

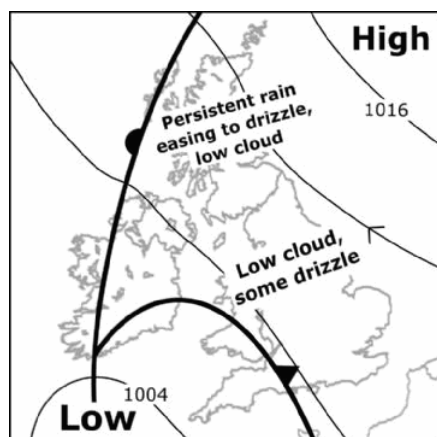
# Cairngorms NP and Monadhliath

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, 22 December, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 22 December, 2025

Strong and gusty SE'ly winds. Rain fairly widely across the Highlands in the morning, easing but leaving patchy drizzle and low cloud shrouding the hills. Low cloud and some drizzly rain for England and Wales, but some breaks for the Lakes, also clearing conditions moving into south Wales.

### Headline for Cairngorms NP and Monadhliath

Windy, gusty. Rain easing to drizzle, low cloud persists.

## Detailed Forecast for Monday, 22 December, 2025

<b>How windy? (On the Munros)</b>	Southeasterly 30 to 40mph; gusty over the tops and downslope, strongest gusts reach 45mph early in day; lessening into middle of day onward.
<b>Effect of wind on you?</b>	<b>Fairly arduous conditions for several hours, sudden and strong gusts will challenge balance. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain and drizzle becoming patchy</b> Rain widespread from dawn, gradually passing away to the northwest; driest near Moray Firth. Further patches of rain and drizzle follow into Deeside/east Cairngorms.
<b>Cloud on the hills?</b>	<b>Extensive, lowest bases in east/south</b> Extensive low cloud will cover the hills throughout much of the day. Down to mid or some lowest slopes from Drumochter round to Deeside. Highest bases north of Cairngorms and in Monadhliath, some breaks to 800-900m mainly afternoon.
<b>Chance of cloud free Munros?</b>	<b>10% south/east, to 30% afternoon northwest.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast, some brighter moments develop toward Strathspey into afternoon. Visibility poor due to early rain, or fog over hills, and an increasing haze lower down.
<b>How Cold? (at 900m)</b>	3C, but feeling closer to -10C where exposed to the strongest winds.
<b>Freezing Level</b>	Above the summits

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 23 December</b>	<b>Wednesday 24 December</b>
<b>How windy? (On the Munros)</b>	South to southeasterly, 15 to 25mph.	South-southeasterly 10-20mph, may be gusty in exposure.
<b>Effect of wind on you?</b>	<b>Fairly small, though some uncomfortable gusty areas around tops and some corries.</b>	<b>Fairly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy light rain</b> Patches of light rain here and there, risk more frequent in the far east. Some mountains may stay substantially dry.	<b>Most hills dry</b> Some odd spots of rain may drift into Deeside/east Cairngorms, other hills dry.
<b>Cloud on the hills?</b>	<b>Shrouding the tops, lowest bases south</b>  Shrouding the high Cairngorms most of the day, cloud most extensive to mid slopes Drumochter to Deeside; some fog into glens. Some higher breaks toward north of Cairngorm plateau and over Monadhliath.	<b>Fairly extensive east, well-broken west</b>  Cloud often covering the slopes of Deeside/east Cairngorms from 700m up. The cloud more patchy and higher further west, may only intermittently cap the high tops around/west of Strathspey.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some glimpses of weak sun north of the Cairngorm plateau. Visibility limited by rain and haze, mistier southern hills.	Patchy sun increasingly prevalent west, little in the east. Good visibility though a haze.
<b>How Cold? (at 900m)</b>	2C, little change with added height.	0 or +1C, may cool slightly.
<b>Freezing Level</b>	Near or just above freezing point on some slopes above 1000m, mainly eastern areas.	1000-1100m, some frosts in sheltered glens/corries.

**Planning Outlook****All mountain areas of Britain from Tuesday, 23 December, 2025**

Cloud and patchy rain lingers early this week, then a slow change to drier and chiller weather into the Christmas period as high pressure builds to the north. Easterly winds will be dominant, the strongest winds in England and Wales. Cloud may be fairly sheet-like in the east sometimes, though variably more extensive or broken, best northwest. The coldest air will reach England and Wales on the easterly wind with freezing levels reaching as low as 400-600m in Wales, staying slightly warmer in northern Scotland with some inversion conditions likely over higher terrain; frost into glens.

**Forecast issued at 16:30 on Sunday, 21 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.