MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

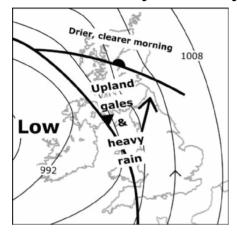
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Sunday, 19 October, 2025



British Mountain Summary: Based on forecast chart for noon 19 October, 2025

Gale-force south to southeasterlies across the mountains. Extensively wet with blanket low cloud. The heaviest rain across Wales and southwest Scotland, pushing further across the southern Highlands with time. Driest conditions for northern Scotland early in day; briefly drier Pennines mid-late morning.

Headline for Cairngorms NP and Monadhliath

Upland gales. Rain most persistent and lowest cloud south.

Detailed Forecast for Sunday, 19 October, 2025

How windy? (On the Munros)	Southeasterly, 35 to 50mph, speeds varying, but widely very gusty, including through passes and lower down.		
Effect of wind on you?	Expect challenging walking conditions, sudden gusty areas knocking you off balance. Considerable wind chill.		
How wet? (Precipitation and its impact)	Patchy light rain early, drier north; more persistent rain develops, heavier south Dry around dawn, for a few hours northern areas, but rain spreading in from south, becoming persistent, heaviest over southern Cairngorms NP. Patchy and lighter near Strathspey. Rain continues into first part of night.		
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive, lowest south Covering higher slopes much of the day, lowest bases to mid-heights in southern areas, banks of cloud lowering across the Cairngorm plateau. Early breaks to some tops mainly into the Monadhliath. 10% south, to 30% north		
Sunshine? Air clarity (below cloud)	Weak sun through high cloud only at first in Glenmore area, where visibility starts good. Soon overcast, hazy, or murky in rain toward south.		
How Cold? (at 900m)	5 or 6C, small change with added height. Feeling like -7 to -10C directly in the wind.		
Freezing Level	Above the summits		

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Cairngorms NP and Monadhliath - Looking Ahead

	Monday 20 October	Tuesday 21 October
How windy? (On the Munros) Effect of wind on you?	Direction variable, mostly 10mph or less. Up to dawn, may be SE'ly 25mph northeasternmost areas. Small	Variable 10-15mph or less, possibly for much of the day, trending W-SW'ly, may increase to 20-25mph+ later in day. Most likely small. Note possibly becoming more blustery, especially later in day.
How wet?	Largely dry, risk a little rain	Rare light showers
(Precipitation and its impact)	Overnight rain likely to clear northwards, leaving a fair amount of dry weather during the day across the region. Local light showery rain may drift around slowly.	Often dry, a little light showery rain may occur locally, greater risk toward Ben Alder.
Cloud on the hills?	Varied cloud banks, clearer areas	Mostly small patches
	Banks of cloud at various elevations from lower slopes upward from dawn, some slopes may be between cloud layers for a time. Tending to lift mostly above 1000m, substantial breaks may form.	From dawn, fog mostly in the glens, but some fragments of cloud around upper slopes and corries. Tending to disperse, but some patchy cloud at times on tops, greater risk around Drumochter.
Chance of cloud free Munros?	50%	60%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun may break through. Patchy mist early in day, visibility then very good below cloud.	Occasional sun, locally sunnier for periods mainly in east. Visibility excellent.
How Cold? (at 900m)	6C, little change all day.	6C, little change, glens cooler at first. Feeling near or later below freezing if the wind increases.
	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Monday, 20 October, 2025

A mixed outlook into the new week as low pressure dominates with areas of rain and showers, which will vary locally day-to-day. Some windows of drier weather, particularly central parts of the Highlands. Wind speeds will also vary, but some lulls, but abrupt spells of upland gales possible. Risk of heavier rain spreading from Wales into northern England and southern Scotland later Wednesday into Thursday. Likely significantly colder later in the week with northerly winds, dropping below freezing on higher mountains, with snow showers especially Scottish Munros.

Forecast issued at 16:00 on Saturday, 18 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.