

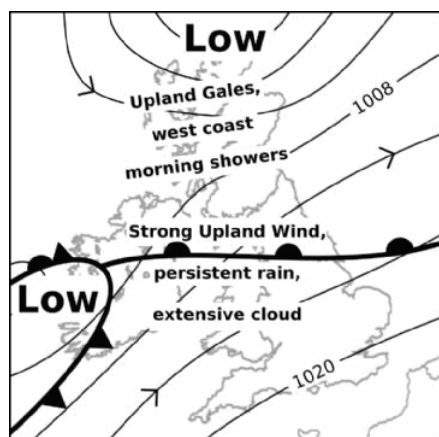
Cairngorms NP and Monadhliath

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 Thursday, 18 September, 2025



British Mountain Summary:

Based on forecast chart for noon 18 September, 2025

Strong upland wind or gales across the mountains. Frontal wave bringing persistent, heavy rain and extensive cloud from North Wales to the Southern Uplands. Highlands drier, especially east of A9, but showery near the west and north-west coast in the morning. Temperatures mild but with notable wind chill.

Headline for Cairngorms NP and Monadhliath

Upland gales but dry. Patchy cloud clearing.

Detailed Forecast for Thursday, 18 September, 2025

How windy? (On the Munros)	Southwesterly 50 to 60mph in the morning. Easing a little in the afternoon to around 40mph. Very gusty.
Effect of wind on you?	Difficult walking conditions will make progress challenging. Very powerful gusts may easily blow you over. Easing to arduous conditions later. Significant wind chill.
How wet? (Precipitation and its impact)	Little or no rain Small chance of isolated light showers, particularly Ben Alder, Drumochter and the Monadhliath.
Cloud on the hills?	Clearing Patchy cloud on high ground will lift and mostly clear in the afternoon.
Chance of cloud free Munros?	60% becoming 80%
Sunshine? Air clarity (below cloud)	Widespread sunshine through high cloud. Excellent visibility.
How Cold? (at 900m)	8C. Feeling around -5C in the wind.
Freezing Level	Well above the summits.

All mountain areas of Britain from Friday, 19 September, 2025

Weather remains mixed into and through the weekend, often with high winds, regions of persistent rain and extensive cloud. Temperatures falling through Saturday across the UK with the higher Scottish summits dropping below freezing and frosts in some glens. Looking increasingly likely that high pressure will take hold from the north on Sunday evening, bringing a period of more settled weather across the country for a couple of days at least, perhaps longer.

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.