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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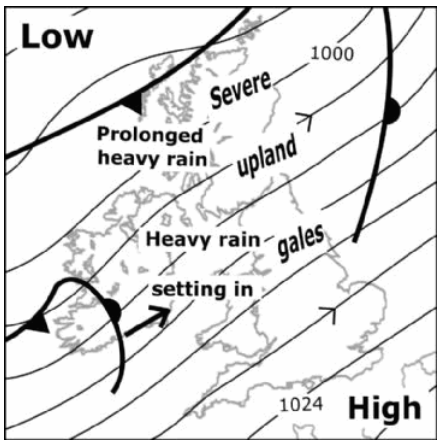
General Summary for Monday, 30 November, 2026



British Mountain Summary:
Based on forecast chart for noon 30 November, 2026

Storm-force winds on high mountains, plus powerful gusts to lower heights. Sustained heavy rain for western areas, all day in Scotland, setting in increasingly for England & Wales; less rain easternmost hills. Rapid thaw of previous snow. Flooding expected.

Headline for Cairngorms NP and Monadhliath

Severe gales on mountains; rain much of day, less northeast.

Detailed Forecast for Monday, 30 November, 2026

How windy? (On the Munros)	Southwesterly 60 to 80mph; marked rise of wind speed with increasing height, but some powerful gusts reaching low slopes; top speeds lessening a little in the afternoon, but rising again into the night.
Effect of wind on you?	**Severe conditions all day on high terrain, any mobility very difficult on exposed tops, gusts could blow you over on eastern downslopes; challenging walking in places on lower hills with significant wind chill.**
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 to little more than spots in wind. Very wet underfoot as snow also melts, streams in spate.
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.
Chance of cloud free Munros?	**20%**
Sunshine? Air clarity (below cloud)	Overcast and dull, locally brighter skies toward Glenmore at times. Hazy at best, visibility mostly poor due to rain.
How Cold? (at 900m)	Rising from before dawn up to 5C, tending to lift slightly further by late in the day. Feeling like -10C in the wind.
Freezing Level	Well above freezing to highest summits; rapid thawing of previously frozen terrain and snow cover on mountains.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 1 December	Wednesday 2 December
How windy? (On the Munros)	Southwesterly 50-70mph in the morning at least, but may drop markedly to 25mph or less into the afternoon.	Westerly 25 to 35mph.
Effect of wind on you?	**Beware risk of severe conditions possibly much of morning, but likely improving during the day to become fairly small.**	**Blustery, affecting ease of walking and balance on exposed higher terrain; considerable wind chill.**
How wet? (Precipitation and its impact)	**Patchy rain much of day** Rain on and off from overnight into the morning, may persist much of daylight, most common areas near Drumochter, patchier northeast, may fade out by dusk. Wet underfoot with fast-flowing streams.	**Largely dry** A rare brief light shower, snow flurry on higher slopes above 700-800m.
Cloud on the hills?	**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.	**Some patches mostly western tops** Patchy cloud likely to come and go over higher slopes, mostly above 1000m, most common west of A9, but well broken eastwards and often clearing tops.
Chance of cloud free Munros?	**40%**	**60%**
Sunshine? Air clarity (below cloud)	Fairly cloudy, but some sun breaking through toward Glenmore and Deeside. Visibility reduced if in rain, but may become very good.	Occasional sunshine, best in east. Visibility excellent.
How Cold? (at 900m)	8C from dawn possibly until into afternoon, then falling quickly toward 0C. Wind chill feeling -5 to -8C, but may vary.	0 or 1C. Feeling like -10C in the wind.
Freezing Level	Starting well above the summits, but during the day a rapid drop to 900-1000m, more likely afternoon, perhaps up to dusk.	900-1000m, some eastern areas may be slightly higher.

Planning Outlook

All mountain areas of Britain from Tuesday, 1 December, 2026

High rainfall totals and a rapid thaw at the start of this week leads to flooding; expect 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 bringing commonly dry conditions over a run of days into the weekend and beyond for some places; temperatures varying, some overnight frost, also fog. A mixed southwesterly may return to Scotland for a time with some rain mainly in the west. Onward into mid-December shows signs of colder weather patterns returning.

Forecast issued at 15:00 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.