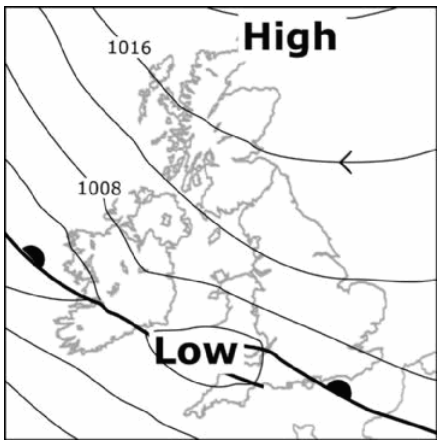
Cairngorms NP and Monadhliath

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 Sunday, 22 November, 2026



British Mountain Summary:
Based on forecast chart for noon 22 November, 2026

Windy across upland Britain, gales some higher areas, particularly Snowdonia. Extensively dry and cold and much terrain will be at least partially frozen. However, cloud progressively thicker southward across Wales, with an almost stationary area of rain South Wales.

Headline for Cairngorms NP and Monadhliath

Upland wind near gale. Fine; intermittent sunshine.

Detailed Forecast for Sunday, 22 November, 2026

How windy? (On the Munros)	Easterly, quickly increasing with height to 30 to 45mph, strongest Cairngorm plateau. Very gusty in places, sudden gusts penetrating to some lower slopes and valleys.
Effect of wind on you?	**Considerable wind chill and sometimes abruptly gusty winds will make walking and particularly balance difficult; sometimes on lower slopes.**
How wet? (Precipitation and its impact)	**Precipitation very unlikely** Small risk Isolated very light showers, giving snow flurries.
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.
Chance of cloud free Munros?	**70%**
Sunshine? Air clarity (below cloud)	Bright sunshine frequently, banks of cloud will come and go - most widely southern Cairngorms NP. Visibility excellent.
How Cold? (at 900m)	-1 or 0C. Will feel as cold as minus 8C directly in the wind.
Freezing Level	850m. After a frost, terrain largely frozen lower slopes, particularly those out of the sun.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 23 November	Tuesday 24 November
How windy? (On the Munros)	Southeasterly 20mph.	South to southeasterly, strengthening quickly with height a very gusty 40-60mph. Ferocious gusts; some reaching valleys.
Effect of wind on you?	**Fairly small.**	**Severe wind chill and very difficult walking where exposed. Gusts may well knock you over - even on some lower slopes.**
How wet? (Precipitation and its impact)	**Precipitation not expected**	**Snow probably spreading east** An area of snow will gradually envelop the region, although timing uncertain. In particularly, little, perhaps no precipitation at all toward Deeside. Mostly rain in glens north of Dalwhinnie.
Cloud on the hills?	**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.	**Mostly confined to higher slopes** Most hills starting cloud free. In precipitation, cloud base will drop, generally to around 1000m, but from Ben Alder east to Drumochter and summits accessible north of Glen Garry, cloud base may be or become a persistent 500m.
Chance of cloud free Munros?	**70%**	**20%**
Sunshine? Air clarity (below cloud)	Bright sunshine, most widely more northern mountains and very good or excellent visibility.	Here and there glens norther Cairngorms NP sunshine temporarily as cloud thins. Visibility very poor in precipitation, but often very good.
How Cold? (at 900m)	-1C. Will feel as cold as minus 6C in the wind.	-2C. Will feel as cold as minus 15C in the wind.
Freezing Level	800m. Lower areas at least partly frozen after a frost sheltered valleys.	Varying between 450 to 700m.

Planning Outlook

All mountain areas of Britain from Monday, 23 November, 2026

Colder than normal most mountain areas throughout next week. Precipitation and temporarily warmer conditions will occasionally penetrate across most southern and western mountains, but particularly later in the week, freezing level across Britain may drop to a few hundred metres - with much higher terrain persistently frozen. Most considerable snowfall is likely over the SE Highlands and perhaps Scottish Border hills.

Forecast issued at 12:20 on Saturday, 21 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.