

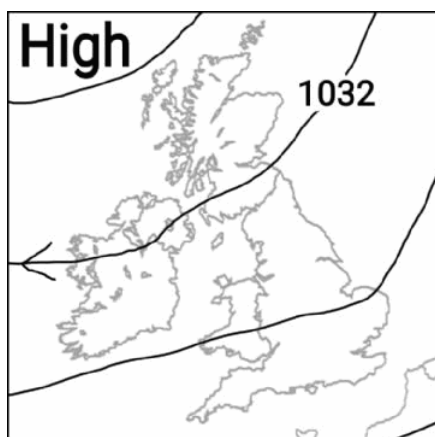
Cairngorms NP and Monadhliath

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, 29 December, 2025



British Mountain Summary:

Based on forecast chart for noon 29 December, 2025

Chilly northeasterly winds with extensive cloud with patchy precipitation locally. Best breaks and sun western Scotland, also toward west in England and Wales. As a cold front edges south, cloud may break up more widely later for the Highlands with colder conditions developing on the hills.

Headline for Cairngorms NP and Monadhliath

Cloud banks and a little patchy light rain/snow. Clearer breaks in southwest.

Detailed Forecast for Monday, 29 December, 2025

How windy? (On the Munros)	Northeast 15 to 25mph.
Effect of wind on you?	Mostly small, but considerable wind chill where exposed to the wind.
How wet? (Precipitation and its impact)	A little patchy precipitation from cloud A little patchy light rain or snow grains from the banks of low cloud, most likely as weak cold front edges through late morning and lunchtime period.
Cloud on the hills?	Cloud banks, tops initially clear above. Cloud banks from 500-1000m, highest tops may be clear for a time, before banks lift onto all higher terrain above 700m. Best breaks and patchier cloud toward Drumochter.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Mostly dull with sun breaking through at times, especially in the southwest, and perhaps initially sunny highest tops. Visibility mostly very good, away from any precipitation.
How Cold? (at 900m)	0C lowering to -2C. Feeling like -7 to -10C in the wind.
Freezing Level	Morning frost in glens/corries and little change in temperature with height, but turning colder on tops as freezing level stabilises around 700m by afternoon.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 30 December	Wednesday 31 December
How windy? (On the Munros) Effect of wind on you?	Northerly 15 to 25mph Fairly blustery at times with considerable wind chill.	Westerly 20 to 30mph, increasing through day to 30 to 40mph, risk 45mph north Cairngorms later. Be prepared for increasingly fairly arduous conditions through the day with significant buffeting and wind chill.
How wet? (Precipitation and its impact)	Mostly dry	Mostly dry Mostly dry, but a few patches of light rain and snow may move in from the west later. Snow falling above 500 to 800m.
Cloud on the hills? Chance of cloud free Munros?	Patches of banks, may be persistent in north. Banks of low cloud increasingly on upper slopes from 700m across the northern Cairngorms. Clearer in the south. 40% north, 70% south.	Lowering onto hills from west. May well start mostly clear the mountains, but increasingly low cloud will move in from the west to cover upper slopes or tops. Eastern mountains may stay clear. 40% in west, 70% in east.
Sunshine? Air clarity (below cloud)	Broken cloud and sun, may be mostly cloudy in the north. Visibility very good, away from any snow flurries.	Patches of sun, increasingly confined to east and cloud builds in. Visibility mostly very good, but poorer in any precipitation.
How Cold? (at 900m) Freezing Level	-3C. Wind chill feeling like -9 to -12C. Terrain frozen from lower slopes upwards, with frost into the glens in morning.	0 or -1C. Feeling like -10 to -15C in the strongest winds. Freezing at all levels at first, before freezing level rises through day to 700-900m.

Planning Outlook**All mountain areas of Britain from Tuesday, 30 December, 2025**

Up until end of the year, high pressure still dominates.

Significant change from New Year's Day as a cold front introduces, a much colder and strong northerly giving severe wind chill with temperatures well below average for the first week to the New Year with frequent and heavy snow showers moving into northern areas and running down coastal extremities with significant accumulations. Elsewhere, lots of dry and sunny weather, although occasional organised bands of snow will feed south at times in the Arctic airflow. All terrain becoming frozen, with scope for very low valley temperatures over snow cover when northerly flow eases.

Forecast issued at 7:00 on Monday, 29 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.