

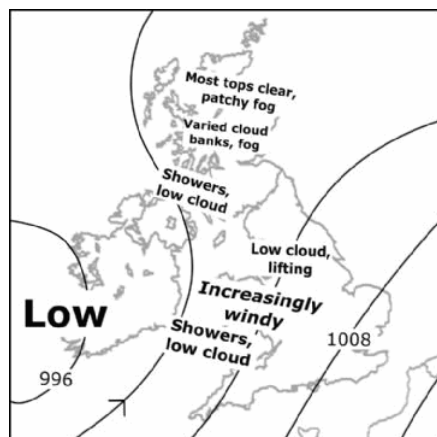
# Cairngorms NP and Monadhliath

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 Friday, 16 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 16 January, 2026

Dry for much of the Highlands, many northern mountains clear, in places above patchy valley fog, some weak sun through high-level cloud above the mountains. Breezy toward the west, some showers southwest coasts of Scotland, also S/W Wales. Areas of low cloud over Pennines and S Lakes may linger.

### Headline for Cairngorms NP and Monadhliath

Light wind, increasing with time. Patchy fog, many hills clear.

## Detailed Forecast for Friday, 16 January, 2026

<b>How windy? (On the Munros)</b>	Variable or southerly 10-15mph or less in morning, increasing into afternoon to 20mph.
<b>Effect of wind on you?</b>	Mostly small, but feeling chilly where breeze picks up.
<b>How wet? (Precipitation and its impact)</b>	Precipitation unlikely
<b>Cloud on the hills?</b>	<b>Mostly little, patchy valley fog</b> Hills fairly clear, although some caps of cloud across the tops at times, mainly more southern hills, which may become more often covered in afternoon. Likely ribbons of fog through some of the glens in the morning at least.
<b>Chance of cloud free Munros?</b>	<b>70% dropping to 40% later south.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchwork of sunshine; occasional high-level cloud. Visibility very good, away from any fog in the glens.
<b>How Cold? (at 900m)</b>	-1C.
<b>Freezing Level</b>	700-800m, but also frost in many glens from dawn.

## Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 17 January	Sunday 18 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 10 to 20mph, in places 25mph through some cols, passes and summits, risk 30mph NE Cairngorms.  <b>Fairly small, but wind chill still significant where exposed to the strongest breeze, locally more blustery.</b>	South to southeasterly 25 to 35mph, suddenly gusty in places, particularly downslope from northern corries.  <b>Affecting ease of walking and balance on tops. Varied lower down, but in places very blustery. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Mostly dry</b>  Local fine spots of drizzle or snow grains possible across southern and eastern hills. Otherwise dry.	<b>Precipitation unlikely</b>
<b>Cloud on the hills?</b>	<b>Varying banks, fog patches some glens.</b>  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.	<b>Low cloud most persistent south</b>  Risk an extensive sheet of low cloud over southern Cairngorms NP from mid-slopes up, but also banks of cloud rolling across higher Cairngorm plateau; best breaks toward Strathspey into Monadhliath.
<b>Chance of cloud free Munros?</b>	<b>20% south, to 40% north</b>	<b>20% south, to 50% Monadhliath.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mainly dull, little or no sun.  Visibility suppressed in low cloud but mainly very good in north.	Sunshine mostly toward Glenmore. Visibility very good out of cloud, but mistier to some mid-slopes toward south.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1 to 0C, but feeling closer to -10C in the strongest breeze.  Varied across the area, 600-900m, highest in the north. Also sub-zero with frost into glens in morning.	-1C, but in places just above 0C on some upper-mid slopes. Feeling like -10 to -13C in the wind.  Small variation with height, near or just below freezing from many glens upward, terrain frozen or part-frozen.

## Planning Outlook

## All mountain areas of Britain from Saturday, 17 January, 2026

Often dry and chilly conditions into the weekend with a south to south-easterly airflow developing, gusty wind in places. General patterns into the second half of January favour a colder continental influence. 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 16:00 on Thursday, 15 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.