

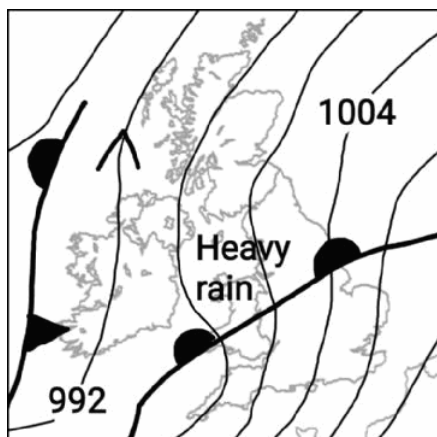
# Cairngorms NP and Monadhliath

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 Thursday, 18 December, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 18 December, 2025

Scotland: South to south-west gales bringing hill fog and showers, before band of heavy, perhaps squally, rain moves up from the southwest in afternoon, snow tops.

England and Wales: Heavy rain spreading north with hill fog becoming extensive with strong to gale force southerly winds.

### Headline for Cairngorms NP and Monadhliath

Southerly gales, significant wind chill. Band of heavy rain, snow tops, later.

## Detailed Forecast for Thursday, 18 December, 2025

<b>How windy? (On the Munros)</b>	South to southwesterly 40 to 60mph, powerful gusts downslope from northern Cairngorms corries.
<b>Effect of wind on you?</b>	<b>Ongoing arduous conditions over higher terrain, walking often difficult in exposure, significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain / snow tops developing later</b> Rare showers, but likely often dry well into afternoon. Band of heavy perhaps squally rain moving in from southwest later; falling as snow on higher terrain. Showery onward into the night with hail.
<b>Cloud on the hills?</b>	<b>Most persistent south, breaks north</b> Varied cloud banks, often covering southern Cairngorms NP above 800m, higher and better breaks northward, but lowering widely later.
<b>Chance of cloud free Munros?</b>	<b>30%, to 60% north.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some sun and very good visibility mostly north, varied high cloud. Mistier southern hills, reducing to poor if in rain.
<b>How Cold? (at 900m)</b>	1 to 3C, then lowering just below 0C into night. Wind chill feeling like -12 to -15C on tops.
<b>Freezing Level</b>	1000 to 1200m, highest toward north; tending to rise a little during daytime, then dropping into night to 800-900m.

## Cairngorms NP and Monadhliath - Looking Ahead

	Friday 19 December	Saturday 20 December
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly 50 to 70mph.  <b>Difficult conditions over the mountains, frequent buffeting from modest elevations upward. Significant wind chill.</b>	South to south-easterly 25 to 40mph, perhaps touching 50mph at times over Cairngorm Plateau.  <b>Walking very likely arduous for periods with a very gusty and turbulent airflow. Significant wind chill and buffeting.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showers mostly west, hail, snow tops</b> Showery precipitation most common in areas near and west of the A9, with hail, also falling as snow above 800m. Becoming more scattered later in the day. Few showers reaching eastern hills.	<b>Mostly dry</b> Very likely staying dry, with just scope for the odd spot of light rain or drizzle for hills near and west of the A9.
<b>Cloud on the hills?</b>	<b>Mostly higher tops, breaks east</b>  Frequently on higher slopes toward western Cairngorms NP and Monadhliath, base mostly above 800m. Often above 1000-1100m east, good breaks likely.	<b>Breaks in north, covering hills in south.</b>  Banks of low cloud covering the Drumochter hills and over to Ben Alder across upper slopes above 700m. Further north, caps of cloud mainly over tops.
<b>Chance of cloud free Munros?</b>	<b>50%</b>	<b>30% south, 60% north</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun, best toward east. Visibility often very good, but at times very poor in showers in west.	Little or no sun  Visibility good, but poor in any rain or drizzle. General haze west coast.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	0 to 1C, slight rise later. Feeling like -15C directly in the wind.  900 to 1000m, may then rise a little to 1200m onward into the night.	2 or 3C, small rate of change in temperature with height.  Around 1200m

## Planning Outlook

## All mountain areas of Britain from Friday, 19 December, 2025

South-southwesterly winds widely remain gale force over the mountains later this week and through into Saturday, severe upland gales for periods. Showery on Friday, most frequent in western Scotland with hail, also snow over tops. Another belt of persistent rain likely arrives onto western hills into Saturday, snow only highest Scottish tops. A switch to east-southeasterly winds by Sunday into early next week, some residual rain and high-level snow, but a drier theme develops and favouring chillier conditions into the Christmas period.

## Forecast issued at 16:35 on Wednesday, 17 December, 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.