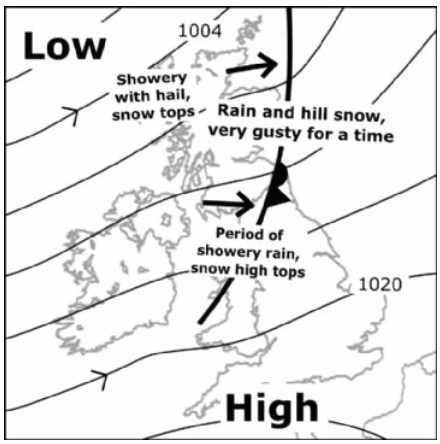
Cairngorms NP and Monadhliath

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, 29 November, 2026



British Mountain Summary:
Based on forecast chart for noon 29 November, 2026

Southwesterly winds often gale-force on higher mountains with significant chill factor; more severe gusts for a time. A band of showery rain passes eastwards in the morning, snow on higher tops; showers follow into western areas, some hail mixed in. Snow cover on many Scottish mountains.

Headline for Cairngorms NP and Monadhliath

Gales, severe for a time; showers with hail, snow tops.

Detailed Forecast for Sunday, 29 November, 2026

How windy? (On the Munros)	Southwesterly, speeds varying during day, often in range 40 to 55mph, but squally gusts 70mph for a few hours around mid-morning on high tops; speeds rising significantly again after dark.
Effect of wind on you?	**Frequent buffeting over high terrain, more challenging for a time, then moderating from middle of day. Significant wind chill.**
How wet? (Precipitation and its impact)	**Showery hill snow, hail** A band of snow with rain mostly below 600-700m, passes eastward during the morning, briefly heavy, then breaks into scattered showers, these more often toward Drumochter, risk of hail.
Cloud on the hills?	**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.
Chance of cloud free Munros?	**30%**
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.
How Cold? (at 900m)	0 or -1C. Feeling like -12 to -17C in the wind.
Freezing Level	800-900m, may rise slightly higher during day. Rising further onward into night and Monday.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 30 November	Tuesday 1 December
How windy? (On the Munros)	Southwesterly 60 to 80mph; marked rise of wind speed with increasing height, but some powerful gusts reaching low slopes.	Southwesterly - high uncertainty - risk 50-70mph at least part of the day, but may drop markedly to 25mph or less.
Effect of wind on you?	**Severe conditions all day on high terrain; challenging walking in places on lower hills with significant wind chill.**	**Potentially a substantial improvement to fairly small effects, but beware risk for several hours at least of severe conditions.**
How wet? (Precipitation and its impact)	**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.	**Patchy rain, may clear** Rain on and off from overnight into the morning, may persist well into the day, most common areas near Drumochter, patchier northeast, may fade out with time. Wet underfoot with fast-flowing streams.
Cloud on the hills?	**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.	**Most persistent southwest tops** Covering higher slopes fairly widely, most persistent from Ben Alder to tops near Glen Garry to 800m, but mostly above 1000m further north/east with breaks.
Chance of cloud free Munros?	**20%**	**40%**
Sunshine? Air clarity (below cloud)	Overcast and dull, locally brighter skies toward Glenmore at times. Hazy at best, visibility mostly poor due to rain.	Fairly cloudy, but some sun breaking through toward Glenmore and Deeside. Visibility reduced if in rain, but may become very good.
How Cold? (at 900m)	Rising from before dawn up to 5C, may lift slightly further by late in the day. Feeling like -10C in the wind.	8C from dawn possibly until well into afternoon, then falling quickly toward 0C. Wind chill feeling -5 to -8C, but may vary.
Freezing Level	Well above freezing to highest summits; rapid thawing of previously frozen terrain and snow cover on mountains.	Starting well above the summits, but during the day a rapid drop to 900-1000m, more likely into afternoon - timing uncertain.

Planning Outlook

All mountain areas of Britain from Monday, 30 November, 2026

A near-total thaw of snow cover early in the new week as southwesterly winds bring much milder air, well above freezing to tops Monday-Tuesday; severe gales widely on the mountains, storm-force higher terrain, accompanied by incessant heavy rain reaching all western mountains of Britain - expect flooding and some routes to be impassable.
Dropping back sub-zero on Scottish tops by Tuesday into 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 7:30 on Sunday, 29 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.