

Cairngorms NP and Monadhliath

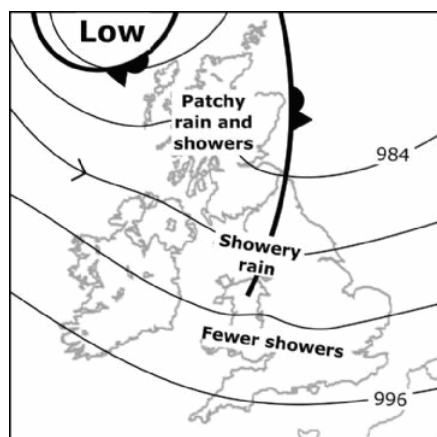
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Tuesday, 21 October, 2025



British Mountain Summary:

Based on forecast chart for noon 21 October, 2025

Patchy rain drifts east across the Highlands, breaking up into showers. Staying showery all day toward west coast, locally more frequent rain. Showery rain throughout the day for England and Wales, occasionally heavy. Low cloud most persistent west. Increasingly windy, feeling cold.

Headline for Cairngorms NP and Monadhliath

Wind strengthening afternoon. A little rain, showers, cloud on tops.

Detailed Forecast for Tuesday, 21 October, 2025

How windy? (On the Munros)	Southwesterly, 15-20mph or less in morning. Abrupt switch westerly middle of day into afternoon and increasing, soonest in western areas, 30-35mph, gusts later 40mph higher tops.
Effect of wind on you?	Fairly small much of morning, but becoming increasingly blustery higher areas. Afternoon onward more arduous over tops, significant wind chill.
How wet? (Precipitation and its impact)	Patchy rain, brief showers Rain on and off in the morning, amounts mostly small, tending to drift eastwards and fade with time. Then a few areas of showers. More often dry further east.
Cloud on the hills?	Mostly higher areas, rising a little Covering higher terrain fairly widely in morning above 800-1000m, lowest around rain toward and west of A9 corridor. Base rising a little toward upper slopes, some breaks forming, but cloud likely to often cap high tops.
Chance of cloud free Munros?	20% rising to 50%
Sunshine? Air clarity (below cloud)	Largely cloudy, a little sun breaking through mostly north and east of the Cairngorms. Visibility good away from rain, reduced for periods.
How Cold? (at 900m)	6 or 7C, dropping later in day to 3C. Feeling like -5C in the strengthening wind, later in day nearer -10C high tops.
Freezing Level	Above the summits all daylight, then dropping to 1300m evening into night.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 22 October	Thursday 23 October
How windy? (On the Munros) Effect of wind on you?	West or southwesterly 20 to 30mph. Feeling blustery on exposed higher tops, may affect balance on some ridges. Marked wind chill.	High uncertainty - a possible sustained lull, but may rapidly increase, mostly W-SW'ly 30mph, risk reaching 40-50mph. Possibly staying small, but beware of difficult conditions developing bringing significant wind chill.
How wet? (Precipitation and its impact)	Rare if any precipitation Chance of an odd brief light shower, or snow flurry on higher Munros.	Possible rain / high-level snow west Largely dry conditions may last much of the day, especially eastern areas. Risk of showery rain, or falling as snow on higher Munros, mostly toward west of A9, may develop further and become frequent.
Cloud on the hills? Chance of cloud free Munros?	Patches high tops, good breaks Occasional cloud grazing higher slopes, mostly above 1000m, most common western areas. Further east, cloud often above higher summits. 70%	Patches high tops Occasional cloud drifting over higher mountains, more likely in western areas, where may fill in on higher areas. Breaks to summits more likely in east. 60%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun, best in east. Visibility excellent.	Occasional sun east, cloudier west. Visibility excellent where dry, but reducing locally to poor if precipitation develops.
How Cold? (at 900m) Freezing Level	2 or 3C. Feeling like -5C, nearer -8C high summits in the wind. Near highest Cairngorms summits, 1200-1300m or slightly higher.	2 or 3C. If wind speed increases, chill factor feeling near -10C. 1100 to 1200m.

Planning Outlook

All mountain areas of Britain from Wednesday, 22 October, 2025

A complex weather situation through midweek, with various centres of low pressure drifting around slowly. Areas of rain and showers, but also drier moments - Wednesday and possibly Thursday often dry in eastern Scotland and northern England - beware of a deterioration from the northwest during Thursday with gales and rain setting in. Significantly colder later in the week as winds turn northerly. Freezing level dropping to 800-1000m into the weekend, lowest in northern Scotland. A mix of sunshine and showers falling as snow on high terrain, most frequent in north-facing areas.

Forecast issued at 16:30 on Monday, 20 October, 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.