MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

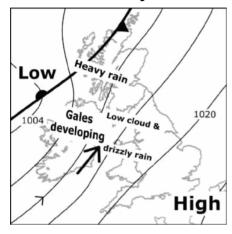
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Thursday, 2 October, 2025



British Mountain Summary: Based on forecast chart for noon 2 October, 2025

A persistently wet day for western Scotland, increasingly sustained heavy falls setting in. Southerly winds strengthen to become widely gale force over the mountains afternoon into evening. Small amounts of rain elsewhere, but drizzly for all. Low cloud blanketing hills, highest bases north of major hill groups.

Headline for Cairngorms NP and Monadhliath

Increasingly windy, gales develop. Patchy rain, cloud lowest south.

Detailed Forecast for Thursday, 2 October, 2025

How windy? (On the Munros)	Southerly in the range 30 to 50mph, strongest during the second half of the day, then 60mph evening into night.	
Effect of wind on you?	Increasingly arduous then difficult conditions with the strongest winds not necessarily on the highest slopes.	
How wet? (Precipitation and its impact)	Rain and drizzle off and on, wetter later Occasional rain and drizzle, setting in at times hills near and west of the A9. Toward evening, more persistent and heavier rain developing from the southwest,	
Cloud on the hills?	continues into night. Extensive higher areas	
	Extensive cloud across upper slopes. Whilst bases will vary, frequently they will be around 800-1000m; down to 600m or so Drumochter over to Ben Alder. Highest breaks toward Glenmore.	
Chance of cloud free Munros?	20% southwest, to 40% northeast.	
Sunshine? Air clarity (below cloud)	Glimpses of sun will be very fleeting and mainly in the east. Visibility sometimes poor due to rain.	
How Cold? (at 900m)	10C, fairly humid air, but feeling closer to freezing in the wind.	
Freezing Level	Above the summits	

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Cairngorms NP and Monadhliath - Looking Ahead

	Friday 3 October	Saturday 4 October
How windy? (On the Munros)	Overnight gales S-SW'ly 40-50mph easing through dawn; a lull below 25mph, but then rapid increase, by evening 60-80mph.	Southwest then westerly, 60 to 80mph, gusts likely 100mph particularly higher Cairngorms.
Effect of wind on you?	Rapidly changing conditions, fairly benign for several hours, then significant deterioration later in day into evening.	Severe conditions, difficult mobility on hills from lower elevations upward. Damaging gusts possible on low ground.
How wet?	Showers, then drier; heavy rain later	Rain most frequent toward west
(Precipitation and its impact)	Overnight rain easing to showers early morning, becoming dry for a few hours at least. Later in the day, rain developing from the southwest, setting in, heaviest southern Cairngorms NP.	Rain on and off throughout the day, most persistent and heaviest in areas near and especially west of the A9; smaller amounts toward Deeside. Falling as sleet or wet snow highest tops. Fast-flowing streams.
Cloud on the hills?	Many tops clear for a period	Extensive higher areas
	Patchy cloud over upper slopes in morning, but good breaks and higher tops clearing possibly for several hours, particularly northern areas. Lowering over hills from south as rain develops.	Cloud fairly persistent on higher slopes, mostly above 800-1000m, lowest near/west of the A9. Some higher breaks toward eastern Cairngorms and Deeside.
Chance of cloud free Munros?	70% later 30%	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun for a time, but high cloud increasingly covering the sky. Visibility very good much of day.	Glimpses of sun mostly toward east. Quite hazy, visibility poor where in rain.
How Cold? (at 900m)	5 or 6C. Feeling like -5C in wind, to -10C where exposed to higher speeds early and late.	3 or 4C. Wind chill making it feel like -10 to -15C.
Freezing Level	Above the summits	Close to highest summits, 1300m or just above.

Planning Outlook

All mountain areas of Britain from Friday, 3 October, 2025

Mild and humid southwesterlies bring prolonged heavy rain to western Scotland late this week where streams will be fast-flowing, flooding developing. Wet underfoot most western areas. A couple of fast-moving low pressure systems late this week - gales increasingly during Thursday, then after a brief lull early Friday, a more intense system bringing increasingly stormy conditions by later Friday, continuing into Saturday. Dropping much cooler during Saturday, to freezing on higher Scottish summits. Showery and windy conditions easing only gradually into Sunday. Changeable westerlies continue next week for Scotland, high pressure builds at times further south.

Forecast issued at 16:26 on Wednesday, 1 October, 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.