

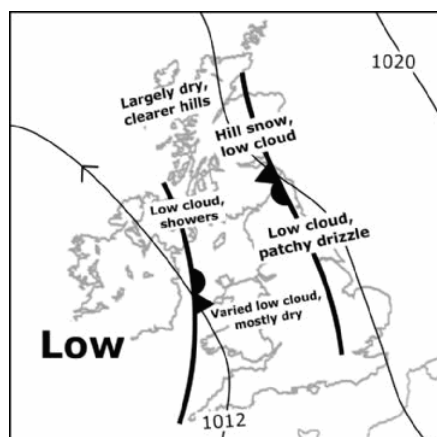
Cairngorms NP and Monadhliath

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 Saturday, 17 January, 2026



British Mountain Summary:

Based on forecast chart for noon 17 January, 2026

A slow-moving area of snowfall in central-eastern Highlands, may be often patchy and light, but risk locally more persistent, low cloud extensive. Clearer northwest coasts of Scotland. Low cloud much of northern England, some early rain and hill snow. Drier for Wales with varied low cloud. Light-moderate SE'ly winds.

Headline for Cairngorms NP and Monadhliath

Patchy snow, lowest cloud south/east. Moderate breeze, gusty.

Detailed Forecast for Saturday, 17 January, 2026

How windy? (On the Munros)	Southeasterly 15 to 20mph, in places 25mph through some cols, passes and summits, locally 30mph NE Cairngorms.
Effect of wind on you?	Fairly small, but marked wind chill, locally significant where exposed to the strongest breeze, more blustery in places.
How wet? (Precipitation and its impact)	Frequent or persistent snow, less north Snow flurries, but more persistent snow particularly over southeastern Cairngorms NP, sleet or rain on lower slopes. Patchy small amounts toward Strathspey and Monadhliath.
Cloud on the hills?	Lowest and most persistent south Banks or patches of cloud at varying heights from mid to upper slopes, most persistent around Deeside to areas near Glen Garry. Best breaks across the north Cairngorms to Monadhliath.
Chance of cloud free Munros?	20% south, to 40% north
Sunshine? Air clarity (below cloud)	Mainly dull, little or no sun. Visibility suppressed in low cloud; beware challenging navigation in fog over snow cover. Locally good below cloud in north.
How Cold? (at 900m)	-1 to 0C, but feeling closer to -10C in the strongest breeze.
Freezing Level	Varied across the area, 600-900m, highest in the north. Also sub-zero with frost into glens in morning.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 18 January	Monday 19 January
How windy? (On the Munros) Effect of wind on you?	South to southeasterly 25 to 35mph, suddenly gusty in places, particularly downslope from northern corries. Affecting ease of walking and balance on tops. Varied lower down, but in places very blustery. Considerable wind chill.	South to southeasterly 20 to 30mph, gusty around higher mountains, particularly downslope around northern corries. Blustery in exposure, starting to affect comfortable walking, not just on highest terrain. Considerable wind chill.
How wet? (Precipitation and its impact)	Precipitation unlikely	Rare flurries Possible snow flurries locally, greater risk toward the south, but amounts small.
Cloud on the hills?	Low cloud most persistent south 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.	Mostly south and higher Cairngorms Lowest and most persistent cloud banks from Glen Garry to Deeside, to some mid-slopes. Cloud banks likely drift over higher Cairngorms. Breaks toward Monadhliath.
Chance of cloud free Munros?	20% south, to 50% Monadhliath.	20% south, to 50% northwest.
Sunshine? Air clarity (below cloud)	Sunshine mostly toward Glenmore. Visibility very good out of cloud, but mistier to some mid-slopes toward south.	Weak sun mainly toward Strathspey. Visibility good away from cloud, but likely dull toward south.
How Cold? (at 900m) Freezing Level	-1C, but in places just above 0C on some upper-mid slopes. Feeling like -10C directly in the wind. Small variation with height, near or just below freezing from many glens upward, terrain frozen or part-frozen.	0 or -1C, small change with height. Feeling like -7 to -10C directly in the wind. 600 to 800m, may rise locally just above freezing higher up. Partly frozen terrain into some glens.

Planning Outlook

All mountain areas of Britain from Sunday, 18 January, 2026

A slow-moving weather pattern onward into early next week with chilly air in place across the British Isles, mountains staying near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. Some weak fronts try to push in from the west bringing occasional rain and hill snow, amounts generally small. High pressure around Scandinavia is likely to dominate the patterns into the later stages of January, with colder air trying to push in from the east, much mountain terrain will be frozen. Occasional snow likely, generally driest in the northwest.

Forecast issued at 16:26 on Friday, 16 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.