

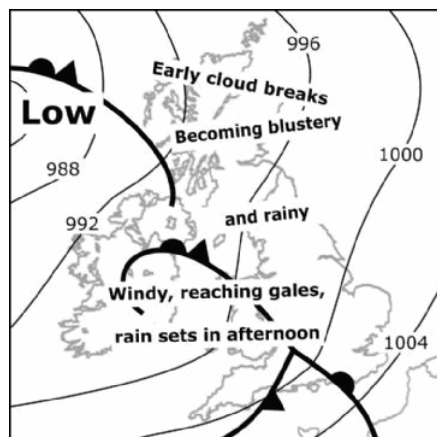
Cairngorms NP and Monadhliath

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 Sunday, 7 December, 2025



British Mountain Summary:

Based on forecast chart for noon 7 December, 2025

Patchy rain in western areas early, drier east though lots of cloud over summits; some clear tops central and south Pennines. Winds soon begin to strengthen widely, quickest in Wales and reaching gale force here afternoon. Rain also arrives from the west afternoon, spreading widely into evening.

Headline for Cairngorms NP and Monadhliath

Some clear north slopes early; becoming blustery, rainy later

Detailed Forecast for Sunday, 7 December, 2025

How windy? (On the Munros)	South to southeasterly 15-25mph. A rising trend with speeds reaching up to 35mph over the high tops afternoon. Into evening, speed and direction become highly variable with stronger gusts but also a lull possible, deteriorating in the later hours.
Effect of wind on you?	Fairly small in morning, likely becoming more blustery and gusty around higher mountains. Beware sudden changes in conditions soon after dark with a risk of stronger impacts.
How wet? (Precipitation and its impact)	Substantially dry during daylight The morning likely largely dry, bar odd spots some southwestern hills. Expect lying snow/ice on the high Cairngorm plateau. During afternoon into evening, rain will arrive to Drumochter/south Monadhliath, spreading widely after dark.
Cloud on the hills?	Fairly extensive over tops and south slopes, breaks north Covering higher mountains most or all day, bases soon reaching middle elevations southern Cairngorms. Higher breaks north of high tops, best near Monadhliath, but filling in here late in the day as well.
Chance of cloud free Munros?	50% northern hills, 10% south, becoming widely 10%
Sunshine? Air clarity (below cloud)	Largely cloudy, some brief glimpses of weak sun north of Cairngorms early. Visibility often good out of cloud but deteriorating later in the day as rain sets in.
How Cold? (at 900m)	3 or 4C, warmest north of the Cairngorm plateau and small variation with height. Trending towards 2C widely into night. Feeling like -5C or possibly colder if exposed to stronger wind.
Freezing Level	Above the summits during daylight, lowering onto the high tops overnight.

	Monday 8 December	Tuesday 9 December
How windy? (On the Munros) Effect of wind on you?	West-southwesterly, 25 to 35mph; speed likely to fluctuate, may rise to 40mph over high tops but also lowering. Be aware of changing conditions though often strenuous in exposure; notable wind chill.	Southeasterly 20-30mph from dawn, rapidly rising to a gusty 50-65mph; some variability, trending SW'ly. Difficult conditions soon set in - you may struggle to stay on your feet during powerful gusts. Significant wind chill.
How wet? (Precipitation and its impact)	Midday/afternoon showers Overnight rain likely to clear by dawn, possible sleet/snow only higher tops. A band of showery rain arrives to Drumochter around midday, showers spreading more widely for several afternoon hours.	Persistent rain Dry at and before dawn, rain soon arrives in the south and spreads widely by midday, setting in persistently and often heavy.
Cloud on the hills?	Mostly high terrain south and west Banks of cloud most common toward southwest Cairngorms, mostly above 900m. More patchy and near the tops of easternmost Cairngorms, best clear chance early before showery rain arrives.	Soon extensive Fog over the high Cairngorm plateau and down to middle southern slopes soon fills in widely across middle slopes, down to low slopes in the south. Highest bases northwest Cairngorms and north Monadhliath, 500-600m.
Chance of cloud free Munros?	30% west to 50% east	Less than 10%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly north/east of Cairngorms, though mostly cloudy for periods. Visibility often very good, reducing in showers.	Soon widely overcast and dull. Poor visibility.
How Cold? (at 900m) Freezing Level	3C. If exposed to stronger winds, risk feeling like -10C on high tops. 1200 to 1300m.	3 or 4C, rising to 6 to 8C for several afternoon hours, dropping again later. Feeling like -8 to -10C in strongest wind. Above the summits

All mountain areas of Britain from Monday, 8 December, 2025

Generally unsettled into the week with areas of low pressure moving in from the Atlantic on prevailing southwesterly winds. Temperatures relatively mild, higher tops in the Highlands intermittently just below freezing point; expect periods of thawing even up to these tops. Day-to-day weather detail will be uncertain even in short-range as complex systems develop - a series of frontal systems bringing spells of rain, at times more widespread and heavy - any snowfall mostly confined to highest tops in Scotland; also showers at times with hail mostly near western coasts. Wind speeds will also vary, often blustery with periods of gales or severe gales on tops, but local lulls too.

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.