MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

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

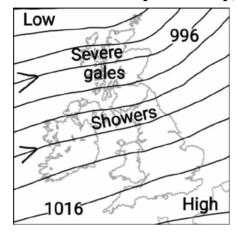


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General Summary for Friday, 19 December, 2025



British Mountain Summary: Based on forecast chart for noon 19 December, 2025

Southwesterly gales, severe across the Highlands, giving significant wind chill and showers. Showers frequent western Scotland, with snow falling down to 800m with hail and risk lightning. Scattered showers for England and Wales where hill fog confined to western tops.

Headline for Cairngorms NP and Monadhliath

Severe gales; significant wind chill. Showers, mostly west, snow

Detailed Forecast for Friday, 19 December, 2025

How windy? (On the Munros)	Southwesterly 50 to 70mph.		
Effect of wind on you?	Difficult conditions over the mountains, frequent buffeting from modest elevations upward. Significant wind chill.		
How wet? (Precipitation and its impact)	Showers mostly west, hail, snow tops Showery precipitation most common in areas near and west of the A9, with hail, also falling as snow above 800m. Becoming more scattered later in the day. Few showers reaching eastern hills.		
Cloud on the hills?	Mostly higher tops, breaks east Frequently on higher slopes toward western Cairngorms NP and Monadhliath, base mostly above 800m. Often above 1000-1100m east, good breaks likely.		
Chance of cloud free Munros?	50%		
Sunshine? Air clarity (below cloud)	Occasional sun, best toward east. Visibility often very good, but at times very poor in showers in west.		
How Cold? (at 900m)	0 to 1C, slight rise later. Feeling like -15C directly in the wind.		
Freezing Level	900 to 1000m, may then rise a little to 1200m onward into the night.		

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Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 20 December	Sunday 21 December
How windy? (On the Munros)	South to south-easterly 25 to 40mph, perhaps touching 50mph at times over Cairngorm Plateau.	South-easterly backing easterly 20 to 30mph, perhaps lifting to 40mph at times.
Effect of wind on you?	Walking very likely arduous for periods with a very gusty and turbulent airflow. Significant wind chill and buffeting.	Blustery, turbulent airflow with significant wind chill. Sudden gusts running downslope and reversals in direction.
How wet?	Mostly dry	Patchy rain and summit snow
(Precipitation and its impact)	Very likely staying dry, with just scope for the odd spot of light rain or drizzle for hills near and west of the A9.	A few patches of rain or summit snow may feed in from the east or south-east at times. Small amounts and may well be dry for several hours.
Cloud on the hills?	Breaks in north, covering hills in south.	Extensive
	Banks of low cloud covering the Drumochter hills and over to Ben Alder across upper slopes above 700m. Further north, caps of cloud mainly over tops.	Hills very likely shrouded in cloud down to mid or upper slopes. Some breaks possible, between cloud layers.
Chance of cloud free Munros?	30% south, 60% north	20%
Sunshine? Air clarity (below cloud)	Little or no sun	Mostly overcast.
	Visibility good, but poor in any rain or drizzle. General haze west coast.	Visibility good at times, but poor in any rain or snow.
How Cold? (at 900m)	2 or 3C, small rate of change in temperature with height.	Around 1C, small change in temperature with height. Feeling closer to -10C in the wind.
Freezing Level	Around 1200m	Around 1000m

Planning Outlook

All mountain areas of Britain from Saturday, 20 December, 2025

A switch to east-southeasterly winds by Sunday into early next week, some residual rain and high-level snow, but a drier and colder theme develops into the Christmas period and perhaps into the New Year, as high pressure builds to the north and northeast. An extensive cloud sheet will likely come in from the North Sea over many days with light snow showers or flurries likely, rain to lower slopes, but many areas dry. Best breaks in the west.

Forecast issued at 16:25 on Thursday, 18 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.