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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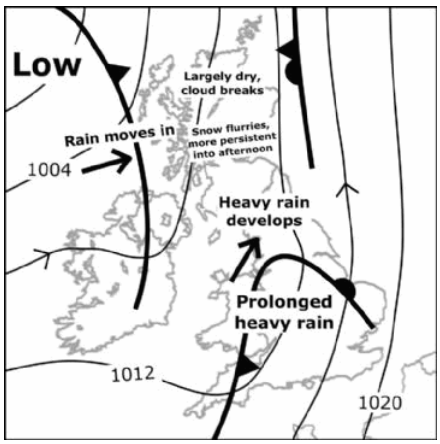
General Summary for Saturday, 28 November, 2026



British Mountain Summary:
Based on forecast chart for noon 28 November, 2026

Strong to gale force winds, significant chill factor. Snow flurries southern Highlands, persistent afternoon; drier northwards, some cloud breaks, otherwise blanket fog - rime ice on Scottish mountains, plus snow cover fairly widely, most substantial south. Heavy rain sets in widely over England and Wales.

Headline for Cairngorms NP and Monadhliath

Gales ease in afternoon; snow flurries south, cloud breaks north.

Detailed Forecast for Saturday, 28 November, 2026

How windy? (On the Munros)	Southerly, 40 to 55mph, strongest over Cairngorms in morning, very gusty in places not just on tops, more often gusty northern areas. Tending to ease during afternoon toward 25mph up to dusk.
Effect of wind on you?	**Prepare for significant wind chill, in places challenging walking conditions on exposed terrain, difficult in morning, buffeting gusts even lower down; improving later.**
How wet? (Precipitation and its impact)	**Mostly small amounts of snow, locally more toward Deeside during day** Snow flurries mostly south Cairngorms, locally frequent or persistent snow for periods on hills near Deeside, turning to rain below 500m. Toward evening, steadier snow more widely on hills, most persistent again in southern areas.
Cloud on the hills?	**Most persistent south, breaks north** Fairly extensive banks of cloud, lowest and most persistent Glen Garry to Deeside, more broken north around Strathspey; some high tops may poke out of cloud in the morning. Filling in more widely later.
Chance of cloud free Munros?	**10% south, 30% north**
Sunshine? Air clarity (below cloud)	Mostly cloudy, weak sun through high cloud at best northern areas. Hazy, poor visibility if in snow and cloud; locally better northwards.
How Cold? (at 900m)	0 or 1C, small variation with added height above around 700m, locally warmer north. Feeling like -10 to -15C in the wind.
Freezing Level	Varied and poorly defined; some higher northern slopes likely above freezing point, but much terrain frozen, including into glens following overnight hard frost.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 29 November	Monday 30 November
How windy? (On the Munros) **Effect of wind on you?**	Southwesterly, speeds varying during day, often in range 40 to 55mph, but risk 70mph at least in gusts for periods high **Expect challenging conditions all day, potentially any mobility difficult at times; significant wind chill.**	Southwesterly 60 to 80mph; marked rise of wind speed with increasing height, but some powerful gusts reaching low slopes. **Severe conditions all day on high terrain; challenging walking in places on lower hills with significant wind chill.**
How wet? (Precipitation and its impact)	**Showery rain, snow tops** A band of rain, snow above 700-800m, likely passes eastward during the morning, then breaks into just showers, these more often toward Drumochter, risk of hail.	**Persistent rain, heavier southwest** Raining most of the day toward the south and west of the Cairngorms NP, some heavier falls around Drumochter; patchier toward northeast, at times fading out. Very wet underfoot, streams in spate.
Cloud on the hills? **Chance of cloud free Munros?**	**Often covering higher areas** Varying cloud bases, often covering higher slopes above 800-1000m, sometimes lower toward southwest Cairngorms. Some breaks higher up northeast areas. **30%**	**Extensive higher areas** Shrouding the mountains widely above 800 to 1000m, lowest most persistently toward Ben Alder. Some higher breaks at times north and east of Cairngorm plateau. **20%**
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly north/east areas. Visibility intermittently very good, but poor in rain, briefly may be appalling in snow.	Overcast and dull, locally brighter skies toward Glenmore at times. Hazy at best, visibility mostly poor due to rain.
How Cold? (at 900m) **Freezing Level**	0 or 1C. Feeling like -12 to -17C in the wind. 900-1000m, may rise slightly higher during day. Rising further onward into night and Monday.	Rising from before dawn up to 5C, may lift slightly further by late in the day. Feeling like -10C in the wind. Well above freezing to highest summits; rapid thawing of previously frozen terrain and snow cover on mountains.

Planning Outlook

All mountain areas of Britain from Sunday, 29 November, 2026

Southwesterly upland gales on Sunday, severe for a time on high tops; a showery mix of rain and snow passing eastwards. Then severe gales widely on the mountains by Monday, storm-force higher terrain, accompanied by incessant heavy rain focused on western Scotland and a rapid thaw - the rain sets in for England & Wales too, persistent here into Tuesday - expect flooding and some routes to be impassable. Dropping back sub-zero on Scottish tops by Tuesday & Wednesday, with a showery mix of rain, snow and hail. High pressure then builds later in the week - drier conditions for a time, but a mixed west-southwesterly may persist or soon return for Scotland; temperatures varying.

Forecast issued at 14:30 on Friday, 27 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.