

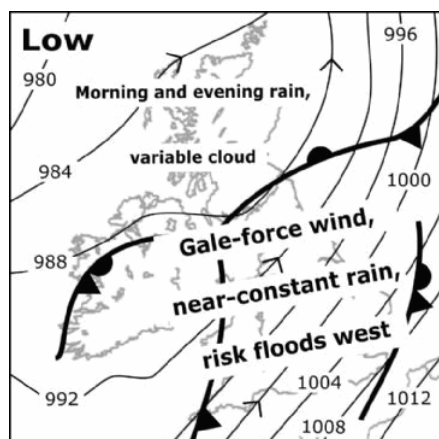
# Cairngorms NP and Monadhliath

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, 1 December, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 1 December, 2025

Morning rain and snow in Scottish Highlands breaks for several hours then returns from the south later. Rain more persistent over the Southern Uplands with heavy bursts south and a risk of strong winds. Gales and rain widely across England and Wales, increasing risk of flooding in Lakeland and west Wales.

### Headline for Cairngorms NP and Monadhliath

Variable; morning and evening rain/snow and varied cloud

## Detailed Forecast for Monday, 1 December, 2025

|                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Southerly overnight gales ease, typically to a southerly 20-25mph during daytime, though some stronger gusts possible. Trending more variable later in the day in direction and speed and perhaps easing into a lull for a few hours.<br><br><b>Most likely fairly small much of daytime, but blustery at times over exposed high tops where it will feel chilly, notably early in the day</b> |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Morning rain breaks for several dry hours</b><br>Overnight hill snow finishing mainly as rain toward higher slopes, primarily south, breaking through morning.<br>Largely dry for several hours, but risk further patchy rain developing south and east with time, turning back to snow on tops.                                                                                            |
| <b>Cloud on the hills?</b><br><br><b>Chance of cloud free Munros?</b>  | <b>Varied, some breaks north</b><br>Patchy cloud at various heights from dawn, more extensive in southern areas, but breaks to some higher slopes for a time north of Cairngorms. Lowering widely if rain/snow returns.<br><br><b>20%</b>                                                                                                                                                      |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Sun mostly obscured by high cloud, but may be bright with good visibility in morning, becoming dull overcast skies.                                                                                                                                                                                                                                                                            |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 2 or 3C, then into night dropping to 0C.<br>Feeling like -10C or below if exposed to stronger winds.<br><br>Rising up to dawn, above the summits for a few hours. Tending to drop afternoon to 1000-1200m western areas, some variability; more widely 1000m overnight.                                                                                                                        |

## Cairngorms NP and Monadhliath - Looking Ahead

|                                                                        | <b>Tuesday 2 December</b>                                                                                                                                                                                                                                                                 | <b>Wednesday 3 December</b>                                                                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the Munros)</b><br><br><b>Effect of wind on you?</b> | Southwesterly 30-35mph; stronger higher Cairngorms, risk gusts up to 45mph.<br><br><b>Blustery, affecting comfortable walking; arduous with considerable buffeting in exposure. Notable wind chill.</b>                                                                                   | South-southwesterly 30-40mph; gusty over tops, particularly early, up to 50mph. Easing later into night.<br><br><b>Strenuous walking most of the day, balance and stability will be affected. Significant wind chill.</b>                                                                                            |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Largely dry</b><br>Some pre-dawn showery rain in the northeast Cairngorms clears to the east. Chance of odd brief showers, with snow above 800m, most likely areas toward Ben Alder.                                                                                                   | <b>Some snow showers, mostly south/west</b><br>Isolated light showers onto south Cairngorms and Drumochter, falling as snow above 800-900m though minimal accumulation. Showers more frequent at times.                                                                                                              |
| <b>Cloud on the hills?</b><br><br><b>Chance of cloud free Munros?</b>  | <b>Most persistent south, breaks north</b><br><br>Banks of cloud may linger on southern slopes in Cairngorms NP, to some mid-slopes or lower in morning, but northward from Drumochter bases higher, more often above 900m with breaks above tops.<br><br><b>30% south, to 60% north.</b> | <b>High terrain and southern slopes</b><br><br>Fog covers the high Cairngorms and down the southern slopes, including Monadhliath; lowest bases around Drumochter, down to 700m at times. Mostly just high terrain north of high Cairngorms with many slopes out of fog.<br><br><b>20%; 50% northern Monadhliath</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Occasional sun mostly north of Cairngorms.<br>Visibility very good.                                                                                                                                                                                                                       | Best of sunshine low slopes of northern Cairngorms and Monadhliath, largely overcast elsewhere.                                                                                                                                                                                                                      |
| <b>How Cold? (at 900m)</b><br><br><b>Freezing Level</b>                | 0 or 1C.<br>Wind chill feeling like -7 to -10C.<br><br>900 to 1000m                                                                                                                                                                                                                       | 1C.<br>Feeling like -13C in direct strongest wind.<br><br>1000m                                                                                                                                                                                                                                                      |

**Planning Outlook****All mountain areas of Britain from Tuesday, 2 December, 2025**

A risk of local flooding remains on Tuesday in Wales and the Lake district following Monday's heavy rain.

Areas of low pressure circulating to the west and north will dominate the weather pattern in the week ahead, bringing generally unsettled weather. Temperatures near average - higher mountains near or just below freezing point likely for the remainder of the week. Often showery and cloudy in the west with broader bands of rain regularly passing east. Wind speed likely to vary though often quite strong with risk of gales coming and going.

First indications suggest unsettled weather will remain dominant into the weekend.

**Forecast issued at 16:24 on Sunday, 30 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.