#### 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.

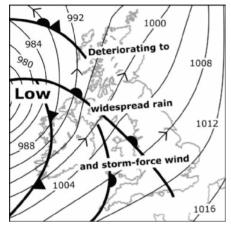


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### General Summary for Friday, 3 October, 2025



# British Mountain Summary: Based on forecast chart for noon 3 October, 2025

Mostly dry conditions early with modest wind effects, deteriorating as Storm Amy arrives. Winds reach gale-force around midday, further deteriorating through afternoon, reaching hurricane-force over high Scotland tops later. Rain becomes widespread with sustained heavy falls on western mountains; local flooding is likely.

#### Headline for Cairngorms NP and Monadhliath

Moderate conditions deteriorate to heavy rain and violent wind

## Detailed Forecast for Friday, 3 October, 2025

How windy? (On the Munros)	Overnight S-SW'ly 35-45mph, easing through dawn to 20-30mph, briefly lower. After midday, shifting southeasterly and rapidly rising to 45-55mph, shifting southwesterly and rising further to 70-90mph into evening, risk gusts up to 100mph over high tops.		
Effect of wind on you?	Rapidly changing conditions: fairly benign for several hours in the morning, then significant deterioration through afternoon. Any mobility will be difficult by evening.		
How wet?	Some showers, then drier; heavy rain later		
(Precipitation and its impact)	Well-broken showers early morning, becoming substantially dry for a few hours at least. Rain developing from the southwest through afternoon setting in widely; heaviest on southern Cairngorms NP.		
Cloud on the hills?	Well-broken through morning, becoming fairly extensive		
	Patchy cloud over upper slopes in morning, some lower patches on southern Cairngorms, but good breaks, higher tops at times clear, possibly for several hours. Lowering over hills from south as rain develops.		
Chance of cloud free Munros?	70%, later reducing to 10%		
Sunshine?	Patchy sunshine in the morning, soon weakened by high cloud, then gradually		
Air clarity (below cloud)	becoming overcast through afternoon.  Visibility excellent much of day before rain arrives.		
How Cold? (at 900m)	5 or 6C, locally 7C for a time early on northeastern Cairngorm slopes. Briefly rising to 9C later in the day. Feeling increasingly cool as winds rise, near -8C afternoon, then colder into night.		
Freezing Level	Above the summits		

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#### Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 4 October	Sunday 5 October
How windy? (On the Munros)	West shifting northwesterly 70 to 90mph, gusts likely 100mph particularly higher Cairngorms.	Northwesterly 45-55mph, up to 60mph over tops early. Shifting westerly and may ease somewhat for a few hours.
Effect of wind on you?	Severe conditions, difficult mobility on hills from lower elevations upward.  Damaging gusts possible on low ground.	Arduous conditions most of the day - bracing likely needed in exposure. Significant wind chill.
How wet?	Rain most frequent toward west	Some drizzle western mountains
(Precipitation and its impact)	Rain on and off throughout the day, most persistent and heaviest early and in areas near and west of the A9; smaller amounts toward Deeside. Falling as sleet or wet snow highest tops. Fast-flowing streams.	Odd patches of drizzly rain drifting from the west. Increasingly drizzly over tops afternoon, a risk of rain setting in over western mountains late in the day.
Cloud on the hills?	Extensive higher areas	Becoming extensive on high ground
	Cloud fairly persistent on higher slopes, mostly above 800-1000m, lowest near/west of the A9. Some higher breaks toward eastern Cairngorms and Deeside. Some breaks beginning to form later.	Cloud banks drifting above 900-1000m with some breaks; likely more extensive near Monadhliath and Drumochter. Base lowering and becoming extensive through afternoon above 900m with lower patches.
Chance of cloud free Munros?	30%	40% at dawn, lowering to 10%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly toward east. Quite hazy, visibility poor where in rain.	Patchy sunshine, some strong bursts east at first, becoming overcast.  Very good visibility, though poor as rain falls in the west.
How Cold? (at 900m)	3 or 4C. Wind chill making it feel like -10 to -15C.	3C rising to 6C. Feeling like -10C in direct wind exposure.
Freezing Level	Close to highest summits, 1300m or just above.	May just touch the highest summits at dawn, soon lifting above.

#### **Planning Outlook**

#### All mountain areas of Britain from Saturday, 4 October, 2025

Storm Amy clears to the northeast on Saturday, behind which temperatures drop much cooler, to freezing on higher Scottish summits. Showery and windy conditions prevail through the day easing only gradually into Sunday as another mild and humid westerly brings cloud and drizzle to high tops and western slopes. Changeable westerlies continue into the week with frontal boundaries in northern England and Scotland: frequent rain and cloud on western mountains, rain at times passing eastward. Rain and cloud slip south through England and Wales around midweek, though weakening as it goes. Early indications of several days of northerly winds late in the week, which will bring cool, showery conditions to many with a mix of sunny and rainy spells with snow on northernmost tops.

#### Forecast issued at 16:09 on Thursday, 2 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.