

Cairngorms NP and Monadhliath

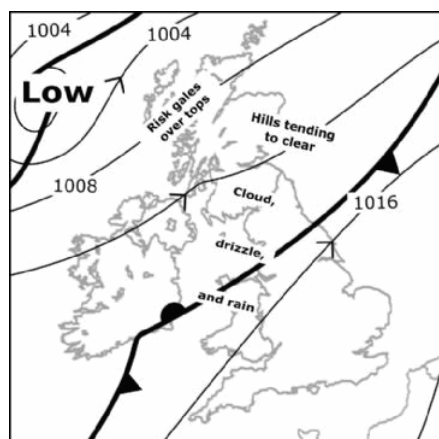
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Friday, 19 September, 2025



British Mountain Summary:

Based on forecast chart for noon 19 September, 2025

Mostly dry and blustery for Scottish Highlands; cloud, some showers, and risk of gales on west coast tops. Persistent cloud and rain for southern Scotland, north England, and north Wales with a similar risk of gales on highest tops. Rain more patchy south Pennines and south Wales, some cloud breaks to inland summits.

Headline for Cairngorms NP and Monadhliath

Mostly dry, tops increasingly clear; blustery

Detailed Forecast for Friday, 19 September, 2025

How windy? (On the Munros)	Southwesterly 30 to 40mph widely in the morning. Tending to ease somewhat, though high Cairngorms and northern Monadhliath maintain strong winds.
Effect of wind on you?	Feeling blustery with balance affected at times over higher terrain, especially morning when walking may be strenuous.. Considerable wind chill.
How wet? (Precipitation and its impact)	A little morning rain, then dry Patchy dawn rain around Monadhliath and southern Cairngorms, smaller amounts north and eastwards. Rain soon fades for a substantially dry day.
Cloud on the hills?	Mostly higher areas, breaks north Cloud shrouding most higher ground early with cloud base lowest near Drumochter, around 900-1000m. Bases soon lift on northern slopes, breaks increasingly up to and above tops afternoon.
Chance of cloud free Munros?	40%, rising to 70%
Sunshine? Air clarity (below cloud)	Occasional patchy sunshine, though likely weakened by high cloud. Excellent visibility.
How Cold? (at 900m)	7C, rising to 8 or 9C, warmest eastern Cairngorms/Deeside. Feeling sub-zero in the wind, near -5C highest summits in morning.
Freezing Level	Above the summits.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 20 September	Sunday 21 September
How windy? (On the Munros) Effect of wind on you?	Forecast details uncertain. Variable, turning northeasterly and rising towards 30-45mph, risk deteriorating further. Small at first, but walking and balance increasing affected afternoon; risk difficult conditions later. Marked wind chill.	North-northeasterly 45-55mph. Easing somewhat through the day, near 30-40mph. Arduous conditions much of the day, difficult in the morning. Significant wind chill.
How wet? (Precipitation and its impact)	Likely only showers from the north Likely an overall dry day with isolated light showers from the north, falling as snow flurries on high ground in the afternoon. Chance of a broader area of rain spreading north into evening.	Showers, mostly northern slopes Showers drift onto northern parts of Monadhliath and Cairngorms; occasionally reaching southern slopes. Some risk of a more concentrated band of showers early. Falling as snow/sleet from 1000m up.
Cloud on the hills? Chance of cloud free Munros?	Patchy over high ground Patchy cloud on high terrain, some lower patches on northern slopes. Tending to lift, occasionally breaking off some summits, lowering again where showers/rain occur. 60%	Banks at times on highest Cairngorms High areas of Cairngorms and Monadhliath likely under cloud at dawn with banks drifting down northern slopes. Bases lifting with breaks to many tops, at times returning in showers. Cloud tending to cling to highest Cairngorms. 30% high Cairngorms, 70% elsewhere
Sunshine? Air clarity (below cloud)	Glimpses of sun through high cloud, at times overcast. Good visibility.	Some high cloud from dawn in the east, clearing for patchy sunshine. Very good visibility.
How Cold? (at 900m) Freezing Level	5C from dawn, lowering to 2 or 3C, coolest north. Feeling as cold as -10C in the wind. Above the summits in the morning, dropping to 1200-1100m by the afternoon and further into evening.	1 or 2C; warmest on slopes south of Cairngorm plateau. Feeling as cold as -15C in strongest wind. 1000-1100m

Planning Outlook

All mountain areas of Britain from Saturday, 20 September, 2025

An unsettled weekend ahead as low pressure brings heavy rain to England and southern Scotland on Saturday with strong winds. Conditions increasingly wet underfoot with streams in spate - some flooding is likely. A northerly wind in Scotland begins to draw unseasonably cold air into the Highlands, bringing freezing levels down to high terrain. Cold air flows into England and Wales through Sunday on a strong wind - wind chills in direct exposure may reach as low as -10 to -15C.

Some showers into northern Scotland on Monday will fade for a substantially dry week ahead with good sunny breaks for many. Temperatures staying cool but slowing rising day-by-day.

Forecast issued at 16:30 on Thursday, 18 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.