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.

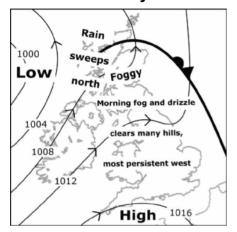


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General Summary for Saturday, 8 November, 2025



British Mountain Summary: Based on forecast chart for noon 8 November, 2025

Morning rain in western Scotland with fog on most high terrain; lower and more extensive fog central and southern highlands. A misty, drizzly start on high terrain of England and Wales, though improving - cloud increasingly broken, particularly east of high tops. Feeling mild in moderate winds, a slight cooling later.

Headline for Cairngorms NP and Monadhliath

Patchy rain and fog south of highest terrain

Detailed Forecast for Saturday, 8 November, 2025

How windy? (On the Munros)	A gusty southerly from dawn, 15-20mph. Shifting southwesterly afternoon and trending towards lower speeds though perhaps some local gusts.	
Effect of wind on you?	Fairly small, feeling breezy over high terrain at times.	
How wet?	Morning showers, then just patches near A9	
(Precipitation and its impact)	A loose band of showers drifts northward in the morning, leaving behind occasional moments of patchy rain around Drumochter and south Monadhliath. Summits near central highlands will see some fine drizzle.	
Cloud on the hills?	Most persistent and lowest south/east	
	Covering slopes accessed from Deeside above 600m much of the day. Low cloud banks 600-800m Glen Garry also. Further north mostly above 800-1000m, some higher breaks forming later in the day. Fog some glens in morning.	
Chance of cloud free Munros?	30%	
Sunshine? Air clarity (below cloud)	A little weak sun mostly north of the Cairngorms. Misty at varied levels, locally better visibility on hills around Strathspey, particularly north looking towards the coast.	
How Cold? (at 900m)	7 to 8C from dawn, warmest on northern slopes where may locally start nearer 9C. Cooling towards 6C, northeastern Cairngorm slopes staying slightly warmer.	
Freezing Level	Above the summits	

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Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 9 November	Monday 10 November
How windy? (On the Munros) Effect of wind on you?	Southwesterly 25-35mph, soon rising from the west to a gusty 40-45mph over tops - may stay strong for the rest of the day. Walking arduous with considerable buffeting and wind chill. Stability will becoming challenging in exposure.	Generally southwesterly though variable, 15mph or less. A risk of stronger afternoon winds though confidence is low. Likely small
How wet?	Patchy rain becomes more frequent	Morning rain, dry afternoon
(Precipitation and its impact)	Patchy rain around Drumochter and south Monadhliath early, drifting more widely as the day goes; may set in more persistently afternoon. Least rain northernmost slopes.	Detail uncertain: broadly raining from dawn slowly clearing to the north. Likely dry afternoon and may be drier sooner.
Cloud on the hills?	Extensive, highest bases north	Increasingly broken, perhaps to high top
	Fog over the high tops and down the southern slopes, reaching as low as 500-600m. Higher bases to the north, especially early where may reach up to 900m, though will lower as rain arrives.	Most high tops shrouded from dawn with banks down to 900m south of the Cairngorm plateau - cloud well-broken to the north. As rain clears, cloud will break and largely lift to the summits with an increasing chance of breaks.
Chance of cloud free Munros?	10%	10%, gradually rising to 70% afternoon.
Sunshine? Air clarity (below cloud)	Some glimpses of weak sun early in the north, becoming overcast. Excellent visibility, trending poor as fog and rain set in.	Overcast at first, gradually breaking into regular or frequent bursts of sunshine and excellent visibility.
How Cold? (at 900m)	6 or 7C, warmer on northern slopes. Starting nearer 5C central highlands. Feeling like -3 to -5C in direct wind.	4 to 5C, always warmest on northern slopes.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 9 November, 2025

A cloudy and wet week ahead as several low pressure cores draw frontal systems across the British Isles. Rain at times extensive and heavy, streams in spate with a risk of flooding, primarily western mountains. Winds start fairly light but soon increase with gales becoming widespread by Tuesday, which may persist for several days. Temperatures remain mild until later in the week when cold air begins pushing into northern Scotland - timing and extent of the arrival of cold air remains uncertain but high terrain of Scotland and possibly northern England may start to see more snow around or after next weekend.

Forecast issued at 15:54 on Friday, 7 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.