

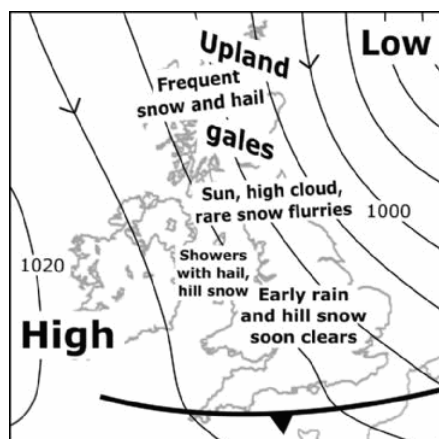
# Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.**  
**Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit [www.tiso.com](http://www.tiso.com)**

## General Summary for Thursday, 1 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 1 January, 2026

Cold north-northwesterly winds, widely gale force over the mountains, difficult conditions with severe chill factor on Scottish high tops. Showery snow and hail frequent in northern Scotland. Rare showers central Scotland and northern England. Early rain and hill snow followed by showers in Wales.

### Headline for Cairngorms NP and Monadhliath

Gales, severe on high tops; snow and hail to lower slopes.

## Detailed Forecast for Thursday, 1 January, 2026

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Northwesterly 45 to 60mph, sustained speeds tending to widely increase, strongest higher Cairngorms, in places 70mph higher up, mainly eastern high tops, powerful squally gusts in showers.  <b>Arduous walking conditions in exposure, difficult with constant buffeting high tops, gusts could knock you over. Significant wind chill, severe higher up.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow and hail, most often north</b> Showers or sometimes more persistent falls of snow moving across the northern Cairngorms and Monadhliath, also hail, falling to lower slopes. Periods of whiteout on hills. Less precipitation toward Glen Garry.
<b>Cloud on the hills?</b>   <b>Chance of cloud free Munros?</b>	<b>Often covering tops</b> Cloud base varying, but often capping higher slopes above 700-900m, most persistent northern areas. Some breaks above 900-1000m Drumochter to Deeside.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy north, glimpses of sun more often south. Visibility very poor for periods in snow and cloud, but intermittently very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-3C (-5C high tops), falling to -5 to -7C into night. Wind chill feeling like -15C, to -20C higher Cairngorms.  Near or below freezing from the glens upward; most terrain frozen.

## Cairngorms NP and Monadhliath - Looking Ahead

	Friday 2 January	Saturday 3 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Northerly 35 to 45mph, often 50mph higher Cairngorms.  <b>Severe wind chill over the mountains. Frequent buffeting in exposure, often arduous walking on higher terrain.</b>	North to northwesterly 35 to 50mph, strongest sustained speeds on Cairngorm high tops; squally gusts in showers.  <b>Continued severe wind chill over the mountains. Challenging conditions, walking arduous on exposed high terrain.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Near-constant snow and hail</b> Heavy showers merging into more persistent snow coming in from the north, snow and hail falling and accumulating to lowest slopes. Frequent whiteout over the mountains. Risk of isolated thunder.	<b>Near-constant snow and hail</b> Ongoing heavy showers merging into more persistent snow coming in from the north, snow and hail falling and accumulating into the glens. Frequent whiteout over the mountains. Risk of isolated thunder.
<b>Cloud on the hills?</b>	<b>Fairly extensive higher areas</b>  Often covering the mountains above 800m, at times 600m in northern Cairngorms. Higher and more varied bases southward, some breaks above 1000m more often.	<b>Fairly extensive higher areas</b>  Often covering the mountains above 800m, at times 600m in northern Cairngorms. Higher and more varied bases southward, some breaks above 1000m more often.
<b>Chance of cloud free Munros?</b>	<b>20% north, to 40% south.</b>	<b>20% north, to 40% south.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief bursts of sun, most often south. Visibility often appalling due to snow falling or blowing and where also in cloud; but intermittently very good.	Brief bursts of sun, more frequent south. Visibility often appalling due to snow falling or blowing and where also in cloud; but intermittently very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-6C (to -8 or -9C at 1200-1300m). Wind chill feeling like -17 to -22C on tops.  Terrain widely frozen, sub-zero all day glens upward.	-6C (to -9C above 1200m). Wind chill feeling like -20C, nearer -25C higher Cairngorm plateau in exposure. Terrain widely frozen, staying sub-zero from glens upward.

## Planning Outlook

## All mountain areas of Britain from Friday, 2 January, 2026

Terrain extensively frozen onward into the weekend and early next week at least; sub-zero temperatures from the glens upward in Scotland and some valleys inland in northern England. Substantial fresh snow accumulations in the North West Highlands and Cairngorms, heavy showers streaming in from the north also containing hail. Largely dry and sunny from central Scotland to northern England. Hail and snow showers will run into north and west Wales from the sea. Bitter northerly winds, up to gale force higher tops, tending to lessen into Sunday. Some fluctuation of freezing level during next week, but some fronts moving in from northwest likely bring snowfall to hills at times more widely.

## Forecast issued at 15:55 on Wednesday, 31 December, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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, 2025.