

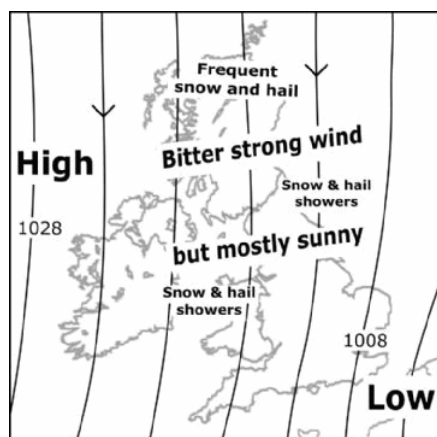
Cairngorms NP and Monadhliath

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 Wednesday, 19 November, 2025



British Mountain Summary:

Based on forecast chart for noon 19 November, 2025

Strong to gale-force northerly winds; severe chill factor on the mountains. Terrain widely frozen with fresh snow cover. Snow and hail showers frequent in the northern Highlands. Showers also north/west Wales. From the central Highlands into northern England, generally dry with sunshine and very clear air.

Headline for Cairngorms NP and Monadhliath

Bitterly cold; gale-force upland wind. Snow and hail mostly north.

Detailed Forecast for Wednesday, 19 November, 2025

How windy? (On the Munros)	Northerly 35 to 50mph, strongest sustained speeds higher Cairngorms.
Effect of wind on you?	Challenging walking conditions on exposed terrain, any mobility at times difficult on higher areas; severe wind chill.
How wet? (Precipitation and its impact)	Frequent snow and hail north Succession of snow and hail showers coming in from north, merging to be near constant at times north Cairngorms, chance of isolated lightning. Fewer showers southwards toward Glen Garry. Snow lying into glens.
Cloud on the hills?	Fairly extensive higher areas Shrouding the higher Cairngorms above 900-1000m most or all day, at times banks of cloud to 700m or lower in showers. Patches will come and go over higher Monadhliath. Further south, higher bases, breaks at times to tops.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Brief bursts of sun, mostly southern areas. Visibility at times appalling when in cloud and snow, but intermittently very good, or locally excellent further southwest.
How Cold? (at 900m)	-5C (to -8C on higher summits). Wind chill feeling like -17C, to -22C over higher Cairngorms.
Freezing Level	Terrain widely frozen from glens upward, only slight rise above freezing point on some lower slopes.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 20 November	Friday 21 November
How windy? (On the Munros) Effect of wind on you?	Northerly 35 to 50mph from dawn, gradually lessening, into afternoon 25-30mph, or less from dusk. Continuing challenging conditions with significant wind chill, severe higher mountains; some improvement.	West later southwesterly, strengthening during daytime - some uncertainty of timing - 25 to 40mph, risk later 50mph. Expect conditions to deteriorate, with time more strenuous, risk later difficult on higher mountains, significant wind chill.
How wet? (Precipitation and its impact)	Frequent snow and hail north Ongoing succession of snow and hail showers coming in from north, most frequent north Cairngorms, may tend to ease later. Fewer showers southwards toward Glen Garry. Snow lying into glens.	Snow moving in from west Likely dry start, possibly largely dry in easternmost areas all daylight. Snow flurries likely to develop from west, risk becoming persistent near/west of A9. Likely after dark, rain at lower elevations.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive higher areas Persisting on higher Cairngorms above 900-1000m, at times banks of cloud to 700m or lower in showers, mostly morning. Patches will come and go over higher Monadhliath. Further south, higher bases, breaks at times to tops. 30%	Mostly little, later lowers from west Patchy mist some glens and perhaps corries at first, otherwise hills largely clear, possibly much of the daytime. Later, patchy cloud lowering onto tops from west, risk more extensive by evening. 80% later dropping to 50%
Sunshine? Air clarity (below cloud)	Brief bursts of sun, mostly southern areas. Visibility at times appalling when in cloud and snow, but intermittently very good, more often excellent later in day.	Sun through high cloud in morning becoming weak, then obscured. Visibility excellent, reducing if snow develops, possibly locally poor late in day.
How Cold? (at 900m) Freezing Level	-4 or -5C (to -7C highest summits). Wind chill feeling like -15 to -20C, coldest in stronger speeds in morning. Terrain widely frozen from glens upward, only partial thawing lowest sunlit slopes.	-3C, slow rise, by evening up to 0C. In stronger wind feeling like -15C. Much terrain frozen all day to lower slopes, but later in day likely to start rising just above freezing at lower elevations.

Planning Outlook

All mountain areas of Britain from Thursday, 20 November, 2025

Prepare for winter conditions - snow covering many mountains to lower slopes in Scotland, snow and ice cover varied for England & Wales, but much terrain frozen; hard frosts into inland valleys and glens the next couple of nights. Continuing strong northerlies into Thursday, showery snow and hail gradually fading from northwest Scotland. A front moving into Scotland from the west on Friday brings gales and snow, turning to rain lower down - in England & Wales more likely develops Friday evening-night. Less cold into the weekend, but higher mountains stay near or just below freezing, particularly Scotland; showers or locally more frequent upland snow over several days forward.

Forecast issued at 16:00 on Tuesday, 18 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.