MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

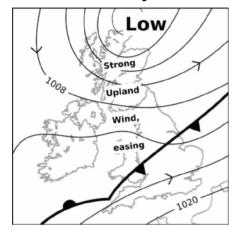
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for 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

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	

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Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 17 September	Thursday 18 September
How windy? (On the Munros) Effect of wind on you?	Still some uncertainty: Southeasterly 25 to 30mph becoming southwesterly 35 to 45mph in the afternoon. 50mph+ later. Arduous, blustery conditions developing which will affect ease of walking and balance. Further deterioration into evening.	Forecast details very uncertain. Southwesterly 45 to 55mph, risk sustained 70mph. Very gusty. Difficult walking conditions will make progress challenging. Very powerful gusts may easily blow you over. Significant wind chill.
How wet?	Possibly only patchy light rain	Little or no rain
(Precipitation and its impact)	Risk of rain on and off throughout the day, potentially steady rain lasting a few hours, greatest risk southern Cairngorms. But a reasonable chance that rain is only patchy and some areas may escape drier.	Probably substantially dry, particularly toward Deeside & Lecht, but risk of rain encroaching from the west occasionally throughout the day, mainly onto hills near the A9, may be only spots in the wind.
Cloud on the hills?	Locally extensive	Probably clearing, best east
	Cloud extensive on high ground, especially during and after showers. Breaks most likely near the northern corries of Cairngorm.	Patchy cloud on high ground will likely lift and clear into the afternoon. Should rain occur, cloud will become widespread over higher slopes, locally lowering to the mid-slopes near/west of the A9.
Chance of cloud free Munros?	30%	60%
Sunshine? Air clarity (below cloud)	Glimpses of sun through high cloud. Visibility very good if dry, reduced to poor if areas of rain develop.	Patchy sunshine through high cloud. Excellent visibility.
How Cold? (at 900m)	5 or 6C. Feeling sub-zero in the wind, -5C or below if speeds increase.	8C. Feeling around -5C in the wind.
Freezing Level	Above the summits	Well above the summits.

Planning Outlook

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.

Forecast issued at 16:31 on Monday, 15 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.