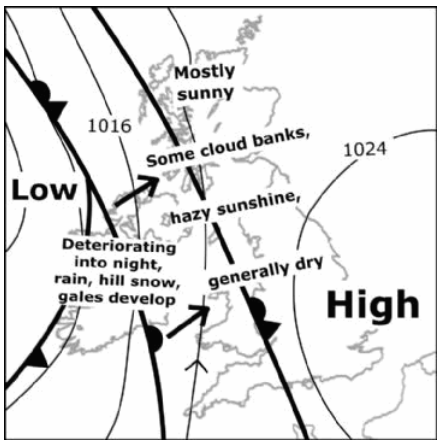
Cairngorms NP and Monadhliath

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 Monday, 23 November, 2026



British Mountain Summary:
Based on forecast chart for noon 23 November, 2026

A largely fine day but a chilly southeasterly breeze - windier near west coasts. Sunniest northern Scotland. Remnants of a front toward west - some patchy cloud on southern hill groups in Scotland; some lower fog / cloud banks south Wales. Deteriorating from southwest into night.

Headline for Cairngorms NP and Monadhliath

Some cloud patches, but mostly sunny north; moderate breeze.

Detailed Forecast for Monday, 23 November, 2026

How windy? (On the Munros)	Southeasterly 20mph, with time increasingly gusts 30mph around higher Cairngorms. Will strengthen into night to reach 40-50mph.
Effect of wind on you?	**Fairly small, but some more notable gusts and marked wind chill develop over higher mountains.** **Deteriorating into the night.**
How wet? (Precipitation and its impact)	**Precipitation not expected**
Cloud on the hills?	**Patches mostly south** Patchy cloud drifting over some slopes mostly from southern Cairngorms to Ben Alder above 800-900m. Often clear northwards.
Chance of cloud free Munros?	**80%**
Sunshine? Air clarity (below cloud)	Bright sunshine, most widely more northern mountains and very good or excellent visibility.
How Cold? (at 900m)	-1C. Will feel as cold as minus 6C in the wind.
Freezing Level	800m. Lower areas at least partly frozen after a frost sheltered glens.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 24 November	Wednesday 25 November
How windy? (On the Munros)	South to southeasterly, strengthening quickly with height a very gusty 40-60mph. Ferocious gusts; some reaching valleys.	Southeasterly 20 to 35mph, likely strongest in the morning and toward north/east Cairngorms, where locally gusty.
Effect of wind on you?	**Severe wind chill and very difficult walking where exposed. Gusts may well knock you over - even on some lower slopes.**	**Blustery over high terrain with significant chill factor, in places strong gusts not just on the tops may affect balance.**
How wet? (Precipitation and its impact)	**Snow most persistent south** Periods of snow possibly from early morning, varying in extent and intensity, may fade for a time, then set in again from the southwest. Least precipitation toward Deeside. Mostly rain in glens north of Dalwhinnie.	**Patchy snow flurries** Occasional light snow, tending to fade to just patchier areas and becoming less with time during the day.
Cloud on the hills?	**Lowest south** Fairly extensive above around 1000m, but from Ben Alder east to Drumochter and summits accessible north of Glen Garry, cloud base may be persistent 500m.	**Covering many hills** Fairly extensive cloud across the hills with banks from lower elevations upward toward the south and eastern Cairngorms. Some breaks forming toward Strathspey.
Chance of cloud free Munros?	**20%**	**30%**
Sunshine? Air clarity (below cloud)	Here and there glens northern Cairngorms NP may see brief sun and very good visibility temporarily as cloud thins. Visibility very poor in precipitation.	Little if any weak sun due to layers of high cloud. Visibility often very good.
How Cold? (at 900m)	-2C. Will feel as cold as minus 15C in the wind.	Around 0C, locally varied just above or below freezing; small variation with height. Feeling like -12C if in stronger wind.
Freezing Level	Varying between 450 to 700m.	Poorly defined with much upland terrain partly frozen above 600m, but also frost in many glens in the morning.

Planning Outlook

All mountain areas of Britain from Tuesday, 24 November, 2026

Staying near or below freezing across most mountains with below-average temperatures for late November, much higher terrain persistently frozen and regular frosts into valleys and glens. Some rain, sleet and hill snow on Tuesday as a front drifts in from the west, but then fizzles out into Wednesday. East or southeasterly winds prevail into midweek and beyond, with snow flurries focused on more southeastern hill groups in the Highlands, at times the Borders and Pennine areas. In the extended outlook toward next weekend and beyond, there is uncertainty about the extent of incoming Atlantic fronts and scope for further snowfalls, or any pushes of milder air trying to arrive. A more 'blocked' chillier easterly driven weather regime may well prevail into early December.

Forecast issued at 15:00 on Sunday, 22 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.