

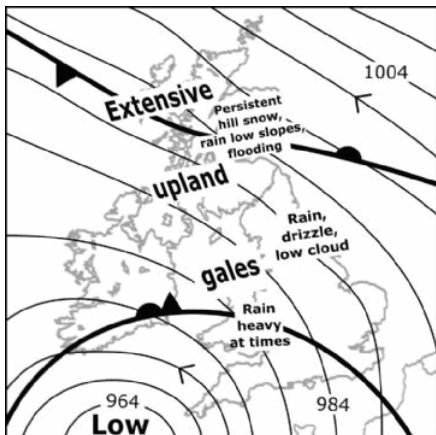
Cairngorms NP and Monadhliath

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 Friday, 23 January, 2026



British Mountain Summary:

Based on forecast chart for noon 23 January, 2026

Gales widespread across all mountain areas, powerful turbulent gusts downslope toward the west in places. Prolonged upland snow southeastern Highlands into southern Cairngorms, increasingly rain to mid-heights. Further rain also spreads north across Wales then the Pennines. Low cloud widely.

Headline for Cairngorms NP and Monadhliath

Gales, severe on tops. Persistent snow, low cloud.

Detailed Forecast for Friday, 23 January, 2026

How windy? (On the Munros)	East-southeasterly 45 to 60mph; strongest wind early morning, nearer 70mph high Cairngorms; strong gusts downslope too. Slight moderating of speed for a few hours early afternoon.
Effect of wind on you?	Challenging to difficult conditions; mobility challenging in exposure where gusts may knock you over. Severe wind chill.
How wet? (Precipitation and its impact)	Snow, constant and heavy east, becoming rain to mid-heights. Snow likely persistent, constant heavier falls over east and southeastern Cairngorms NP; falling to some lower slopes early in day, but turning to sleet or rain up to 500-700m or locally higher by afternoon. Smaller amounts toward Strathspey, patchy over Monadhliath. Very wet underfoot lower terrain around Deeside, flooding of streams and
Cloud on the hills?	Extensive 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.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast, hazy at best, but whiteout conditions over the mountains in cloud and snow.
How Cold? (at 900m)	-3C on easternmost hills in morning, rising to -1C fairly widely, locally just above 0C in western areas afternoon. Wind chill feels as cold as -17 to -20C.
Freezing Level	500-600m from dawn into the morning, tending to rise gradually to 700-800m, locally higher on some slopes to the west of the Cairngorms.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 24 January	Sunday 25 January
How windy? (On the Munros)	Easterly 40 to 60mph, powerful gusts downslope west of Cairngorms.	East to southeasterly, speed may vary, possibly tending to lessen during day, in range 30 to 50mph, gusty downslope.
Effect of wind on you?	Challenging conditions; walking and balance difficult in exposed areas, buffeting gusts lower down; severe wind chill.	Challenging walking conditions may persist over much higher terrain, buffeting gusts lower down. Significant wind chill
How wet? (Precipitation and its impact)	Persistent upland snow east and south 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.	Hill snow mostly south and east Frequent or persistent snow flurries over the Cairngorms and areas to the south and east, sleet or rain on lower slopes. Patchy small amounts toward Strathspey, may be often dry Monadhliath.
Cloud on the hills?	Fairly extensive, lowest east 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.	Extensive Covering much higher terrain all day, lowest cloud base areas accessed from Deeside, to some mid-slopes. Higher base west and north, some breaks above 900m.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Overcast, dull. Appalling visibility conditions over much higher terrain, better northwest; constant whiteout in cloud and falling or blowing snow.	Largely cloudy, hazy. Poor visibility in snow, whiteout if in fog over snow cover on tops.
How Cold? (at 900m)	-1 or -2C. Directly in the wind feeling like -15 to -18C.	-1 or -2C. Feeling like -12 to -15C in the wind.
Freezing Level	600 to 700m, but may be slightly lower in eastern areas in the morning; locally higher on some slopes near Strathspey.	600 to 800m, may be slightly higher locally toward western side of Cairngorms.

Planning Outlook**All mountain areas of Britain from Saturday, 24 January, 2026**

East to southeasterlies continue through the weekend and onward into next week, frequently strong to gale-force over the mountains, giving severe chill factor. Below freezing across high terrain in Scotland, and into early next week a lowering freezing level over hills in England and Wales. Frequent or persistent snowfall over east and southern Scottish mountains, rain on lower slopes causing flooding in the short term. Patchier and small amounts reaching coastal regions in west-northwest Scotland. Areas of rain and increasingly hill snow push across England and Wales as low pressure remains dominant. Low cloud often covering many hills.

Forecast issued at 16:00 on Thursday, 22 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.