

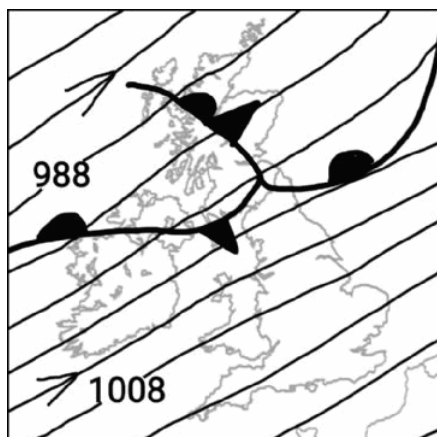
Cairngorms NP and Monadhliath

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, 3 November, 2025



British Mountain Summary:

Based on forecast chart for noon 3 November, 2025

Gale to, in places, severe gale force south-westerlies will drive in very extensive low cloud across the hills and rainfall. The rain will be near constant across western mountains, and on and off across eastern areas. Significant wind chill.

Headline for Cairngorms NP and Monadhliath

Severe south-westerly gales with rain on and off and widespread hill fog.

Detailed Forecast for Monday, 3 November, 2025

How windy? (On the Munros)	Southwesterly 50 to 60mph; sometimes 70mph Cairngorm plateau.
Effect of wind on you?	Widely difficult walking - in places any mobility a struggle - significant wind chill.
How wet? (Precipitation and its impact)	Rain on and off; least wet N Cairngorms, particularly Deeside Rain most of day, although on and off northernmost Cairngorms and particularly Deeside, where total rainfall small.
Cloud on the hills?	Extensive across the mountains Lowest cloud bases around 500m Ben Alder area and east from Drumochter. Elsewhere, higher bases northeastwards, on northernmost Cairngorm and Deeside, typically 900m.
Chance of cloud free Munros?	Less than 10%
Sunshine? Air clarity (below cloud)	Largely overcast and dull, with poor visibility. Pockets of sun lower slopes northern Cairngorms/Deeside where visibility will be good.
How Cold? (at 900m)	8C, locally warmer northern slopes. Will feel as cold as minus 6C directly in the wind.
Freezing Level	Above the summits

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 4 November	Wednesday 5 November
How windy? (On the Munros)	South to higher up southwesterly 40 to 50mph.	Expect variable wind directions, but may turn more northeasterly 15 to 25mph later.
Effect of wind on you?	Continued difficult conditions where exposed on higher areas, where wind chill significant and walking a struggle.	Mostly small
How wet? (Precipitation and its impact)	Rain on and off. Pulses of rain most widely east from Ben Alder to southern summits in Cairngorms NP. Although uncertain, there may well be very little rain toward Deeside and northernmost Cairngorms.	Rain on and off, may fizzle out. Pulses of rain on and off, but may well tend to fizzle out in the afternoon, to just leave scattered patches of drizzle.
Cloud on the hills?	Higher areas persistently foggy Widely persistent fog above 500 to 700m. Cloud base will tend to be higher progressively northeast across Cairngorms NP and Monadhliath - breaks to 1050m toward Deeside and northernmost Cairngorms.	Extensive Extensive low cloud shrouding the hills throughout the day. Some local breaks, perhaps between cloud layers.
Chance of cloud free Munros?	10%	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly lower slopes near Cairngorms and Deeside. Otherwise, mostly dull and misty.	Overcast. Visibility at times poor due to rain.
How Cold? (at 900m)	8C Will feel as cold as minus 5C directly in the wind.	5 to 7C
Freezing Level	Above the summits.	Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 4 November, 2025**

Remaining very unsettled with as a series of deep Atlantic lows, and their associated fronts, continue to cross Britain over the next week to ten days. Frequently windy, with high rainfall, particularly on western mountains (rain at some stage almost daily) and cloud will frequently cover higher areas. Only rarely cold enough for snow higher mountains in Scotland.

Forecast issued at 12:52 on Sunday, 2 November, 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.