

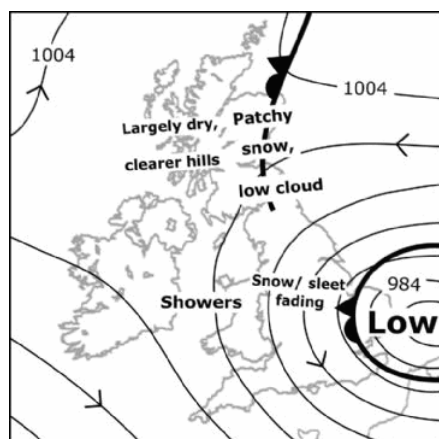
# Cairngorms NP and Monadhliath

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 Friday, 9 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 9 January, 2026

Patchy snowfall and low cloud over the eastern Highlands & N/E Pennines, little if any reaching western Scotland where hills will be clearer, some low-level fog. Extensive fresh snow cover for Wales and Peak District, residual flurries fade, but wind remains strong; showers with hail near west coast of Wales.

### Headline for Cairngorms NP and Monadhliath

Fairly light wind. Mostly light snow, low cloud in east.

## Detailed Forecast for Friday, 9 January, 2026

<b>How windy? (On the Munros)</b>	Variable or east to southeasterly, 10 to 15mph, at times little wind near and west of Strathspey, but in places 20mph more eastern hills, perhaps gusts extending westwards during afternoon.
<b>Effect of wind on you?</b>	<b>Mostly small, but noticeably cold if exposed to stronger speeds on some slopes.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow flurries pushing west</b> Snow flurries mostly over eastern hills, tending to advance gradually westwards during the daytime, may fall as sleet some lower slopes; amounts mostly small, but snow may fall over a few hours in east.
<b>Cloud on the hills?</b>	<b>Varied patches, becoming more extensive east</b> Patchy cloud clinging to some upper slopes and corries, but often clearer spells over mountains toward/west of A9. Risk of cloud filling in from the east across higher slopes above 700-900m.
<b>Chance of cloud free Munros?</b>	<b>60% dropping to 30% from east</b>
<b>Sunshine?</b> Air clarity (below cloud)	Any sun weak due to a veil of high cloud, cloud thickening from east. Visibility very good toward west, some haze or mist in glens; beware difficult navigation if in fog over snow cover.
<b>How Cold? (at 900m)</b>	-2 or -3C. Feeling nearer -10C on high tops if breeze increases.
<b>Freezing Level</b>	Terrain frozen into the glens, some slopes around 300-500m just above freezing point.

**All mountain areas of Britain from Saturday, 10 January, 2026**

Terrain stays widely frozen away from coastal slopes this weekend, fresh extensive snow for Wales and Peak District, whilst substantial snow remains across Scottish mountains. By Sunday, southerly winds strengthen to gales - as a frontal system approaches, snow then freezing rain is likely. A rise of freezing level from the southwest - thawing develops, rising just above freezing toward all higher slopes; in England and Wales much snow will thaw - here only occasionally near freezing on highest tops in the week ahead. In Scotland next week, higher mountains often near or below freezing at 800-1000m upward. A mix of rain and high-level snowfall, often windy through mid-month.

**Forecast issued at 16:10 on Thursday, 8 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.