

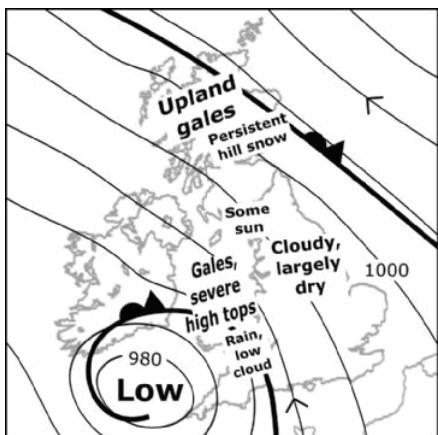
Cairngorms NP and Monadhliath

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, 24 January, 2026



British Mountain Summary:

Based on forecast chart for noon 24 January, 2026

Gales widely across high terrain, strongest sustained speeds over Wales. Snowfall continues over east and southeast Scottish Highlands mountains, whiteout on higher terrain; rain lower down. Largely dry and clearer further northwest. Clearer also for the Lake District. Rain frequent in south Wales.

Headline for Cairngorms NP and Monadhliath

Gales on mountains. Snow most persistent south/east, low cloud.

Detailed Forecast for Saturday, 24 January, 2026

How windy? (On the Munros)	Easterly 35 to 50mph, in places 60mph over exposed higher Cairngorms; powerful gusts downslope west of Cairngorms.
Effect of wind on you?	Challenging conditions; walking and balance difficult in exposed areas, buffeting gusts lower down; severe wind chill.
How wet? (Precipitation and its impact)	Persistent upland snow east and south, rain lower slopes, flooding east. Snow falling most or all day across much of the Cairngorms and areas around Deeside, sleet or rain low-mid slopes. Smaller amounts northwestward, very little reaching Monadhliath. Very wet underfoot lower terrain around Deeside, flooding of streams and rivers.
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.
Chance of cloud free Munros?	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.
How Cold? (at 900m)	0 to -2C. Directly in the wind feeling like -15 to -18C.
Freezing Level	600 to 700m, locally varied and may drift just above freezing to some higher elevations, particularly near Strathspey.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 25 January	Monday 26 January
How windy? (On the Munros)	East to southeasterly, speed tending to lessen during day, in range 30 to 50mph, gusty downslope.	Southeasterly 30-35mph, strengthening with time to a sustained 50mph by dusk with powerful gusts, further strengthening.
Effect of wind on you?	Challenging walking conditions may persist over much higher terrain, buffeting gusts lower down. Significant wind chill	Walking soon becomes challenging with buffeting making balance difficult in exposure. Severe wind chill.
How wet? (Precipitation and its impact)	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.	Snowing, mostly south and east Persistent snow on the Cairngorm plateau, nearly constant on the south and eastern slopes. More patchy towards Drumochter and Strathspey, only spotty snow/sleet reaching northern Monadhliath, if any.
Cloud on the hills?	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.	Fairly extensive Blanket fog over the Cairngorm plateau and southern/eastern hills, at times into the glens during snow. Higher bases around Strathspey/Monadhliath, highest breaks to 700-800m.
Chance of cloud free Munros?	20%	10%
Sunshine? Air clarity (below cloud)	Largely cloudy, hazy. Poor visibility in snow, whiteout if in fog over snow cover on tops.	Bright/sunny moments early towards the Moray Firth, otherwise overcast. Very poor or appalling visibility in snow, better towards the Firth.
How Cold? (at 900m)	-1 or -2C. Feeling like -12 to -15C in the wind.	-3C. Feeling like -15 to -20C in direct wind.
Freezing Level	600 to 800m, may be slightly higher locally toward western side of Cairngorms.	300-500m, lowest freezing levels south and east. Morning frosts are likely in the glens.

Planning Outlook**All mountain areas of Britain from Sunday, 25 January, 2026**

East to southeasterlies continue 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. 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 15:35 on Friday, 23 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.