

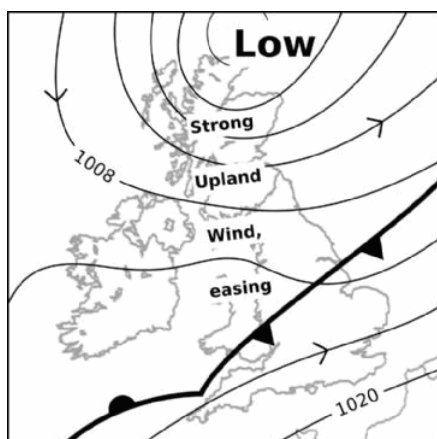
Cairngorms NP and Monadhliath

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



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General Summary for Tuesday, 16 September, 2025



British Mountain Summary:

Based on forecast chart for noon 16 September, 2025

Strong upland winds across the UK in the morning will ease from the west into the afternoon. Frequent showers in west-coastal regions; more scattered inland with the Peak District and Cairngorms National Parks becoming or staying largely dry. Extensive cloud on most high ground. Temperatures feeling cool.

Headline for Cairngorms NP and Monadhliath

Strong upland wind, easing in afternoon

Detailed Forecast for Tuesday, 16 September, 2025

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|---|---|
| How windy? (On the Munros) | Northwesterly 30 to 40mph, will tend to moderate slightly into the afternoon. |
| Effect of wind on you? | Very blustery in the morning with arduous conditions and significant wind chill. Easing a little with time. |
| How wet? (Precipitation and its impact) | Rare showers Well scattered showers, rarely heavy. |
| Cloud on the hills? | Fairly extensive, but rising to tops. Extensive banks from dawn from mid slopes upwards. Bases will lift and break to become mostly above 900-1100m afternoon with higher breaks. |
| Chance of cloud free Munros? | 20% lifting to 60% |
| Sunshine? Air clarity (below cloud) | Overcast start, but patchwork of sunshine breaking through into the afternoon. Visibility becoming very good. |
| How Cold? (at 900m) | 6C. Feeling below freezing in the wind, at times nearer -5C. |
| Freezing Level | Above the summits |

All mountain areas of Britain from Wednesday, 17 September, 2025

An ongoing unsettled outlook generally dominated by low pressure. Extensive rain and gales into midweek, likely wettest on west-coastal regions. Areas of rain and showers frequently in the forecast later in the week. Temperatures near-average, but feeling cool when exposed to wind. A chillier northwesterly may emerge by next weekend, briefly dropping near freezing on highest Scottish tops. Indications then favour higher pressure at least briefly expanding northwards early next week for some drier days, but unlikely to settle down for long.

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.