MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

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

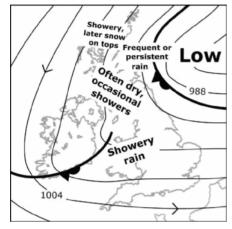


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General Summary for Friday, 24 October, 2025



British Mountain Summary: Based on forecast chart for noon 24 October, 2025

Cold northerly winds gale force across Scottish mountains.

Showery in the north, most frequent precipitation for the
Cairngorms, turning to snow on higher tops. Drier with some sun
SW Highlands. Areas of rain extend into Borders and northern
England with time. Frequently showery in Wales, particularly south.

Headline for Cairngorms NP and Monadhliath

Gales increasingly severe on tops. Frequent or persistent rain.

Detailed Forecast for Friday, 24 October, 2025

How windy? (On the Munros)	Northerly soon strengthening 35 to 50mph in the morning, reaching 60mph on higher mountains afternoon, toward dusk 70mph higher Cairngorms and eastern summits.		
Effect of wind on you?	Arduous from dawn, but deteriorating conditions becoming difficult conditions later severe. Significant or increasingly severe wind chill on high terrain.		
How wet?	Rain most of day north and east Frequent precipitation, more constant much of the day northeastern areas. Patchier toward the southwest of Cairngorms. Mostly rain, but sleet over higher Cairngorms, later turning more to snow, and into night falling to 800m.		
(Precipitation and its impact)			
Cloud on the hills? Extensive			
	Generally poor conditions with extensive hill fog. Bases widely around 500-700m lowest in the north and east, some breaks to 900m around Ben Alder.		
Chance of cloud free Munros?	10%		
Sunshine? Air clarity (below cloud)	Overcast. Visibility frequently poor due to rain.		
How Cold? (at 900m)	2C (dropping to 0C after dark). Feeling like -15C in the strongest winds, colder later in day high terrain.		
Freezing Level	Close to highest tops, generally above 1300m, then lowering from dusk to 900m.		

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Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 25 October	Sunday 26 October
How windy? (On the Munros) Effect of wind on you?	North to northwesterly 40 to 60mph, sustained speeds strongest higher Cairngorms; squally gusts widely. Be prepared for arduous conditions, difficult mobility higher up. Significant wind chill, severe on high tops.	Northwesterly 35mph, risk 45mph at first, likely easing to 25mph or briefly less. Later risk increasing westerly 40mph. Strenuous walking and significant wind chill early, lessening for a time, but expect worsening conditions again later.
How wet?	Frequent showers, snow upper slopes.	Brief flurries, later risk steady rain
(Precipitation and its impact)	Frequent showers moving in on the northerly winds. Snow falling as low as 500-600m at first, but level to which snow falls will rise to 800-900m. Sometimes hail.	Occasional light showers, mostly toward west and north of Cairngorms, snow flurries above 700m. During afternoon, risk of more constant precipitation, turning to sleet possibly rain toward higher tops.
Cloud on the hills?	Extensive higher slopes	Varied over high tops, may lower
	Fairly extensive coverage across higher slopes above 800-900m, down to 600m for periods north Cairngorms. Some higher breaks occasionally toward Glen Garry.	Cloud banks above 900-1000m in the morning, mostly tops in Monadhliath and toward north Cairngorms, clearer toward Deeside & Glen Garry. In afternoon, risk of lowering cloud from west to cover higher areas more widely.
Chance of cloud free Munros?	20%	50% later 20%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly in the south. Visibility ranging from very good to poor or very poor as showers come and go.	Glimpses of sun in morning, soon weak as high cloud thickens; then overcast. Visibility mostly very good, reducing later from west in rain.
How Cold? (at 900m)	-1 or -2C, only small rise during day, but feeling like -15C in the wind.	-1C rising to +1C afternoon. If exposed to stronger winds, feeling like -10C, possibly -15C at first high tops.
Freezing Level	700-800m.	800m, plus frost in sheltered glens at dawn. Slowly rising, by evening may lift just above high tops; then 1200m into night.

Planning Outlook

All mountain areas of Britain from Saturday, 25 October, 2025

A cold weekend; higher summits close to freezing point in England and Wales and below in Scotland. Substantially dry on many mountains but areas of frequent showers (hail and snow), mainly NW and W Highlands (where wind close to gale on Saturday) and north and west Wales. By Sunday afternoon, increasing threat of rain setting in on many western mountains - ahead of a less cold but often windy and wet few days. Westerly winds prevail, later in week trending southerly.

Forecast issued at 16:30 on Thursday, 23 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.