

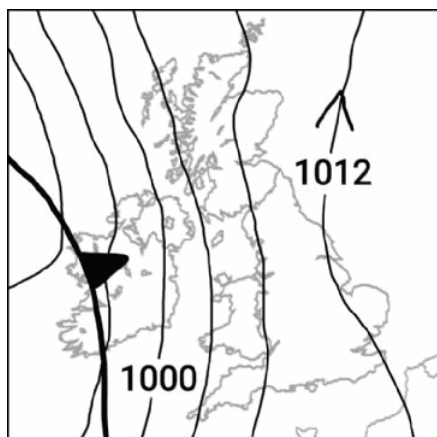
# Cairngorms NP and Monadhliath

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 Saturday, 20 December, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 20 December, 2025

South to south-easterly winds, reaching gale force for western hills, local drizzly showers southwestern Scotland as well as Wales, with rain into Pembrokeshire later. Elsewhere, areas of weak sun and low cloud. Low cloud focused on eastern side of Pennines and also southern and eastern Highlands.

### Headline for Cairngorms NP and Monadhliath

Strong and gusty winds. Mostly dry. Hill fog focused in the south. Clearer in north.

## Detailed Forecast for Saturday, 20 December, 2025

<b>How windy? (On the Munros)</b>	South to south-easterly 25 to 40mph, perhaps touching 50mph at times over Cairngorm Plateau.
<b>Effect of wind on you?</b>	<b>Walking fairly arduous for periods with a very gusty and turbulent airflow.</b> <b>Significant wind chill and buffeting.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>No precipitation expected</b>
<b>Cloud on the hills?</b>	<b>Breaks in north, covering hills in south.</b> 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 with hill tops perhaps often clearing.
<b>Chance of cloud free Munros?</b>	<b>30% south, 70% north</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patches of weak sun through high cloud, mainly in the north. Visibility good or very good.
<b>How Cold? (at 900m)</b>	2 or 3C, small rate of change in temperature with height. Directly in the wind feeling like -10 to -15C.
<b>Freezing Level</b>	Around 1200m. Some fresh snow coverage over higher mountains.

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 21 December	Monday 22 December
<b>How windy? (On the Munros)</b>	South-easterly backing easterly 20 to 30mph, perhaps lifting to 40mph at times.	Southeasterly 35 to 45mph, easing to 20 to 30mph in afternoon.
<b>Effect of wind on you?</b>	<b>Blustery, turbulent airflow with significant wind chill. Sudden gusts running downslope and reversals in direction.</b>	<b>Arduous conditions for several hours, sudden and strong wind gusts running downslope. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain and summit snow</b> 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.	<b>Rain and drizzle becoming patchy</b> A warm front and its widespread rain clears early, but further patches of rain and drizzle following, perhaps frequent onto hills accessible from Deeside.
<b>Cloud on the hills?</b>	<b>Extensive</b>  Hills very likely shrouded in cloud down to mid or upper slopes. Some breaks possible, between cloud layers.	<b>Extensive, lowest bases in east.</b>  Extensive low cloud will cover the hills throughout much of the day. Down to lowest slopes across eastern and southern areas.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly overcast.  Visibility good at times, but poor in any rain or snow.	Overcast.  Visibility poor in rain and drizzle, but improving to good as rain clears.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	Around 1C, small change in temperature with height. Feeling closer to -10C in the wind.  Around 1000m	3C, but feeling closer to -10C where exposed to the strongest winds.  Above the summits

## Planning Outlook

## All mountain areas of Britain from Sunday, 21 December, 2025

A much drier and chiller theme develops into the Christmas period and perhaps into the New Year, as high pressure builds to the north and northeast and maybe later in the period overhead over Scotland when inversion conditions would be in place. 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 19:02 on Friday, 19 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.