

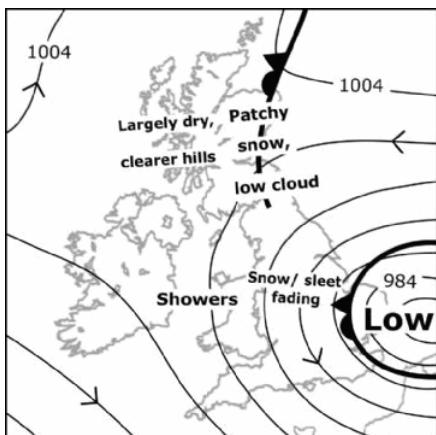
Cairngorms NP and Monadhliath

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

How windy? (On the Munros)	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.
Effect of wind on you?	Mostly small, but noticeably cold if exposed to stronger speeds on some slopes.
How wet? (Precipitation and its impact)	Snow flurries pushing west Snow flurries mostly over eastern hills, tending to advance gradually westwards during the daytime, may fall as sleet on some lower slopes; amounts mostly small, but snow may fall over a few hours in east.
Cloud on the hills?	Varied patches, becoming more extensive east 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.
Chance of cloud free Munros?	60% dropping to 30% from east
Sunshine? 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.
How Cold? (at 900m)	-2 or -3C. Feeling nearer -10C on high tops if breeze increases.
Freezing Level	Terrain frozen into the glens, some slopes around 300-500m just above freezing point.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 10 January	Sunday 11 January
How windy? (On the Munros)	Southerly or variable 15 to 30mph, risk gusty in places on some downslopes from northern corries and higher tops.	Southerly, strengthening rapidly up to dawn, in range 50 to 70mph much of daytime.
Effect of wind on you?	Noticeably blustery in places, locally buffeting gusts not just on tops; considerable wind chill.	Difficult conditions with frequent buffeting and powerful gusts to some lower slopes, significant wind chill.
How wet? (Precipitation and its impact)	Rare flurries Often dry, scattered snow flurries, falling to lower slopes, possibly sleety in places.	Snow setting in, rain later Snow developing perhaps quickly from the southwest, setting in heavy particularly southern Cairngorms NP. Turning to sleet on lower slopes, may become freezing rain; after dark may become rain higher up.
Cloud on the hills?	Varied patches Patches or fragments of cloud around some slopes and tops, may linger around corries. Some mist possible into glens.	Increasingly extensive Varied banks over higher terrain, but filling in widely, lowest bases southern Cairngorms NP.
Chance of cloud free Munros?	60%	30%
Sunshine? Air clarity (below cloud)	Occasional sun. Visibility mostly very good.	Overcast and mostly dull. Visibility generally very poor, appalling if in cloud and blowing snow on hills.
How Cold? (at 900m)	-2 or -3C. Feeling like -10 to -13C if in gusty wind.	-2C, rising later to 0 or +1C, small variation of temperature with height. Wind chill feeling like -15 to -18C.
Freezing Level	Terrain widely frozen from glens upward, some slopes around 400-500m just above freezing point.	Terrain frozen to lower slopes from dawn into morning; rising variably during day above freezing toward high tops.

Planning Outlook**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.