

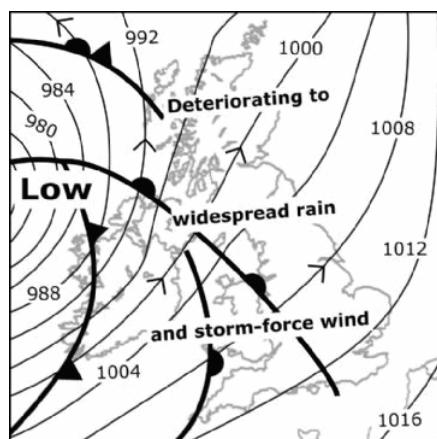
# Cairngorms NP and Monadhliath

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

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	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.  <b>Rapidly changing conditions: fairly benign for several hours in the morning, then significant deterioration through afternoon. Any mobility will be difficult by evening.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Some showers, then drier; heavy rain later</b> 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.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Well-broken through morning, becoming fairly extensive</b> 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.  <b>70%, later reducing to 10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sunshine in the morning, soon weakened by high cloud, then gradually becoming overcast through afternoon. Visibility excellent much of day before rain arrives.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	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.  Above the summits

**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.

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.