

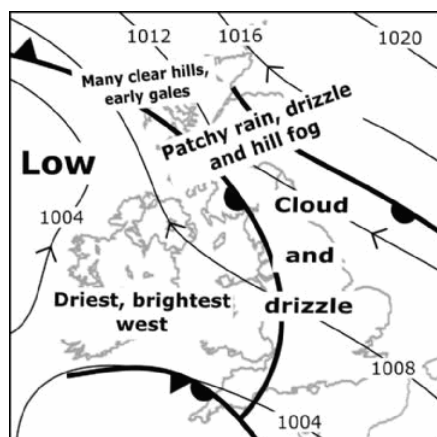
Cairngorms NP and Monadhliath

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 Sunday, 21 December, 2025



British Mountain Summary:

Based on forecast chart for noon 21 December, 2025

A blustery, gusty morning in northern England and Scotland, gales for a time in northwest Scotland, tending to ease. Patchy rain from central Scotland down the spine of the Pennines eases into drizzle over the high tops, drizzle in east Wales too with extensive hill fog in these areas. Best of breaks west Wales and NW Highlands.

Headline for Cairngorms NP and Monadhliath

Windy, gradually easing; patchy rain and hill fog, most east

Detailed Forecast for Sunday, 21 December, 2025

How windy? (On the Munros)	Southeasterly 30-40mph from dawn, risk some stronger gusts west Cairngorms/Drumochter early. Soon starting to ease with an easterly shift, 20-25mph by dusk.
Effect of wind on you?	In the morning, blustery with sudden gusts running downslope and reversals in direction; expect considerable buffeting, stability challenges, and wind chill, then conditions improving with time.
How wet? (Precipitation and its impact)	Patchy rain and summit snow, most east Patches of rain/summit snow feed in from the southeast. Dry periods will occur, a greater risk of lingering drizzle over the tops later in the day.
Cloud on the hills?	Extensive Upper slopes likely shrouded all day with the lowest bases Deeside, down to middle or lower slopes. Highest bases west of Strathspey, 700-900m, may clear some northern Monadhliath summits.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Some glimpses of weak sun around Strathspey for a time, trending widely overcast. Visibility good at times, but poor in any rain or snow.
How Cold? (at 900m)	1C from dawn, rising to 2 or 3C. Feeling closer to -10C in the wind.
Freezing Level	1000-1100m from dawn, gradually lifting, above the high tops by dusk.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 22 December	Tuesday 23 December
How windy? (On the Munros) Effect of wind on you?	Southeasterly 30 to 40mph; gusty over the tops and downslope, strongest may reach 45mph. Fairly arduous conditions for several hours, sudden and strong gusts will challenge balance. Significant wind chill.	West-southwesterly 10-20mph. Mostly small.
How wet? (Precipitation and its impact)	Rain and drizzle becoming patchy Rain widespread from dawn, gradually passing away to the northwest; driest near Moray Firth. Further patches of rain and drizzle follow into Deeside/east Cairngorms.	Patchy rain Patches of light rain here and there, risk more frequent in the far east. Some mountains may stay substantially dry.
Cloud on the hills? Chance of cloud free Munros?	Extensive, lowest bases in east. Extensive low cloud will cover the hills throughout much of the day. Down to lowest slopes across eastern and southern areas. Highest bases near the Moray Firth. 20%	Shrouding the tops, lowest bases south Likely shrouding the high Cairngorms most of the day, cloud most extensive on southern slopes/Drumochter area, particularly early; some fog into glens. Northern Cairngorms may be well-exposed early, though patchy cloud builds here too as rain comes and goes. 20%
Sunshine? Air clarity (below cloud)	Overcast. Visibility poor due to early rain and an increasing haze.	Some glimpses of weak sun north of the Cairngorm plateau. Visibility limited by rain and haze.
How Cold? (at 900m) Freezing Level	3C, but feeling closer to -10C where exposed to the strongest winds. Above the summits	3 or 4C Above the summits, may lower to just graze the highest Cairngorms summits around dusk.

Planning Outlook

All mountain areas of Britain from Monday, 22 December, 2025

Cloud and patchy rain lingers for a few more days early next week, then a slow change to drier and chiller weather into the Christmas period as high pressure builds to the north. Easterly winds will be dominant, the strongest winds in England and Wales. Cloud may be fairly sheet-like in the east sometimes, though variably more extensive or broken.

The coldest air will reach England and Wales on the easterly wind with freezing levels reaching as low as 400-600m in Wales, staying slightly warmer in northern Scotland with freezing levels nearer the high summits for a time under the core of high pressure.

Forecast issued at 16:29 on Saturday, 20 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.