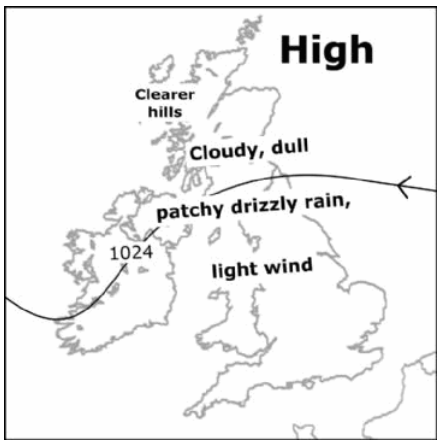
Cairngorms NP and Monadhliath

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 Saturday, 7 November, 2026



British Mountain Summary:
Based on forecast chart for noon 7 November, 2026

Extensively cloudy and dull, some drizzle or light rain, but total amounts small. Areas of fog in places from low terrain upward and cloud banks across hills. Some highest Scottish summits may just poke out above cloud, but local variations. Generally light wind.

Headline for Cairngorms NP and Monadhliath

Fog and drizzle mainly south and east, better near Strathspey.

Detailed Forecast for Saturday, 7 November, 2026

How windy? (On the Munros)	Easterly, 10mph or less, at times 15mph Ben Alder to southern summits Cairngorms NP.
Effect of wind on you?	**Negligible**
How wet? (Precipitation and its impact)	**Isolated if any drizzle** Patchy fine drizzle mostly near and east of Braemar.
Cloud on the hills?	**Fog and low cloud extensive, highest areas possibly above cloud for a time.** Broadly, main cloud base 600m to 800m. However, persistent fog will 'hang' on many lower slopes (above 300 to 450m) most or all day. Highest Cairngorms tops may be just above cloud mainly morning, then the cloud tending to drift higher up from the south. Better breaks generally toward the Monadhliath.
Chance of cloud free Munros?	**30% - fog some lower slopes (some highest tops above cloud for a time).**
Sunshine? Air clarity (below cloud)	Mostly cloudy but excellent visibility where out of fog and in sunshine higher areas; a veil of high cloud likely to cover the sun.
How Cold? (at 900m)	3C
Freezing Level	Above the summits - but local pockets of frost early morning in glens, also above 1100m partly frozen.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 8 November	Monday 9 November
How windy? (On the Munros)	Variable 10mph or less.	Variable 5mph or less, rarely 10mph.
Effect of wind on you?	**Negligible**	**Negligible**
How wet? (Precipitation and its impact)	**Patchy drizzle** Local pockets of light or very light drizzle; less likely Monadhliath.	**No rain expected**
Cloud on the hills?	**Extensive; cloud base sometimes very different on nearby slopes** Some local variations, but cloud extensive or persistent above 700-900m (a chance of highest tops poking out just 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.	**Varied fog and low cloud** Some uncertainty, but cloud likely to fairly extensively cover high terrain, plus areas of fog in the glens. Some slopes may be clearer between fog layers. Locally some better breaks may occur on the hills around Strathspey.
Chance of cloud free Munros?	**10%**	**20%**
Sunshine? Air clarity (below cloud)	Cloudy or dull with areas of fog - albeit mainly near and west of A9, below fog the air still very clear.	Mostly little sun, best chance toward Monadhliath. Many places hazy or foggy, some local improvements possible toward west.
How Cold? (at 900m)	3C	1C.
Freezing Level	Above the summits but some terrain on highest summits partly frozen. Local slight frost possible near Strathspey.	Near or just below freezing from 1000m upward all day; plus frost in some glens early morning.

Planning Outlook

All mountain areas of Britain from Sunday, 8 November, 2026

High pressure persists into the start of the new week with light winds for much of Scotland, though an easterly wind will increase for England and Wales. The west and northwest Highlands most extensively dry with cloud breaks and sun. However, disappointing for other areas as 'gloomy' conditions predominate, with patches of light rain and extensive low cloud and fog. Into midweek, an area of low pressure will bring rain and wind in from the southwest but northern Scotland may escape most or all the rain. Late in the week, indications favour a switch to a colder northerly flow for a time in Scotland at least and brings scope for snow showers to northern mountains.

Forecast issued at 15:30 on Friday, 6 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.