

Cairngorms NP and Monadhliath

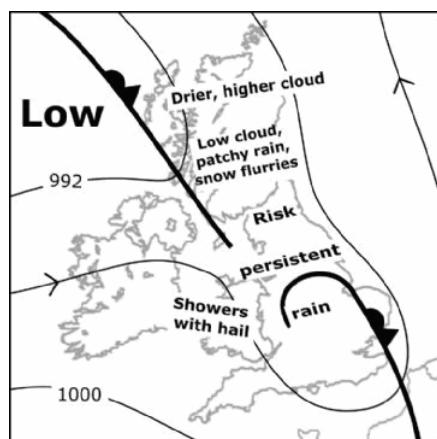
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Thursday, 4 December, 2025



British Mountain Summary:

Based on forecast chart for noon 4 December, 2025

A complex weather situation with areas of frequent or persistent rain and hill snow, focused from the southern Highlands to northern England; often strong SE'ly winds. Further north in the Highlands, generally drier with higher cloud breaks. In Wales, becoming showery westerlies with risk of hail.

Headline for Cairngorms NP and Monadhliath

Windy, gusty. Patchy rain, hill snow, low cloud south.

Detailed Forecast for Thursday, 4 December, 2025

How windy? (On the Munros)	Southeasterly 30-35mph, to 40mph higher areas, risk gusts 50mph Cairngorm plateau, also gusty locally downslope to north. Slight easing during day, mainly Drumochter area.
Effect of wind on you?	Strenuous walking in exposure, frequent buffeting higher Cairngorms and gusts affecting balance on some slopes. Considerable wind chill.
How wet? (Precipitation and its impact)	Patchy rain and upland snow, mostly south Small amounts rain, snow flurries above 800-900m, mostly southern Cairngorms from Ben Alder to Deeside. More often dry northern slopes of Cairngorms and into Monadhliath.
Cloud on the hills?	Mostly tops and south aspects, lowest east High Cairngorms largely shrouded with banks down southern slopes, lowest Deeside where bases will reach 600-700m, lower in precipitation; some variability. Patchy but broken cloud will drift around northern slopes, best clear periods northern Monadhliath.
Chance of cloud free Munros?	30%; 60% north Monadhliath.
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly northernmost slopes, cloudier south. Very good visibility north, but mistier southern hills, difficult navigation if in cloud over snow cover.
How Cold? (at 900m)	0 or 1C with some variability, typically coolest central highlands. Feeling like -10C or cooler in direct wind.
Freezing Level	900-1100m, lowest near Ben Alder; may vary, locally higher some north slopes.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 5 December	Saturday 6 December
How windy? (On the Munros) Effect of wind on you?	Southerly, shifting southeasterly, 30-35mph. Rising to 45-55mph afternoon, further deteriorating into night. Comfortable walking affected from dawn, deteriorating to difficult conditions into and overnight. Significant wind chill.	Southeasterly 15 to 25mph, gusty in places mainly around higher Cairngorms and northern corries, risk local 30-35mph. May be fairly small most areas, but possibly more blustery in places and suddenly gusty not just on the tops.
How wet? (Precipitation and its impact)	Patchy sleet/snow south and east A few patches of sleet/snow, mostly south Cairngorm slopes and Deeside. Rain (snow on high terrain) sets in widely after dark.	Patchy rain Rain on and off, most frequent toward south and east Cairngorms NP, may be often damp all day; sleet highest tops. Patchier toward Strathspey, may be often dry toward Monadhliath.
Cloud on the hills?	South and east slopes often shrouded Fairly persistent banks of cloud from Deeside to Drumochter and south Monadhliath, bases between 500-700m. Northern slopes often clear though a few patches will drift onto eastern areas.	Fairly extensive, highest north Covering the mountains most likely all day, to mid-elevations southern areas from Drumochter around to Deeside, banks on some lower slopes. Higher cloud base northwest of Cairngorms, breaks to 900m.
Chance of cloud free Munros?	20% high tops and south, 60% northern hills	20%
Sunshine? Air clarity (below cloud)	Some morning sun in the north, becoming widely overcast. Very good visibility out of cloud, particularly north.	Rare glimpses of sun mainly Strathspey. Misty south and eastern areas, better visibility toward Monadhliath, good below cloud.
How Cold? (at 900m) Freezing Level	0C; will rise a few degrees in the late overnight hours. Feeling like -15C in wind. Poorly defined, 600-800m though frost at lower elevations, including in glens. Rising overnight.	3C. Wind chill feeling like -5C risk near -10C locally if exposed to stronger speeds. 1300m.

Planning Outlook

All mountain areas of Britain from Friday, 5 December, 2025

Generally unsettled through the weekend and into next week with areas of low pressure circulating near to the British Isles. Temperatures often near to freezing point on higher Scottish mountains, at times on tops elsewhere, though some thawing will occur periodically even to high tops in the Highlands. A complex series of frontal systems bringing spells of rain and some upland snow, mixed with showers with hail mostly near western coasts. Wind speeds will also vary, often south to southwesterlies, at times reaching gale force on tops, but intermittent lulls.

Forecast issued at 7:15 on Thursday, 4 December, 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.