

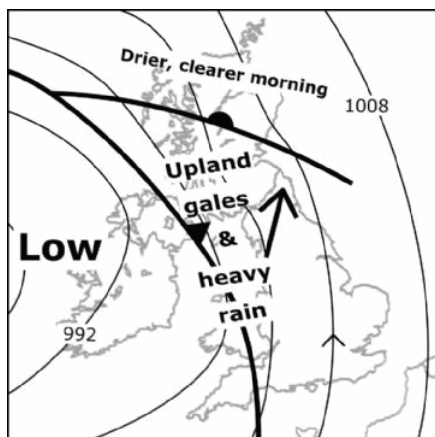
Cairngorms NP and Monadhliath

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?	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.
Chance of cloud free Munros?	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

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.

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.