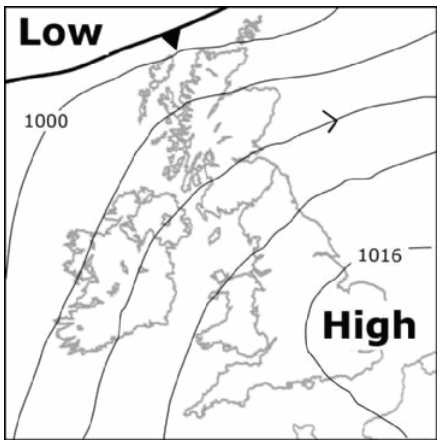
Cairngorms NP and Monadhliath

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, 14 November, 2026



British Mountain Summary:
Based on forecast chart for noon 14 November, 2026

Windy across higher areas, particularly so those near the north Irish Sea and Scottish Highlands (where widespread upland gales). Drizzly rain will affect some western mountains, but otherwise extensively dry. Much mountain terrain at least partly frozen, particularly morning.

Headline for Cairngorms NP and Monadhliath

Upland gales; Most terrain frozen.

Detailed Forecast for Saturday, 14 November, 2026

How windy? (On the Munros)	Southwesterly, increasing markedly with height to 40mph, although on Cairngorm plateau and Ben Alder sometimes 50mph.
Effect of wind on you?	**Higher up significant wind chill and challenging walking. Expect balance to be difficult.**
How wet? (Precipitation and its impact)	**Snow now and again** Often dry, but risk of a little snow (turning to rain below 600m) - the risk very low N Cairngorms east to Deeside. Total rainfall very small.
Cloud on the hills?	**Most higher mountains foggy. Cloud base highest toward Deeside.** Cloud base typically 650 to 900m west of A9 and Ben Alder east to southern summits in Cairngorms NP. Elsewhere, higher base, mostly 1100m or above north and east from Cairngorm plateau.
Chance of cloud free Munros?	**20%**
Sunshine? Air clarity (below cloud)	Sunshine now and again, perhaps sunshine extensive for periods toward and east of Braemar. Mostly good visibility but poor in precipitation.
How Cold? (at 900m)	-2C rising slowly to 1C. Will feel as cold as minus 15C directly in the wind.
Freezing Level	Most terrain initially frozen; thawing starting lower slopes as freezing level rises toward or later above 900m.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 15 November	Monday 16 November
How windy? (On the Munros)	Still considerable uncertainty: After a lull, northerly 25 to 40mph.	Northwesterly; dropping from 45-60mph at dawn to 30-40mph by dusk. Windiest east from Cairngorm plateau
Effect of wind on you?	**Temporarily small, but zones where wind chill significant and walking difficult - these challenging conditions could set in abruptly.**	**Severe wind chill and considerable buffeting from lower slopes up in gusty winds. Walking or sometimes any mobility difficult higher areas.**
How wet? (Precipitation and its impact)	**Periods of rain and snow** Areas of rain will circulate within general low pressure, from west abruptly changing to snow, except in valleys.	**Snow/hail showers** Squally snow and hail showers all day, some heavy. Generally showers becoming fewer and less heavy through day and from Ben Alder east to summits east of Drumochter, sometimes only flurries.
Cloud on the hills?	**Fog very likely across the mountains all day** Fog in some areas from lower slopes up, and few breaks above750m.	**Very extensive; cloud base changing quickly.** Fog rarely clearing above 750m, perhaps 900m Ben Alder east to summits east of Drumochter. Near showers, plumes of cloud near 450-600m, highest toward Ben Alder and Drumochter.
Chance of cloud free Munros?	**10%**	**10%**
Sunshine? Air clarity (below cloud)	Sunshine not expected. Regions of very poor appalling visibility.	Bursts of sunshine, mainly more southern hills. Appalling visibility in snow, but at least briefly very good between showers.
How Cold? (at 900m)	1 to 3C, abruptly -2 tp -4C.	-2C. Will feel as cold as minus 17C directly in the wind.
Freezing Level	Above the summits, particularly toward central belt. But abrupt change to 400m.	600m.

Planning Outlook

All mountain areas of Britain from Sunday, 15 November, 2026

On Sunday, uncertainty in forecast detail remains within a complicated area of low pressure.
Beyond, cold with higher terrain frequently or almost permanently frozen most or perhaps all next week. Wales, and perhaps N England, will see one or two incursions of much warmer air together with areas of persistent rain and snow. Some higher areas may have a considerable snow. Overall, low precipitation across Scotland, but marked exceptions: here too, where the frequently northerly wind rises over mountains (with the sea directly to the north), accumulations of snow may well be considerable.

Forecast issued at 14:12 on Friday, 13 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.