

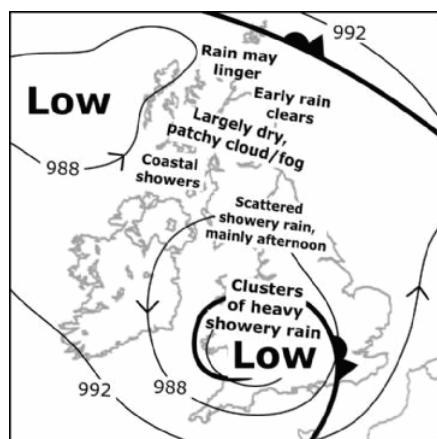
Cairngorms NP and Monadhliath

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, 20 October, 2025



British Mountain Summary:

Based on forecast chart for noon 20 October, 2025

Much of the Highlands dry all day with light winds; varied banks of cloud will linger, on some lower slopes in morning. Overnight rain clearing may linger in far north. Local showers near west coast. Bursts of rain for Wales, more persistent south, extend increasingly into Peak District. Local showers possible N Eng/S Scot.

Headline for Cairngorms NP and Monadhliath

Patchy rain fades. Varied cloud banks. Light wind.

Detailed Forecast for Monday, 20 October, 2025

How windy? (On the Munros)	Direction variable, mostly 10mph or less. Up to dawn, may be SE'ly 25mph northeasternmost areas.
Effect of wind on you?	Small
How wet? (Precipitation and its impact)	Largely dry after early rain clears Overnight rain likely to clear northwards from dawn, leaving a fair amount of dry weather during the day across the region. Chance of an odd light shower.
Cloud on the hills?	Varied cloud banks, clearer areas 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.
Chance of cloud free Munros?	50%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun may break through. Patchy mist early in day, visibility then very good below cloud.
How Cold? (at 900m)	6C, little change all day.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 21 October	Wednesday 22 October
How windy? (On the Munros) Effect of wind on you?	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.	West or southwesterly 15 to 25mph, possibly 30mph at times high tops. Fairly small, but feeling blustery on exposed higher tops, may affect balance on some ridges. Marked wind chill.
How wet? (Precipitation and its impact)	Rare light showers Often dry, a little light showery rain may occur locally, greater risk toward Ben Alder.	Rare if any precipitation Chance of an odd brief light shower, or snow flurry on higher Munros.
Cloud on the hills? Chance of cloud free Munros?	Mostly small patches 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. 60%	Patches high tops, good breaks Occasional cloud grazing higher slopes, mostly above 1000m, most common western areas. Further east, cloud often above higher summits. 70%
Sunshine? Air clarity (below cloud)	Occasional sun, locally sunnier for periods mainly in east. Visibility excellent.	Fairly cloudy, some sun, best in east. Visibility excellent.
How Cold? (at 900m) Freezing Level	6C, little change, then 3C into night; glens cooler at first. Feeling near or later below freezing if the wind increases. Above the summits	2 or 3C. Feeling like -5C, nearer -8C high summits in the wind. Near highest Cairngorms summits, 1200-1300m or slightly higher.

Planning Outlook**All mountain areas of Britain from Tuesday, 21 October, 2025**

A mixed outlook this 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, 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. Significantly colder later in the week with northerly winds, dropping below freezing on higher mountains, with snow showers especially Scottish Munros.

Forecast issued at 16:35 on Sunday, 19 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.