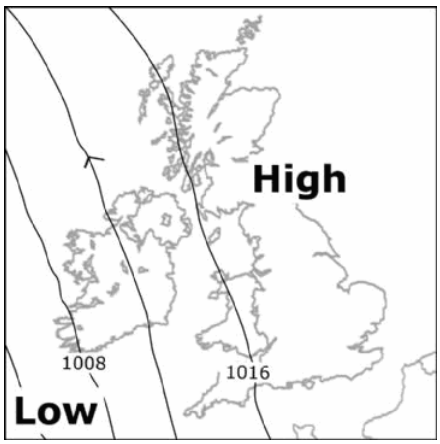
Cairngorms NP and Monadhliath

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, 21 November, 2026



British Mountain Summary:
Based on forecast chart for noon 21 November, 2026

Fine, cold and light wind most areas. Bright sunshine widely but the ground frozen or partly frozen. Less cold with cloud coming and going Wales, and also cloudy for periods southern Scotland and Cumbria with chance of a little light precipitation.

Headline for Cairngorms NP and Monadhliath

Terrain nearly all frozen. Bright sunshine, light wind.

Detailed Forecast for Saturday, 21 November, 2026

How windy? (On the Munros)	Variable direction below 10mph. In afternoon easterly 15mph, perhaps locally 20mph by dusk.
Effect of wind on you?	**Mostly negligible**
How wet? (Precipitation and its impact)	**No precipitation**
Cloud on the hills?	**Little or none** Chance of local fragments around northern corries, otherwise hills likely clear.
Chance of cloud free Munros?	**Almost certain**
Sunshine? Air clarity (below cloud)	Mostly sunny and superb visibility. Risky fog in some glens.
How Cold? (at 900m)	-2C.
Freezing Level	Much terrain frozen in morning, partial thawing sunlit slopes up to 600-700m.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 22 November	Monday 23 November
How windy? (On the Munros)	Easterly 20 to 30mph, locally very gusty, sometimes on lower slopes.	Southeasterly 20mph.
Effect of wind on you?	**Marked wind chill and sometimes abruptly gusty winds will make balance difficult in places; sometimes on lower slopes.**	**Fairly small.**
How wet? (Precipitation and its impact)	**Precipitation not expected** Small risk of a few snow flurries, or very light rain lower slopes.	**Precipitation not expected**
Cloud on the hills?	**Most or perhaps all mountains cloud free** Risk cloud forming on some higher slopes, most likely eastern mountains within Cairngorms NP. Cloud base 750-900m.	**May shroud higher areas southern Cairngorms NP to Ben Alder** Banks of cloud, base 700 to 900m, may be extensive more southern areas, but is likely to break up northward toward Cairngorms and Monadhliath.
Chance of cloud free Munros?	**70%**	**70%**
Sunshine? Air clarity (below cloud)	Bright sunshine frequently, banks of cloud will come and go - most widely southern Cairngorms NP. Visibility excellent.	Bright sunshine, most widely more northern mountains and very good or excellent visibility.
How Cold? (at 900m)	-1C. Will feel as cold as minus 8C directly in the wind.	-1C. Will feel as cold as minus 6C in the wind.
Freezing Level	850m. Terrain largely frozen lower slopes, particularly those out of the sun.	800m. Lower areas at least partly frozen after a frost sheltered valleys.

Planning Outlook

All mountain areas of Britain from Sunday, 22 November, 2026

Extensively dry and cold conditions will tend to be eroded away from the west only slowly early next week as high pressure to the east gives way only slowly. Rain, or on higher areas, particularly Scotland, snow, will occasionally make inroads into Wales on Sunday and Monday before the precipitation , together with strong winds progresses across the country. Further bands of precipitation will follow, together with areas of upland gale and low cloud. All in all temperature levels remaining below normal.

Forecast issued at 12:28 on Friday, 20 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.