

Cairngorms NP and Monadhliath

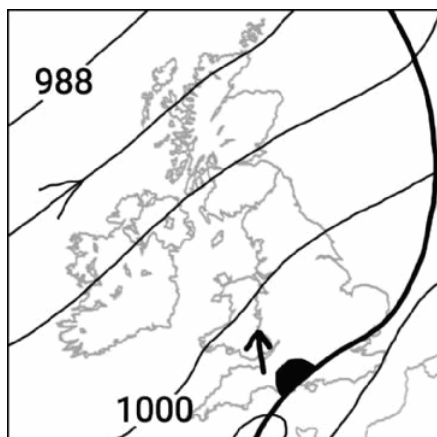
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Thursday, 15 January, 2026



British Mountain Summary:

Based on forecast chart for noon 15 January, 2026

Blustery and chilly south-westerly winds bringing occasional snow and hail showers, most prevalent across the west Highlands. Rain falling below 500m. Drier for England and Wales, but risk of marked deterioration later for southern and eastern Wales as rain and summit snow edges in from the south.

Headline for Cairngorms NP and Monadhliath

Blustery south-west winds bring a few snow showers to the west.

Detailed Forecast for Thursday, 15 January, 2026

How windy? (On the Munros)	Southwesterly 25 to perhaps 35mph. Will ease further later and back southerly.
Effect of wind on you?	Strong enough to make walking arduous where exposed and balance at times difficult. Considerable wind chill.
How wet? (Precipitation and its impact)	Occasional hail and snow showers Hail and snow showers mainly west of A9; few if any reaching Ochils and Angus.
Cloud on the hills?	Persistently covering higher tops Higher areas almost always cloud covered. Cloud base typically 600 to 1000m lowest southern Cairngorms NP west to Ben Alder. Highest cloud base near Cairngorm ski centre and Deeside where breaks to 1100m.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine - most sun Deeside. Visibility excellent.
How Cold? (at 900m)	-1C, but feeling more like -10C in direct exposure to the strongest winds.
Freezing Level	750m.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 16 January	Saturday 17 January
How windy? (On the Munros) Effect of wind on you?	Low confidence in detail: Northerly 20-30mph eastern hills at first, little wind in west. Then turning southwesterly 20mph. Risk very blustery start eastern hills with considerable wind chill. Otherwise, mostly small impact from the wind through day.	South-easterly 10 to 20mph, perhaps 25mph through some cols, passes and summits. Mostly small, but wind chill still significant where exposed to the strongest breeze.
How wet? (Precipitation and its impact)	Mostly dry	Mostly dry Local fine spots of drizzle or snow grains possible across southern and eastern hills. Otherwise dry.
Cloud on the hills? Chance of cloud free Munros?	Hills may be fairly clear above valley fog. Hills may well be fairly clear, although some caps of cloud across the tops at times. Likely ribbons of fog through some of the glens, mainly in the west. 60%	Varying banks, fog patches some glens. Banks or patches of cloud at varying heights from mid to upper slopes, with ribbons of fog some glens. Best breaks across the north Cairngorms. 30%
Sunshine? Air clarity (below cloud)	Patchwork of sunshine. Once any upper cloud clears to the east. Visibility very good, away from any fog in the glens.	Mainly dull, little or no sun. Visibility suppressed in low cloud but mainly very good in north.
How Cold? (at 900m) Freezing Level	-1C 700-800m, but frost into the western glens at first light.	-1 to plus 0C, but feeling closer to -8C in the strongest breeze. Varied across the area, 600-900m, highest in the north. Also sub-zero with frost into glens at dawn.

Planning Outlook

All mountain areas of Britain from Friday, 16 January, 2026

A small scale low will pull away early on Friday morning to the North Sea to leave drier and chilly conditions into the weekend with a south to south-easterly airflow developing. Looking further ahead, a colder continental influence may be drawn in on south to east winds, but the extent of this is uncertain. The snow pack across the Scottish Highlands will be enhanced by further spells of snowfall where fronts edge in from the west, whilst for England and Wales snow accumulating on the hills at times, perhaps in the form of showers from the east.

Forecast issued at 16:46 on Wednesday, 14 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.