

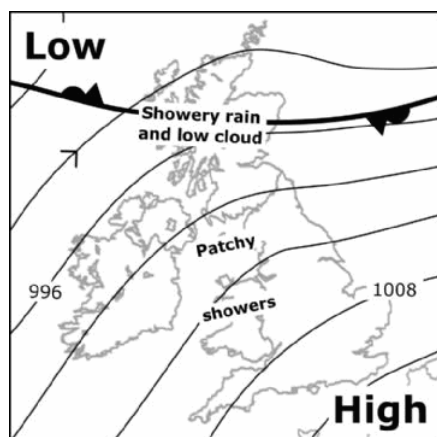
Cairngorms NP and Monadhliath

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, 8 December, 2025



British Mountain Summary:

Based on forecast chart for noon 8 December, 2025

Southwesterly winds often gale force over most higher terrain of Britain, less strong toward the north of the Highlands. Close to freezing only on higher Scottish tops. Rain frequent over western Scotland, some patchy rain passing eastwards. Showery rain common on some western hills in England and Wales.

Headline for Cairngorms NP and Monadhliath

Windy, up to gale force on tops. Some rain/snow tops, showers.

Detailed Forecast for Monday, 8 December, 2025

How windy? (On the Munros)	Southwesterly, 25 to 35mph; speed likely to fluctuate, at times 40mph over high tops, peak speeds more sustained in the afternoon hours.
Effect of wind on you?	Often strenuous walking in exposure, making balance difficult on high tops and ridges. Considerable wind chill.
How wet? (Precipitation and its impact)	Showery rain, snow high tops for a time In the morning, a few hours of frequent rain, with sleet or snow on higher Cairngorms, tending to break into showers, these becoming more focused around Drumochter area, more often dry in north and east afternoon.
Cloud on the hills?	Mostly high terrain south and west Banks of cloud most common toward southwest Cairngorms, mostly above 900m. More patchy and near the tops of easternmost Cairngorms.
Chance of cloud free Munros?	30% west to 50% east
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly north/east of Cairngorms, though mostly cloudy for periods. Visibility often very good, reducing in showers.
How Cold? (at 900m)	3C. If exposed to stronger winds, feeling like -10C on high tops.
Freezing Level	1200 to 1300m, rising above the summits onward into night.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 9 December	Wednesday 10 December
How windy? (On the Munros) Effect of wind on you?	Southeasterly 25-40mph from dawn, rapidly rising to a gusty 50-65mph; later SW'ly, rising to 75mph over tops. Difficult conditions soon set in - mobility tortuous, risk severe conditions into night. Significant wind chill.	Southwesterly 50 to 70mph, risk at times 80mph higher tops mainly Cairngorm plateau, with stronger gusts. Difficult walking conditions from mid elevations upward, severe over higher mountains; significant wind chill.
How wet? (Precipitation and its impact)	Persistent rain soon sets in, flood risk Patchy rain arrives from the southwest before dawn, soon spreading widely with heavy bursts well into the day. A breaking trend later though may remain frequent south. Beware fast-rising streams and flood risk.	Showers mostly west, snow tops Showery precipitation most common toward Drumochter and Ben Alder, falling as snow above 1000m, possible hail.
Cloud on the hills?	Soon extensive Fog over the high Cairngorm plateau and down to middle southern slopes soon fills in widely across middle slopes, down to low slopes in the south. Highest bases northwest Cairngorms and north Monadhliath, 500-600m.	Frequently on tops Cloud base constantly changing, but often capping higher slopes, particularly toward western Cairngorms and west of A9.
Chance of cloud free Munros?	Less than 10%	30%
Sunshine? Air clarity (below cloud)	Soon widely overcast and dull. Poor visibility.	Occasional sun mostly north and east. Slight haze, visibility reduced further around showers.
How Cold? (at 900m) Freezing Level	3 or 4C, rising to 7 or 8C for several hours, sharply cooling later. Feeling like -8 to -10C in strongest wind. Above the summits	2 or 3C. Wind chill feeling near to -15C. 1100 to 1200m

Planning Outlook**All mountain areas of Britain from Tuesday, 9 December, 2025**

A very unsettled spell through the next 10 days as southwesterly winds prevail and low pressure systems move in from the Atlantic. Stormy conditions widely over the mountains on Tuesday, gales remaining severe on high terrain into Wednesday, then potentially intensifying again on Thursday. Temperatures only close to freezing on higher Scottish tops this week, even here will experience spells above freezing with thawing, leaving snow increasingly patchy, but beware some icy surfaces on the very highest tops where some refreezing occurs. Rainfall will be frequent and heavy, sometimes showery with hail. Expect wet ground conditions and further flooding of streams and some rivers.

Forecast issued at 16:24 on Sunday, 7 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.