

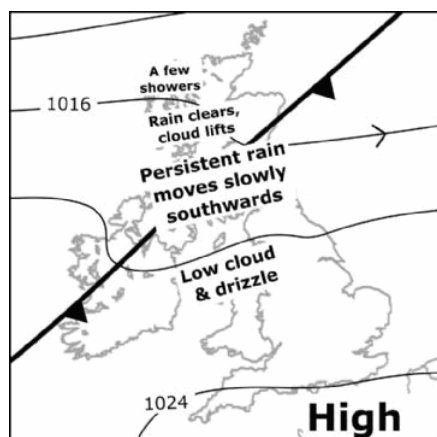
Cairngorms NP and Monadhliath

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 Tuesday, 7 October, 2025



British Mountain Summary:

Based on forecast chart for noon 7 October, 2025

A swathe of fairly persistent rain and drizzle drifts gradually southwards over Scotland into northern England, some heavier pulses of rain. Brighter skies follow across the Highlands from the northwest, cloud base rising, brief showers. Wales has low cloud and drizzle in west. Gusty southwesterlies.

Headline for Cairngorms NP and Monadhliath

Patchy rain clears, cloud lifts and breaks; gusty wind eases.

Detailed Forecast for Tuesday, 7 October, 2025

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| How windy? (On the Munros) Effect of wind on you? | Southwest then westerly, gusty 40-50mph from dawn into early morning, in places 60mph high Cairngorms at first, but tending to ease markedly in morning to 20-25mph. Starting to rise a little into the night to 30mph. Buffeting and difficult walking early morning, improving with time, to become fairly small, though feeling cool in exposure. |
| How wet? (Precipitation and its impact) | Rain in morning clearing southwards Rain on and off in the morning, most persistent toward Drumochter, occasionally heavier. Smaller amounts overall toward Deeside. Tending to break up into the afternoon to become dry, soonest toward Monadhliath. |
| Cloud on the hills? Chance of cloud free Munros? | Improving to higher tops, clearing Covering higher slopes fairly widely early morning, lowest bases over hills near and west of A9, 800-1000m. Higher breaks eastwards. Rising as rain clears, lifting toward upper slopes and good breaks to most tops afternoon. 40% rising to 80% afternoon |
| Sunshine? Air clarity (below cloud) | Mostly cloudy morning, then brighter skies with sunshine breaking through into afternoon. Visibility poor in rain, improving to be very good. |
| How Cold? (at 900m) Freezing Level | 7C from before dawn, then dropping during morning to 4 or 5C. Directly in the wind feeling near -5C. Above the summits, but may drop close to Ben Macdui top later in the day. |

| | Wednesday 8 October | Thursday 9 October |
|---|--|---|
| <p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p> | <p>West-southwesterly 25 to 35mph, likely strongest into the afternoon, later may reach 50mph higher Cairngorms.</p> <p>Blustery, challenging balance on ridges, increasingly arduous walking on some high terrain. Considerable wind chill.</p> | <p>Westerly 40 to 50mph, up to 60mph on higher Cairngorms; powerful gusts through passes and downslope to east.</p> <p>Arduous walking, difficult keeping balance in places, gusts may knock you over. Considerable wind chill.</p> |
| <p>How wet? (Precipitation and its impact)</p> | <p>Patchy light rain at times</p> <p>Occasional drizzle or light showery rain spilling in from the west, most common in afternoon. Small amounts overall, locally more frequent for periods Monadhliath hills.</p> | <p>Patchy drizzle</p> <p>A little drizzle in the air at times, mostly areas near and west of the A9.</p> |
| <p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p> | <p>Mostly higher tops, lowering during day</p> <p>Varied cloud banks mostly above 900-1000m in the morning, best breaks to upper slopes in the east. Tending to lower and fill in more frequently over the tops with time into afternoon, dropping to 700m, or later lower western areas.</p> <p>40% later 20%</p> | <p>Mostly higher and western tops</p> <p>Most cloud above 800-900m, but often covering tops around Drumochter. Further east, cloud higher and more broken, at times to upper slopes, though high Cairngorms tops may be often capped.</p> <p>20% west, to 50% east.</p> |
| <p>Sunshine? Air clarity (below cloud)</p> | <p>Occasional sun in morning, best in east. Good visibility, some haze. Cloudier and reducing visibility where drizzle occurs afternoon.</p> | <p>Glimpses of sun, most frequent in east. Slight haze.</p> |
| <p>How Cold? (at 900m)</p> <p>Freezing Level</p> | <p>4C rising during day to 6C. Feeling like -5C in the wind, later -10C higher tops.</p> <p>Near freezing point on highest Cairngorms summits in morning, then rising.</p> | <p>6C rising to 8C, locally warmer east. Feeling like -7C in the wind.</p> <p>Above the summits</p> |

All mountain areas of Britain from Wednesday, 8 October, 2025

Strong westerly winds prevail into the second half of this week, gale-force over Scottish mountains; prepare for considerable chill factor. Drizzly rain and low cloud most persistent western areas. Pressure gradually rises from the south, improving conditions toward the weekend as wind drops lighter, most places become dry and cloud tends to break. Northwest Scotland likely to hold on to stronger winds, cloud and some drizzle into Saturday. Scope for inversion conditions to develop with some valley fog and varied low cloud. Settled weather is likely to continue into next week, with pleasant days and cool nights.

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.