

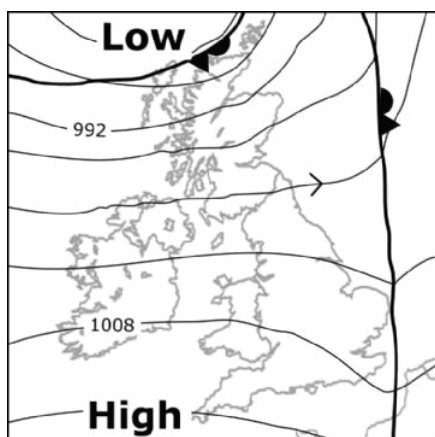
Cairngorms NP and Monadhliath

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



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General Summary for Sunday, 2 November, 2025



British Mountain Summary:

Based on forecast chart for noon 2 November, 2025

Showery westerly winds, reaching gale force Scottish Highlands where cold enough for snow on higher tops. The rain will be almost constant NW Highlands, whilst from southern Scotland southward, showers will become well scattered. Least windy south Wales.

Headline for Cairngorms NP and Monadhliath

Gales higher slopes. Showers - frequent toward west. Cold.

Detailed Forecast for Sunday, 2 November, 2025

How windy? (On the Munros)	Southwesterly 50 to perhaps 60mph Cairngorm plateau.
Effect of wind on you?	Difficult walking; balance and mobility in direct wind likely requires crouching at times. Severe wind chill.
How wet? (Precipitation and its impact)	Rain, most frequent west of A9. Snow higher tops. Rain frequently west of A9. Elsewhere showery rain on and off, but often dry toward Deeside. Sleet or snow higher slopes, will lie above about 1150m.
Cloud on the hills?	Mountains extensively cloud covered; highest base toward Deeside Typical cloud base varying between 450 and locally (central highlands and Arran) 800m west of A9. Generally cloud base rising northeast across Cairngorms NP; sometimes reaching 1050m toward Deeside.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Bursts of sunshine toward Deeside where often excellent visibility. Otherwise, often misty due to rain.
How Cold? (at 900m)	Typically 3C. Will feel as cold as minus 12C directly in the wind.
Freezing Level	1050m rising to 1200m.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 3 November	Tuesday 4 November
How windy? (On the Munros)	Southwesterly 50 to 60mph; sometimes 70mph Cairngorm plateau.	South to higher up southwesterly 40 to 50mph.
Effect of wind on you?	Widely difficult walking - in places any mobility a struggle - significant wind chill.	Continued difficult conditions where exposed on higher areas, where wind chill significant and walking a struggle.
How wet? (Precipitation and its impact)	Rain on and off; least wet N Cairngorms, particularly Deeside, where total rainfall small. Rain most of day, although on and off northernmost Cairngorms and particularly Deeside, where total rainfall small.	Rain on and off. Pulses of rain most widely east from Ben Alder to southern summits in Cairngorms NP. Although uncertain, there may well be very little rain toward Deeside and northernmost Cairngorms.
Cloud on the hills?	Extensive across the mountains Lowest cloud bases around 500m Ben Alder area and east from Drumochter. Elsewhere, higher bases northeastwards, on northernmost Cairngorm and Deeside, typically 900m.	Higher areas persistently foggy Widely persistent fog above 500 to 700m. Cloud base will tend to be higher progressively northeast across Cairngorms NP and Monadhliath - breaks to 1050m toward Deeside and northernmost Cairngorms.
Chance of cloud free Munros?	Less than 10%	10%
Sunshine? Air clarity (below cloud)	Largely overcast and dull, with poor visibility. Pockets of sun lower slopes northern Cairngorms/Deeside where visibility will be good.	Glimpses of sun, mainly lower slopes near Cairngorms and Deeside. Otherwise, mostly dull and misty.
How Cold? (at 900m) Freezing Level	8C, locally warmer northern slopes. Will feel as cold as minus 6C directly in the wind. Above the summits	8C Will feel as cold as minus 5C directly in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 3 November, 2025

A series of deep Atlantic lows and associated fronts will continue to cross Britain over the next week to ten days. Frequently windy, and high rainfall, particularly on western mountains (rain at some stage almost daily) and cloud will frequently cover higher areas. Only rarely cold enough for snow higher mountains in Scotland.

Forecast issued at 12:34 on Saturday, 1 November, 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.