

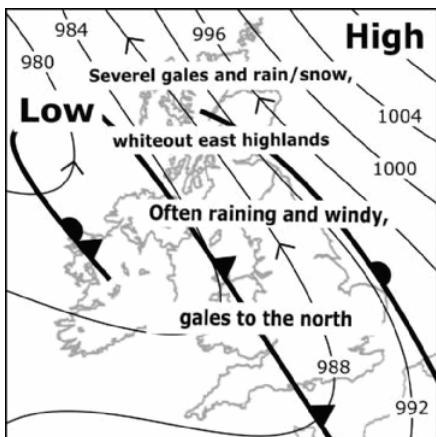
# Cairngorms NP and Monadhliath

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 Thursday, 22 January, 2026



### British Mountain Summary:

**Based on forecast chart for noon 22 January, 2026**

Gales in north England and Scotland, severe on the high Munros, gusting to storm force in the north; severe wind chills. Frequent or persistent rain across most mountains, falling as snow onto the high Munros from dawn, the snow level lowering with time; snow will be heavy with whiteout conditions in east Scotland.

### Headline for Cairngorms NP and Monadhliath

Snow and severe gales; whiteout conditions

## Detailed Forecast for Thursday, 22 January, 2026

<b>How windy? (On the Munros)</b>	Southeasterly 55 to 65mph, in places 70mph+ over higher Cairngorms with powerful gusts downslope toward west.
<b>Effect of wind on you?</b>	<b>Difficult conditions, mobility challenging and gusts may knock you over not just on highest terrain. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Upland snowfall, nearly constant east</b> Rain, soon turns to hill snow, likely persistent over east and southeastern Cairngorms NP, frequently heavier falls expected; rain or sleet on low-mid slopes. Patchier smaller amounts toward Strathspey and Monadhliath.
<b>Cloud on the hills?</b>	<b>Extensive</b> Shrouding the mountains widely, lowest cloud base eastern areas, to mid-slopes. Some breaks to 700m on the northern Monadhliath, but Munro summits are unlikely to clear.
<b>Chance of cloud free Munros?</b>	<b>Less than 10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast. Hazy at best, but whiteout conditions over the mountains in cloud and snow.
<b>How Cold? (at 900m)</b>	0C to start the day, gradually cooling to -1 or locally -2C. Wind chill feels as cold as -17 to -20C.
<b>Freezing Level</b>	800-1000m from dawn, soon dropping to 600 to 800m from the east, reaching as low as 500m by dusk.

## Cairngorms NP and Monadhliath - Looking Ahead

	Friday 23 January	Saturday 24 January
<b>How windy? (On the Munros)</b>	East-southeasterly 45 to 60mph; strongest wind early, gusts to 70mph high Cairngorms; strong gusts downslope too.	Easterly 40 to 60mph, powerful gusts downslope west of Cairngorms; may start to lessen with time - uncertain.
<b>Effect of wind on you?</b>	<b>Challenging to difficult conditions; mobility challenging in exposure where gusts may knock you over. Severe wind chill.</b>	<b>Challenging conditions; walking and balance difficult in exposed areas, buffeting gusts lower down; severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow, constant and heavy east</b> Snow likely persistent, constant heavier falls expected over east and southeastern Cairngorms NP; snow down to lower slopes. Smaller amounts toward Strathspey, patchy over Monadhliath.	<b>Persistent upland snow east and south</b> Snow falling most or all day across much of the Cairngorms and areas around Deeside, sleet or rain some lower slopes. Smaller amounts northwestward, very little reaching Monadhliath.
<b>Cloud on the hills?</b>	<b>Extensive</b>  Shrouding the mountains widely, lowest cloud base eastern areas, to low slopes. Bases up to middle to upper slopes around and west of Strathspey, but any Munro summits will struggle to clear.	<b>Fairly extensive, lowest east</b>  Shrouding the Cairngorms and eastern mountains throughout the day, from mid-slopes upward most south and eastern aspects, higher bases toward Strathspey, occasionally above Monadhliath tops.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast, hazy at best, but whiteout conditions over the mountains in cloud and snow.	Overcast, dull. Appalling visibility conditions over much higher terrain, better northwest; constant whiteout in cloud and falling or blowing snow.
<b>How Cold? (at 900m)</b>	-3C on easternmost hills, to -1C Monadhliath; some variability. Wind chill feels as cold as -17 to -20C.	-1 or -2C. Directly in the wind feeling like -15 to -18C.
<b>Freezing Level</b>	500-600m; may drop towards 400m towards the northeast.	600 to 700m, but may be slightly lower in eastern areas in the morning; locally higher on some slopes near Strathspey.

**Planning Outlook****All mountain areas of Britain from Friday, 23 January, 2026**

Sustained gale force easterlies over most mountains into the weekend, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland on Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow, turning colder further south over the weekend, with freezing level dropping to the southern Pennines summits next week. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

**Forecast issued at 16:18 on Wednesday, 21 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.