

Cairngorms NP and Monadhliath

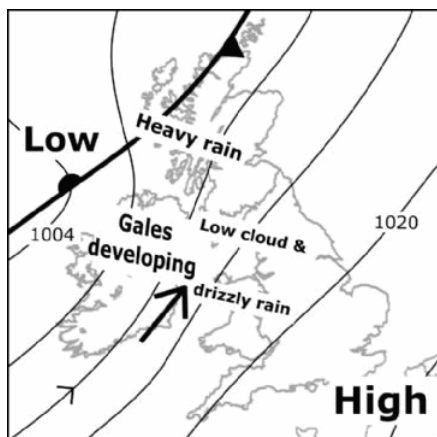
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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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

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| 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, continues into night. |
| Cloud on the hills? | 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 |

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.

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.