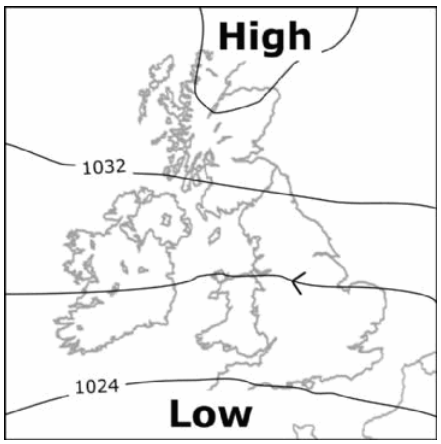
Cairngorms NP and Monadhliath

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 Friday, 6 November, 2026



British Mountain Summary:
Based on forecast chart for noon 6 November, 2026

Fairly light wind and scattered patches of light rain, amounting to little in total. Cloud base will vary, extensive on higher mountains, but lower down some slopes cloud free, whilst sometimes adjacent slopes remain foggy (or even between cloud layers) - with changes occurring only slowly.

Headline for Cairngorms NP and Monadhliath

Light wind. Extensive fog.

Detailed Forecast for Friday, 6 November, 2026

How windy? (On the Munros)	Easterly, 10 to 15mph. Will tend to ease through day.
Effect of wind on you?	**Negligible**
How wet? (Precipitation and its impact)	**Light rain now and again, mainly or only southern Cairngorms NP.** Many areas dry, particularly Monadhliath, But damp weather with pockets of mostly light rain will come and go mostly on southern and eastern hills in Cairngorms NP.
Cloud on the hills?	**Extensive, particularly more eastern hills** Broadly, cloud base typically 700-900m with the top 1100m or above. But in places Monadhliath, and extensively east and southern Cairngorms NP, areas of fog will 'hang' on lower slopes most or all day, whilst others are largely cloud free.
Chance of cloud free Munros?	**10%**
Sunshine? Air clarity (below cloud)	Overall cloudy or dull - perhaps glimpses of sun near and west of A9. The air generally very clear, though misty in rain and fog reaching some lower slopes.
How Cold? (at 900m)	3C
Freezing Level	Above the summits - frost some valleys overnight and perhaps ground frozen higher tops.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 7 November	Sunday 8 November
How windy? (On the Munros)	Easterly, 10mph or less, perhaps 15mph Ben Alder to southern summits Cairngorms NP.	Variable 10mph or less.
Effect of wind on you?	**Negligible**	**Negligible**
How wet? (Precipitation and its impact)	**Isolated, if any drizzle** Risk fine drizzle most likely near and east of Braemar.	**Patches of drizzle, total rainfall small** Little change with further patches of light or very light drizzle; the rain least likely Monadhliath.
Cloud on the hills?	**Extensive fog probable, higher areas above the cloud.** Broadly, main cloud base 600m to 800m. However, extensive or persistent fog will 'hang' on many lower slopes (above 300 to 450m) most or all day. This least prevalent Monadhliath.	**Extensive; cloud base sometimes very different on nearby slopes** Detail uncertain: Cloud extensive or persistent above 700-900m (but possibly highest tops above the cloud). Lower down, fog clinging to some slopes from valleys up all day, whilst others are fog free or between layers of cloud.
Chance of cloud free Munros?	**40% - fog lower slopes.**	**10%**
Sunshine? Air clarity (below cloud)	Mostly cloudy but excellent visibility. Probably bright sunshine higher areas.	Cloudy or dull with areas of fog - albeit mainly near and west of A9, below fog the air still very clear.
How Cold? (at 900m)	3C	3C
Freezing Level	Above the summits - but some particularly higher terrain frozen after a frost.	Above the summits but possibly terrain on highest summits partly frozen.

Planning Outlook

All mountain areas of Britain from Saturday, 7 November, 2026

High pressure will continue to be the main influence into next week, particularly W & NW Highlands where extensively dry and wind often light. However, disappointing for other areas as 'gloomy' conditions predominate" patches of light rain and extensive low cloud and fog.
Into next week, an area of low pressure will bring rain and wind in from the southwest but northern Scotland may escape most or all the rain.

Forecast issued at 12:03 on Thursday, 5 November, 2026

The Production of the Scottish forecasts is fully funded by 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, 2026.