

Cairngorms NP and Monadhliath

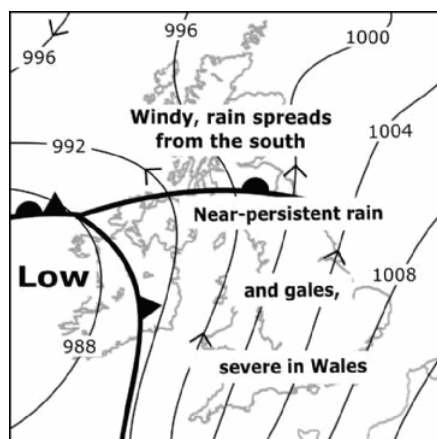
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



sportscotland
the national agency for sport

Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

General Summary for Tuesday, 11 November, 2025



British Mountain Summary:

Based on forecast chart for noon 11 November, 2025

Rain from dawn in Wales soon spreads widely into England and southern Scotland, setting in for several hours; nearly constant all day for Lakeland and Galloway hills. Widespread gales as well, severe in Wales. A drier start for Scottish Highlands, though rain will spread from the south afternoon with strengthening wind.

Headline for Cairngorms NP and Monadhliath

Increasingly windy, risk gales later; afternoon rain

Detailed Forecast for Tuesday, 11 November, 2025

How windy? (On the Munros)	South or southeasterly, 15-20mph from dawn. Speed likely to strengthen during daytime to a gusty 25 to 35mph, more likely southeasterly. Risk 40-50mph over Cairngorms into nighttime, though speeds will vary.
Effect of wind on you?	Expect increasingly blustery conditions, soon affecting comfortable walking with gusts challenging balance on some downslopes toward north. Conditions may become difficult into nighttime.
How wet? (Precipitation and its impact)	Afternoon rain develops, heaviest south The morning will be dry. Rain pushing in from the south afternoon, likely becoming fairly persistent, heaviest toward south. Generally patchier north of the Cairngorm plateau, but becoming persistent here too after dark.
Cloud on the hills?	Mostly south early, becoming extensive Varied cloud banks over hills early in day, low patches on southern Cairngorms; highest breaks near Strathspey, possibly much cloud above northern Monadhliath hills. As rain sets in, cloud lowering over higher slopes, to 600-800m south.
Chance of cloud free Munros?	50% north, dropping to 20% south
Sunshine? Air clarity (below cloud)	Weak morning sun in the north soon starts giving way to overcast skies. Visibility good if dry for a time, mostly likely on northern slopes, reducing to become poor in rain.
How Cold? (at 900m)	3C rising during afternoon to 5C, then from dusk 7C; temperatures stay slightly cooler over Monadhliath. Only small fall with height. Feeling like -5C directly in the wind.
Freezing Level	1300m overnight, but by dawn soon well above the tops.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 12 November	Thursday 13 November
How windy? (On the Munros) Effect of wind on you?	SW'ly then later a gusty NE'ly, 20-35mph. Speed and direction may vary considerably, possibly a lull developing. Beware changing conditions: occasionally small, but risk very blustery for periods with notable wind chill.	Northeasterly 30-45mph at dawn, strongest on southern mountains. Easing from the north to 25-35mph. Walking starts arduous with buffeting and wind chill. Conditions easing, though remaining uncomfortable.
How wet? (Precipitation and its impact)	Risk of ongoing rain Persistent overnight rain leaving wet ground and fast-flowing streams. Rain may continue into daytime, possibly fading for a time, then returning especially across more northern parts of the region.	Snow showers from the north Detail uncertain: A risk of a broad area of rain in the morning, falling as snow above 600-700m, breaking into a steady stream of snow showers drifting onto northern slopes from the sea. These may ease later.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive Shrouding the mountains widely, banks of cloud at varied elevations, in places to some lower slopes. Higher bases and local breaks toward Deeside. 20%	Mostly high tops and northern slopes Fairly extensive over high ground from dawn with variable bases as low as 600m. Will tend to break, though high tops of the Cairngorms likely shrouded all day with banks drifting down northern slopes to 700-900m; highest northern Monadhliath tops will struggle to clear as well. 20%
Sunshine? Air clarity (below cloud)	Overcast, dull with poor visibility in rain. Some brighter areas possible with local good visibility, but expect lingering areas of mist.	Sunshine increasingly breaking out, particularly on low slopes in the north. Visibility variable: poor in snow/rain but very good during dry periods.
How Cold? (at 900m) Freezing Level	3 or 4C, a slight drop on the northern slopes later. Feeling like -5C if in stronger wind. Above the summits, but tending to lower onto highest tops around dusk, lowering further into night.	0 or -1C, always coolest on northern slopes. Feeling like -10 to -13C in direct wind. 800-900m.

Planning Outlook

All mountain areas of Britain from Wednesday, 12 November, 2025

Periods of heavy rain for many over several day; further flooding for Wales, the Lakes and southwest Scotland. Cooler than recently in Scotland with freezing levels lowering to most high terrain, snow showers falling on high terrain from the north; remaining generally mild England and Wales by day and night.

Later in the week and into the weekend, high pressure draws colder air into Scotland and progressively further south into England and Wales over the weekend. Strong easterlies are likely over England and Wales and conditions will be largely dry with some clear hills and sunny bursts; overnight frosts likely widespread in Scotland. The weather regime the following week is uncertain but first indications suggest more unsettled weather.

Forecast issued at 16:07 on Monday, 10 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.