

Cairngorms NP and Monadhliath

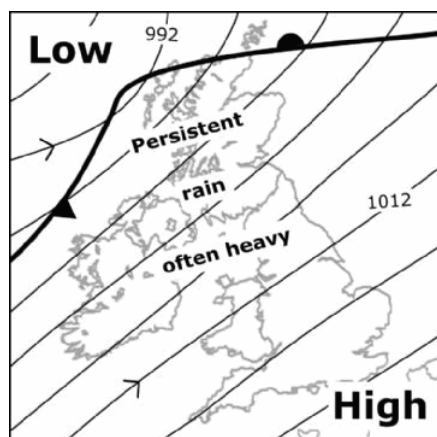
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Sunday, 14 December, 2025



British Mountain Summary:

Based on forecast chart for noon 14 December, 2025

Extensive rain, sustained heavy falls over many western mountains, expect flooding. Smaller amounts of rain toward the N/E Cairngorms, also S/E Wales and Peak District. Widespread gales, powerful gusts around high tops, locally downslope to east. Blanket cloud across hills, lowest in west.

Headline for Cairngorms NP and Monadhliath

Gales, severe high terrain. Wettest and lowest cloud south.

Detailed Forecast for Sunday, 14 December, 2025

How windy? (On the Munros)	Southwesterly 40-55mph, but often 60mph higher Cairngorms, powerful gusts downslope from northern corries. Tending to strengthen up to dusk, reaching 70mph for a time. Easing only well into night to 30mph or less.
Effect of wind on you?	Arduous conditions over the mountains. Strong gusty winds will challenge balance and stability all day, including less exposed slopes. Significant wind chill.
How wet? (Precipitation and its impact)	Intermittent rain, may set in Rain on and off, some more persistent pulses of rain moving in from southwest to Drumochter/south Monadhliath, some increasingly heavier falls. Patches spreading more widely at times with a risk of setting in for periods afternoon.
Cloud on the hills?	Lowest and most persistent south/west Covering the mountains most or all day areas near Drumochter and Glen Garry above 600-800m. Often drifting further east and north across Cairngorms above 900m and over the tops of Monadhliath. Some higher breaks north.
Chance of cloud free Munros?	10% south/west, 30% north
Sunshine? Air clarity (below cloud)	Glimpses of weak sun on north slopes. Visibility variable, often poor toward south and southwest, locally very good out of cloud north.
How Cold? (at 900m)	6 to 8C; warmest in north; then lowering rapidly into night to 1 or 2C. Feeling like -5 to -8C in the wind.
Freezing Level	Above the summits, but then into night dropping from west to 1000-1100m.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 15 December	Tuesday 16 December
How windy? (On the Munros) Effect of wind on you?	Some uncertainty, speed may vary; southwesterly 15 to 30mph, strongest toward west Cairngorms / Monadhliath. Fairly small, though winds may be suddenly uncomfortable in exposure.	Southwesterly 25 to 35mph. Strengthening onward into night to gales. Blustery and starting to affect comfortable walking and balance on exposed higher terrain, considerable wind chill.
How wet? (Precipitation and its impact)	Likely dry	Local showers west Risk of occasional showers mostly toward Ben Alder, falling as snow flurries above 800-900m. More likely substantially dry much of Cairngorms NP.
Cloud on the hills?	Mostly high tops, banks south/west Variable: banks of cloud drifting over high Cairngorms, some lower banks on southern and western slopes as well. Best breaks toward the north.	Patches some slopes, clearer north/east Patchy cloud banks likely to drift over some higher slopes, mostly above 800-900m in the southwestern Cairngorms to Ben Alder, but good breaks likely. More often clear to tops further east and north.
Chance of cloud free Munros?	50%	60%
Sunshine? Air clarity (below cloud)	Little sun expected, a veil of high cloud. Very good visibility.	Sunshine most frequent north/east, glimpses elsewhere. Visibility excellent out of cloud.
How Cold? (at 900m) Freezing Level	2C, slightly warmer eastern areas. Feeling like -5C in direct wind. 1100 to 1200m.	0 to 1C. Feeling like -10C directly in the wind. 900 to 1000m. Slight frost sheltered glens in morning.

Planning Outlook

All mountain areas of Britain from Monday, 15 December, 2025

Prolonged rain will leave flooding of streams and rivers in many mountain areas early in the new week, with the exception of northeastern Scotland. A frontal system will eventually pass eastwards Monday-Tuesday, wind easing; dropping to freezing above 900m, beware of ice forming on higher Scottish mountains. Drier conditions for many on Tuesday, though showery near west coast of Scotland. By Wednesday, another system sweeps in from the Atlantic bringing further rain and gales. A risk of more heavy rain particularly England and Wales later in the week. A change of weather pattern is likely in the run up to Christmas, as high pressure builds northward, bringing drier weather, possibly chillier with time.

Forecast issued at 16:15 on Saturday, 13 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.