

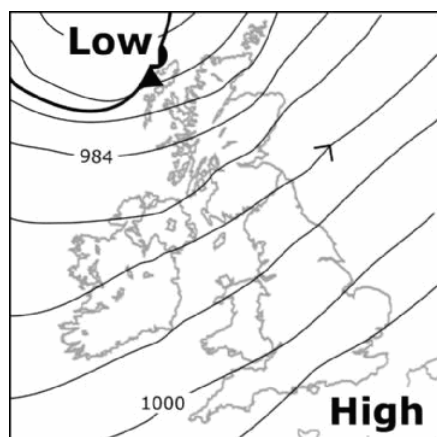
Cairngorms NP and Monadhliath

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 Monday, 12 January, 2026



British Mountain Summary:

Based on forecast chart for noon 12 January, 2026

Extensive upland gales, although storm force at first N Scotland. Bands of showers, of hail, and snow higher areas, will merge to give periods of almost constant precipitation on many western mountains. Small risk thunder. Driest conditions will be on easternmost mountains and S Wales.

Headline for Cairngorms NP and Monadhliath

Severe gale or storm force upland wind. Snow and fog.

Detailed Forecast for Monday, 12 January, 2026

How windy? (On the Munros) Effect of wind on you?	South to southwesterly 50 to 65mph, strongest Cairngorms and Monadhliath in morning. Marginal drop in speed through day. Walking widely challenging, frequent buffeting even lower elevations! Severe wind chill.
How wet? (Precipitation and its impact)	Snow showers; frequent more southern ranges Frequent to sometimes near constant precipitation, hail and above 750m snow, from Ben Alder to areas accessed from Glen Garry. Intermittent whiteout. Elsewhere, showery, although often dry Deeside.
Cloud on the hills? Chance of cloud free Munros?	Almost all higher areas persistently foggy Cloud intermittently below 450m and rare if any breaks above 750m from Ben Alder to areas accessed from Glen Garry. Higher cloud base north toward Cairngorms and Deeside, often 700, rarely 1050m (most likely Lochnagar), but patches below 600m near showers. Almost nil
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly lower areas Cairngorms and Deeside. Slight haze; visibility poor in precipitation.
How Cold? (at 900m) Freezing Level	1C. Will feel as cold as -16C where exposed to the wind. 1050m. Some terrain lower down still frozen and icy.

All mountain areas of Britain from Tuesday, 13 January, 2026

Forecast issued at 21:35 on Sunday, 11 January, 2026

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