

Cairngorms NP and Monadhliath

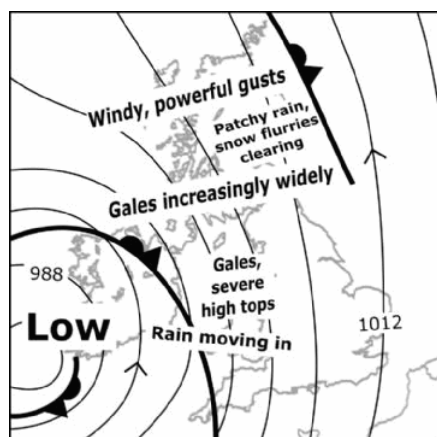
Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



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General Summary for Tuesday, 20 January, 2026



British Mountain Summary:

Based on forecast chart for noon 20 January, 2026

Strong southeasterlies, gusting gale-force Scottish mountains, strengthening widely. Gales all day for Wales, severe on high tops, increasingly northern England also. Some light rain and hill snow flurries, mostly eastern Scotland, fading with rising cloud base. Heavier rain develops in south Wales.

Headline for Cairngorms NP and Monadhliath

Windy, increasingly gales. Cloud breaking northwestwards.

Detailed Forecast for Tuesday, 20 January, 2026

How windy? (On the Munros)	Southeasterly 35 to 50mph, tending to strengthen, very gusty in places including downslope around northern corries. Increasingly 50-60mph later afternoon onward into evening.
Effect of wind on you?	Affecting comfortable walking and making balance challenging, blustery not just on tops; considerable wind chill. Deteriorating to become increasingly difficult later.
How wet? (Precipitation and its impact)	A little rain, snow on tops Patchy areas of rain moving northwards, snow falling mostly above 900m. Small amounts northern Cairngorms and Monadhliath. Fading to become mostly dry by afternoon.
Cloud on the hills?	Most persistent south in morning, breaks north and northwest Covering upper slopes most of day, to some mid-slopes in south Cairngorms NP, higher breaks northward. As the day progresses, cloud lifting and breaking more widely, best toward the north and west, clearing tops for periods.
Chance of cloud free Munros?	20% in morning, rising to 50%, or 70% northwest of Cairngorms.
Sunshine? Air clarity (below cloud)	Largely cloudy, brightest toward Strathspey, visibility good below cloud. Hazier toward south and east.
How Cold? (at 900m)	1C. Wind chill feeling like -10C, to -15C in stronger speeds.
Freezing Level	1000 to 1100m.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 21 January	Thursday 22 January
How windy? (On the Munros) Effect of wind on you?	Southeasterly 45 to 60mph, risk 70mph higher Cairngorm plateau, plus powerful gusts downslope to north/west. Challenging conditions widely, any mobility may be difficult in exposure on high terrain. Severe wind chill.	East to southeasterly 50 to 60mph, in places 70mph higher Cairngorms; powerful gusts downslope toward west. Difficult conditions, mobility challenging and gusts may knock you over not just on highest terrain. Severe wind chill.
How wet? (Precipitation and its impact)	Rain and upland snow Snow falling above 800-900m, rain lower down, in places wetter higher up at times, most persistent Deeside across southern Cairngorms NP, smaller amounts toward Strathspey.	Constant upland snowfall, heavier east Hill snow likely persistent, constant heavier falls expected over east and southeastern Cairngorms NP; rain or sleet on lower slopes. Patchier smaller amounts toward Strathspey and Monadhliath.
Cloud on the hills?	Extensive, lowest south/east Shrouding the mountains widely, from 700 to 900m up from Lochnagar to Glen Garry, higher bases northwestward, some breaks to tops at times Monadhliath.	Extensive Shrouding the mountains widely, lowest cloud base eastern areas, to mid-slopes. Some breaks above 900m mostly toward western side of Cairngorms.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Rare if any weak sun mostly Strathspey, where visibility good if dry. Mostly poor visibility, whiteout high tops.	Largely cloudy, hazy at best, but whiteout conditions over the mountains in cloud and snow.
How Cold? (at 900m) Freezing Level	0 or 1C. Wind chill feeling like -13 to -17C where exposed on higher areas. 900 to 1000m, but some slopes just above freezing higher up on western side of Cairngorms.	-2C, may drop slightly colder with time. Wind chill feels as cold as -17 to -20C. 600 to 800m, likely to drop further during day to lower slopes.

Planning Outlook

All mountain areas of Britain from Wednesday, 21 January, 2026

Strong east to southeasterlies continue beyond midweek, sustained gales over most mountains with powerful gusts downslope toward west. Near or just below freezing on higher tops - colder air is likely to move into Scotland at least late in the week, much mountain terrain then frozen with severe chill factor. Scope for substantial snowfalls over eastern Scottish hills later this week. Sleet or snow mostly higher tops in England and Wales, may fall lower over the weekend. Low cloud often covering many hills across Britain, clearer and drier toward western coasts. Circulating low pressure and cold air likely into next week, with further snowfalls likely.

Forecast issued at 16:30 on Monday, 19 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.