

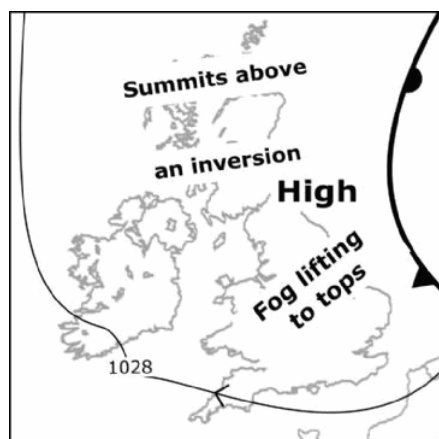
Cairngorms NP and Monadhliath

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 Monday, 13 October, 2025



British Mountain Summary:

Based on forecast chart for noon 13 October, 2025

Inversion conditions widely across Scottish highlands. High tops of Lakeland and Snowdonia also likely above a cloud layer. Feeling quite warm in the autumn sunshine on summits above the cloud; valleys and glens starting cooler. Cloudier over Pennines and east Wales, most fog rising to high terrain with local breaks.

Headline for Cairngorms NP and Monadhliath

Low fog in the morning gradually clears; warm sunshine

Detailed Forecast for Monday, 13 October, 2025

How windy? (On the Munros)	Generally west-southwesterly but variable, 10mph or less. Some gusts may form at all heights.
Effect of wind on you?	Small
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Early fog lifts and substantially clears Dawn fog in some glens, most likely around Drumochter and into Strathspey, this lifting to patchy cloud around 600-900m; mountains substantially clear by afternoon. Some sheet-like layers possible in the distance towards the north coast.
Chance of cloud free Munros?	90% (summits above cloud)
Sunshine? Air clarity (below cloud)	Widely sunny above the cloud layer, increasingly sunny lower as well as cloud breaks. Excellent visibility.
How Cold? (at 900m)	11C; glens starting much cooler inland. Feeling warm in the sunshine where temperatures may rise several degrees.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 14 October	Wednesday 15 October
How windy? (On the Munros) Effect of wind on you?	West to northwesterly 10 to 15mph, or less on some slopes, but gusts 20mph in places toward east of high tops. Mostly small	Generally northwesterly 10-15mph, some stronger breezes possible on northern slopes. More variable central highlands. Mostly small.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills? Chance of cloud free Munros?	Patchy cloud banks, tops above inversion Cloud banks around some mid to upper slopes, most likely north/east Cairngorms NP. Also fog around some glens and lochs at first. Higher Munros likely above a cloud layer. Some areas largely clear all day. 70% (above top of a cloud layer)	Broken cloud lifts to higher slopes At dawn, variable patchy cloud possible at most heights, though highest tops above cloud at first. Cloud will rise to the higher slopes, remaining broken to expose tops at times; cloud banks possible more extensive on northern slopes. 50%
Sunshine? Air clarity (below cloud)	A good amount of sunshine overall, particularly on higher tops in very clear air above an inversion. Some misty areas lower down early in day.	A patchwork of cloud and sunshine, at times more cloudy on northern slopes. Very clear air on highest terrain, some haze lower down.
How Cold? (at 900m) Freezing Level	7C, small variation from lower slopes upward in morning, whilst highest tops warmer than mid-heights all day. Above the summits. Possible slight frost in glens at dawn.	6 to 8C, warmer on summits above cloud layer. Eastern Cairngorms perhaps cooler. Cooler in the glens at dawn. Above the summits

Planning Outlook

All mountain areas of Britain from Tuesday, 14 October, 2025

High pressure resides over the country through the week, maintaining quiet weather. In the mornings, varied low cloud and morning fog is likely while inversion conditions likely to remain over highest mountains for several days. A haze will linger on low slopes below the inversion. During midweek the inversion starts to weaken as pressure begins to fall gradually; cloud will be well-broken for many and begin to lift to higher terrain. Light winds overall, an easterly breeze likely for Wales.

Uncertainty about the weather pattern development toward next weekend: some indication of strengthening winds bringing some rain, but may not reach all areas. Later October has hints of chillier northerly air, especially in Scotland.

Forecast issued at 16:00 on Sunday, 12 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.