

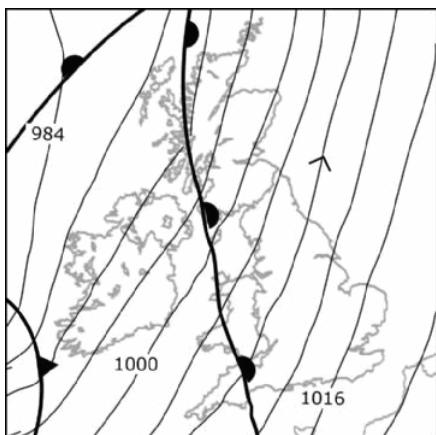
# Cairngorms NP and Monadhliath

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 Sunday, 11 January, 2026



### British Mountain Summary:

**Based on forecast chart for noon 11 January, 2026**

Widely very difficult mountain conditions in severe or storm force upland winds. From west, rapid snow melt commencing and extensive fog - giving whiteout in some areas. Underfoot areas of ice, in some areas on lower slopes.

### Headline for Cairngorms NP and Monadhliath

Storm force wind; snow turning to rain. Snow pack starting to melt.

## Detailed Forecast for Sunday, 11 January, 2026

<b>How windy? (On the Munros)</b>	Southerly, 60mph, sometimes 80mph high tops. Powerful gusts.
<b>Effect of wind on you?</b>	<b>Difficult conditions over the mountains; mobility widely challenging. Sometimes difficult to stand, in places sudden ferocious gusts reaching lower slopes, Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow turning to rain</b> Snow starts overnight, heavy for a few hours through into morning, particularly southern Cairngorms NP. Through the afternoon, progressively turning to rain - locally with the temperature still below freezing point.
<b>Cloud on the hills?</b>	<b>Persistent fog on almost all summits</b> Incessant fog higher terrain all day, lowest bases southern Cairngorms NP where 450 to 600m. Highest base northernmost hills and Deeside where breaks to 900 or 1000m.
<b>Chance of cloud free Munros?</b>	<b>Less than 10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Rare if any glimpses of sun. Hazy but visibility appalling or near zero at times in cloud above snow cover.
<b>How Cold? (at 900m)</b>	-2C rising to 0 to +3C, small variation of temperature with height. Will feel as cold as minus 15C directly in the wind.
<b>Freezing Level</b>	Gradually lifting above the summits, but almost all terrain frozen and widely icy.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 12 January	Tuesday 13 January
<b>How windy? (On the Munros)</b>	South to southwesterly 50 to 65mph Cairngorms.	Low confidence in forecast: There may well be a lull to low speeds, but risk of westerly 25mph.
<b>Effect of wind on you?</b>	<b>Walking widely challenging, frequent buffeting even lower elevations! Severe wind chill.</b>	<b>Probably small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain, snow high tops, mostly southwest</b> Frequent to near-constant precipitation from Ben Alder to areas accessed from Glen Garry, smaller amounts northeastwards. Falling as snow above around 900-1000m. Very wet underfoot where snow melts.	<b>Little or perhaps no precipitation</b> It may well be dry most or all day - but threat of showers (snow higher slopes) reaching particularly areas west of A9 and later in day possible general precipitation spreading northwards.
<b>Cloud on the hills?</b>	<b>Fairly extensive higher areas</b> Covering higher terrain most or all day, lowest base 700-900m southern Cairngorms NP, mostly above 900-1000m in northern areas, some higher breaks.	<b>May become confined to higher slopes, possibly clearing some summits</b> Patches of fog may have formed both valleys and lower slopes and also higher up. Through day, may clear some higher areas, whilst nearby the fog persists.
<b>Chance of cloud free Munros?</b>	<b>30%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun mostly north of the Cairngorms. Slight haze; visibility poor in precipitation.	Patches of sunshine in places. Visibility mostly very good.
<b>How Cold? (at 900m)</b>	1 or 2C. Wind chill feeling around -15C where directly exposed on tops.	0 or -1C
<b>Freezing Level</b>	1100m.	700 to perhaps 900m.

**Planning Outlook****All mountain areas of Britain from Monday, 12 January, 2026**

High rainfall and intermittently windy across most mountains areas next week as a series of Atlantic lows cross Britain .

From Tuesday day to day confidence very low due to uncertainty in timing and tracking of lows .

Over England and Wales, temperatures on higher summits will intermittently be below freezing point: snow may accumulate on highest summits. Freeze thaw cycles will occur on the Scottish Highlands, although above 900m periods of thaw may well be brief, with progressive enhancement of the snowpack likely.

**Forecast issued at 7:40 on Sunday, 11 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.