

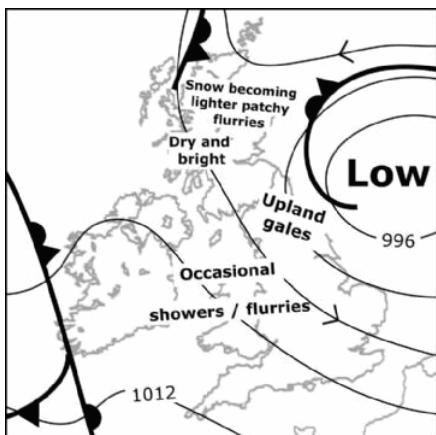
Cairngorms NP and Monadhliath

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 Wednesday, 7 January, 2026



British Mountain Summary:

Based on forecast chart for noon 7 January, 2026

Gale-force NW'ly winds England, Wales and S Scotland, slowly lessen from west. Areas of snow falling over N & E Scotland tends to ease and become patchy. A few showers or flurries elsewhere, but largely dry SW Highlands. Much terrain remains frozen, substantial snow depths much of Highlands.

Headline for Cairngorms NP and Monadhliath

Strong winds easing. Snow easing to flurries, cloud on hills.

Detailed Forecast for Wednesday, 7 January, 2026

How windy? (On the Munros)	North-northeasterly 30-40mph, risk 50mph in east up to and through dawn, tending to lessen to 15-25mph middle of day, shifting northwesterly afternoon 10-15mph or less up to dusk, little wind into evening.
Effect of wind on you?	Significant wind chill and arduous conditions around dawn, but improving during daytime, becoming small later.
How wet? (Precipitation and its impact)	Snow most persistent morning, patchy flurries continue Snowfalls from overnight leaving additional accumulations, most substantial in north. Some ongoing snow into the morning, mainly northern areas, gradually fading into lighter flurries, but some of these continuing all day and into night.
Cloud on the hills?	Fairly extensive, particularly higher Cairngorms Cloud fairly widely on higher terrain, likely to persist over most of Cairngorms plateau, in places from 800m up, some lower patches. Some breaks forming elsewhere, but expect varied cloud banks clinging to tops.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy. Whiteout with difficult navigation on high tops in fog over snow; visibility becoming very good below cloud where dry.
How Cold? (at 900m)	-5C. Feeling near -15 to -20C if exposed to stronger wind early in day.
Freezing Level	Staying near or below freezing from the glens upward.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 8 January	Friday 9 January
How windy? (On the Munros)	Direction and speed likely to vary: mostly south or southwesterly, 10 to 25mph.	Variable direction, mostly below 15-20mph, in places often little wind.
Effect of wind on you?	Fairly small.	Likely small.
How wet? (Precipitation and its impact)	Rare light snow Often dry, but possible snow flurries locally from time to time.	Local flurries Possible snow flurries, greater risk over eastern hills, may fall as sleet some lower slopes; likely amounting to little.
Cloud on the hills?	Varied cloud around hills Patchy cloud around upper slopes and corries, in places to some mid-slopes. Some mist lower down.	Varied patches Patchy cloud clinging to some upper slopes and corries, filling in locally if snow occurs, but expect clearer spells over many mountains.
Chance of cloud free Munros?	40%	60%
Sunshine? Air clarity (below cloud)	Varied cloud and sun, likely better east. Visibility very good in places, but beware risk of locally difficult navigation if in fog over snow cover on tops.	Any sun weak due to a veil of high cloud. Visibility very good over many hills, some haze or mist in glens.
How Cold? (at 900m)	-4C.	-2 or -3C.
Freezing Level	Most terrain frozen and snow covered, many glens stay sub-zero. Some lower sunlit slopes rise just above freezing.	Terrain frozen into the glens, some slopes around 300-500m just above freezing point.

Planning Outlook**All mountain areas of Britain from Thursday, 8 January, 2026**

Terrain remaining widely frozen into the weekend, extensive deep snow cover for Highlands, less nearer the central belt. An additional substantial snowfall for Wales & Peak District on Thursday night, accompanied by gales. A fairly benign end to the week for Scotland, showers near some west coasts. By late Saturday into Sunday, southerly winds strengthen to gales - as a frontal system approaches, snow then freezing rain is likely, before at least a temporary rise of freezing level - some thawing develops on lower terrain, most pronounced in Wales toward higher slopes. Chilly patterns next week with some further hill snow, many mountains often sub-zero, but overall less cold.

Forecast issued at 16:20 on Tuesday, 6 January, 2026

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, 2026.