

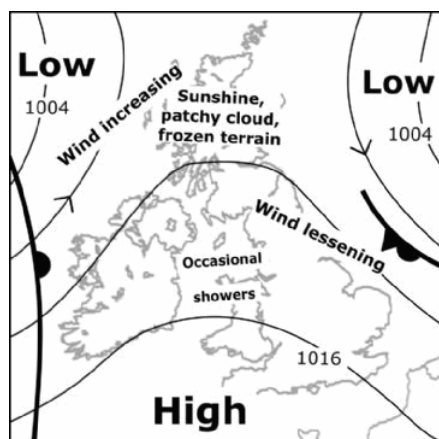
Cairngorms NP and Monadhliath

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 Sunday, 30 November, 2025



British Mountain Summary:

Based on forecast chart for noon 30 November, 2025

A fine day for many places, sunshine and broken cloud. Much terrain frozen in the Highlands, where a lull in wind, later strengthening southerlies in west. Strong northwesterlies for England and Wales tend to drop. Some local showers move inland from the Irish Sea. Deteriorating all areas into night.

Headline for Cairngorms NP and Monadhliath

Chilly wind eases; increases into night. Cloud on tops, some sun.

Detailed Forecast for Sunday, 30 November, 2025

How windy? (On the Munros)	Northerly 20-25mph at first, strongest in east at dawn, dropping light and variable. Then from dusk starting to strengthen southerly, into night to 50mph.
Effect of wind on you?	Marked wind chill in exposure early in day, but becoming small. Deteriorating onward into night.
How wet? (Precipitation and its impact)	Local flurries; snow/rain into night Fresh snow cover to lower slopes particularly northern areas from overnight. Occasional snow flurries mostly northern Cairngorms to areas north from Deeside in morning, fading. Onward into night, snow develops from west, but turning increasingly to rain higher up
Cloud on the hills?	Cloud banks slow to clear north/east Shrouding higher and northern Cairngorms above 800-1000m in the morning at least. Cloud more broken south & westwards. Tending to break up, but some patches may cling all day over higher Cairngorms.
Chance of cloud free Munros?	40% rising to 70%
Sunshine? Air clarity (below cloud)	Cloudy northern areas, some sun toward south, then sunnier widely, before thin high cloud builds from west later. Navigation difficult in fog over snow in morning; visibility excellent out of cloud.
How Cold? (at 900m)	-2 or -3C, small variation with height. Rising onward into night. Feeling nearer -10C if exposed to wind early morning.
Freezing Level	Much terrain frozen with frost into glens, only partial thawing lowest sunlit slopes up to around 400-500m. Then into night starting to rise variably to upper slopes.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 1 December	Tuesday 2 December
How windy? (On the Munros) Effect of wind on you?	South to southwesterly; overnight gales ease, typically to 20-30mph or less during day. May increase to gales after dark. Most likely fairly small much of daytime, but blustery at times over exposed high tops. Beware possibly worsening later.	South to southwesterly 25mph to often 30-35mph higher Cairngorms. Blustery, starting to affect comfortable walking on exposed higher areas. Noticeable wind chill.
How wet? (Precipitation and its impact)	Risk rain and hill snow returning Overnight hill snow finishing mainly as rain toward higher slopes, fading around dawn. Largely dry for a few hours, but risk further rain developing from south with time, turning back to snow on tops.	Largely dry Chance of odd brief showers, with snow above 800m, most likely areas toward Ben Alder.
Cloud on the hills? Chance of cloud free Munros?	Varied, some breaks north Patchy cloud at various heights from dawn, more extensive in southern areas, but breaks to some higher slopes for a time north of Cairngorms. Lowering widely if rain/snow returns. 30%	Most persistent south, breaks north Banks of cloud may linger on southern slopes in Cairngorms NP, to some mid-slopes or lower in morning, but northward from Drumochter bases higher, more often above 900m with breaks above tops. 30% south, to 60% north.
Sunshine? Air clarity (below cloud)	Sun mostly obscured by high cloud, but may be bright with good visibility in morning, then dull overcast skies, visibility poor in rain/snow.	Occasional sun mostly north of Cairngorms. Visibility very good.
How Cold? (at 900m) Freezing Level	2 or 3C, then into night nearer 0C. Feeling like -10C or below if exposed to stronger winds. Rising up to dawn, above the summits for a few hours. Tending to drop afternoon to 1000-1200m, slightly lower after dark.	0 or 1C. Wind chill feeling like -7 to -10C. 900 to 1000m

Planning Outlook

All mountain areas of Britain from Monday, 1 December, 2025

Areas of low pressure circulating to the west and north will dominate the weather pattern in the week ahead, bringing generally unsettled weather. Southwesterly air and briefly milder into Monday - prolonged heavy rain for England and Wales bringing renewed concern for flooding. Then typically cooler with showery conditions - higher mountains near or just below freezing point likely for the remainder of the week - some snow on tops, occasional hail. Wind speed likely to vary, some squally gusty spells, but also some lulls possible during the week.

Forecast issued at 7:00 on Sunday, 30 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.