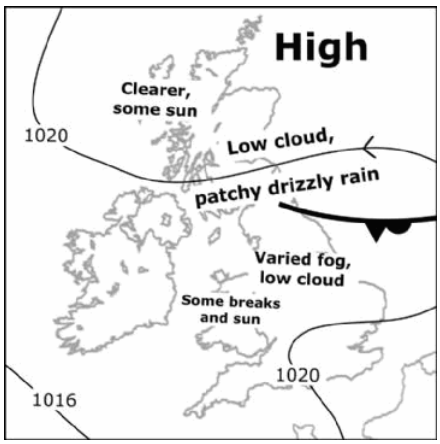
Cairngorms NP and Monadhliath

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

Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com

General Summary for Sunday, 8 November, 2026



British Mountain Summary:
Based on forecast chart for noon 8 November, 2026

Patchy drizzle and areas of low cloud or fog, mostly east and southern Scotland, Pennines and inland across Wales, whilst western regions tend to fare better for cloud breaks and some sun. Very little wind overall. Near freezing on highest Scottish tops.

Headline for Cairngorms NP and Monadhliath

Mix of cloud and fog, local dampness, locally brighter north.

Detailed Forecast for Sunday, 8 November, 2026

How windy? (On the Munros)	Variable or easterly 10mph, or less particularly in northern areas.
Effect of wind on you?	**Negligible**
How wet? (Precipitation and its impact)	**Rare patchy drizzle** Local pockets of light drizzle, mainly toward the southeast early morning.
Cloud on the hills?	**Varied extent of low cloud and fog on nearby slopes, better northwest** Some local variations, but cloud extensive or persistent above 700-900m (some higher slopes may poke out above fog or between banks). Lower down, fog clinging to some slopes all day, whilst others are fog free. Areas toward Monadhliath may see greater breaks.
Chance of cloud free Munros?	**30%**
Sunshine? Air clarity (below cloud)	Cloudy or dull with areas of fog - albeit mainly near and west of A9, below fog the air still very clear, some sun breaking through at times.
How Cold? (at 900m)	3C
Freezing Level	Close to freezing point on highest summits where the terrain partly frozen. Local slight frost possible near Strathspey early morning.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 9 November	Tuesday 10 November
How windy? (On the Munros)	Variable 5mph or less, rarely 10mph.	South-southeasterly 10-15mph, may rise to 20mph during day.
Effect of wind on you?	**Negligible**	**Mostly small.**
How wet? (Precipitation and its impact)	**No rain expected**	**Rain not expected**
Cloud on the hills?	**Varied fog and low cloud** Areas of cloud likely at different heights, plus fog in glens. Some slopes between fog layers and higher tops may emerge above all cloud. Locally better breaks likely on the hills around Strathspey.	**Mostly little north** Some patchy cloud may drift onto slopes at various heights, but higher tops likely in the clear. Greater risk of cloud banks toward the southern Cairngorms NP.
Chance of cloud free Munros?	**50% (above fog in places)**	**70%**
Sunshine? Air clarity (below cloud)	Mostly little sun, best chance toward Monadhliath; some high tops sunny in clear air. Haze or fog lower down.	Sunshine and hazy high cloud. Visibility excellent, some patchy fog lower slopes.
How Cold? (at 900m)	1C.	1 or 2C.
Freezing Level	Near or just below freezing from 1000m upward all day; plus frost in glens early morning.	Close to freezing on tops above 1000m all day and possibly frost widely in the glens early morning.

Planning Outlook

All mountain areas of Britain from Monday, 9 November, 2026

A slack pressure pattern to start the new week over Scotland, maintaining varied low cloud and fog. Lowering pressure to the south and an increasing easterly wind for England & Wales. Rain pushes into Wales on Tuesday, reaching the south Pennines with time, persisting in these areas into Wednesday, but very little extending further northwards. Into the second half of the week, a switch to a colder northerly flow will likely drop the freezing level to 800m increasingly widely for Thursday-Friday, plus frost on low ground. Some snow showers on northern Scottish mountains, but largely dry weather elsewhere. During next weekend, a shift to a less cold Atlantic influence - a changeable mix likely into the following week.

Forecast issued at 15:00 on Saturday, 7 November, 2026

The Production of the Scottish forecasts is fully funded by 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, 2026.