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.



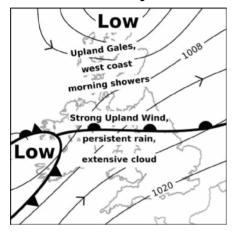
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General Summary for Thursday, 18 September, 2025



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.		

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Cairngorms NP and Monadhliath - Looking Ahead

	Friday 19 September	Saturday 20 September
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25 to 40mph, speeds may fluctuate through day, generally strongest in morning higher Cairngorms. Feeling blustery with balance affected at times over higher terrain, especially	Forecast details uncertain. Northerly, picking up through the day to 25 to 35mph but risk of 50mph+ late evening. Small at first, but walking and balance increasing affected in the afternoon.
	morning. Considerable wind chill.	Risk of difficult conditions later. Marked wind chill.
How wet?	A little rain mostly morning	Little or no rain, probably
(Precipitation and its impact)	Rain on and off for a time in the morning, mostly southern Cairngorms, smaller amounts north and eastwards. Likely to fade to become mostly dry.	Some uncertainty: Likely an overall dry day with isolated light showers, falling as snow flurries on high ground in the afternoon. Risk of more persistent, heavier rain remains.
Cloud on the hills?	Mostly higher areas, breaks north	Widespread on high ground
	Cloud shrouding most higher ground, with cloud base lowest near Drumochter, around 800-1000m. Breaks may form over the northern corries of Cairngorm, lifting above summits at times.	Widespread patchy cloud at various levels through the day. Should heavier rain arrive, these will merge, lower and become more extensive.
Chance of cloud free Munros?	40%	60%
Sunshine? Air clarity (below cloud)	Patchy sunshine through high cloud in northern regions. Little or no sun elsewhere. Good visibility if out of cloud.	Little or no sunshine, possibly completely overcast. Good visibility.
How Cold? (at 900m)	6 or 7C. Feeling sub-zero in the wind, near -5C highest summits in morning.	3C, dropping a little through the day. Higher summits likely to be below freezing in the afternoon. Wind chill: -5 to -10C.
Freezing Level	Above the summits.	Above the summits in the morning, dropping to 1200-1100m by the afternoon and further into evening.

Planning Outlook

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.

Forecast issued at 16:30 on Wednesday, 17 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.