoon.
How wet? (Precipitation and its impact)	Scattered showers, mostly afternoon Early band of showery rain clearing north in morning. Then a drier slot, before further scattered showers develop. Most widely by late afternoon, when risk of hail, isolated thunder. A few hours in morning may be dry.
Cloud on the hills?	Mostly high tops, some breaks Banks some mid to upper slopes from dawn as band of showery rain moves though. Bases then lifting to tops where they will come and go, most persistent toward Ben Alder where frequently covering tops above 900m. North Cairngorm to Deeside hills may frequently clear.
Chance of cloud free Munros?	40%, but lifting to 70% in north and east.
Sunshine? Air clarity (below cloud)	Occasional sun, mostly in north/east. Visibility very good when dry, reduced to poor in showers.
How Cold? (at 900m)	5 or 6C. Feeling like -5C, to -8C on highest tops directly in the wind.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 14 September	Monday 15 September
How windy? (On the Munros) Effect of wind on you?	South-westerly, backing south then south-easterly, 15 to 25mph, lifting to 35-50mph late afternoon when very Mostly small at first, but becoming arduous and then difficult later in the day, with significant buffeting and chill.	Low confidence: West to southwesterly 20 to 45mph, but a marked lull possible for a time under rather complex low centre. Be prepared for periods of very blustery if not for a time arduous conditions with significant wind chill.
How wet? (Precipitation and its impact)	Dry morning, rain later in the day. Dry morning, then in the afternoon, cloud will thicken and rain will increasingly move into southern areas from mid afternoon, later into N Cairngorms.	Increasingly showery Perhaps some hills frequently dry morning, but a few showers around. Into afternoon, increasingly areas of showery rain will extend in across the area.
Cloud on the hills?	Patchy coverage southern hills. Hills may be clear for several hours, or much of day in north, but increasingly in rain will lower onto upper slopes from Drumochter to Ben Alder.	Often covering tops Hill tops will likely often be covered in cloud through the day, especially as rain extends in from the west. Easternmost hills more frequently clear.
Chance of cloud free Munros?	70%, but lowering to 40% in south later.	40%
Sunshine? Air clarity (below cloud)	Patchy sun, turning hazy as high cloud moves in, later overcast especially in south. Visibility very good, poor in rain in south.	Glimpses of sun possible, but mostly cloudy. Visibility often very good, but poor in rain.
How Cold? (at 900m) Freezing Level	5C lifting to 7C Above the summits	5 to 7C, chilliest early and late in the day. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 14 September, 2025

Staying unsettled and cyclonic through into next week with temperatures staying on the cool side, often feeling below freezing in exposure to wind on higher terrain.

During Sunday and into Monday, a deeper Atlantic low is expected to move in, bringing more extensive heavy rain northwards and gales - the strongest wind probably focused on England & Wales. Some improvement expected for a time into middle of next week, but the longer range outlook into late September remains unsettled.

Forecast issued at 16:29 on Friday, 12 September, 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.