

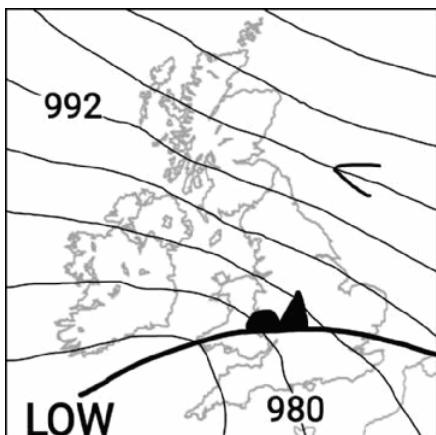
Cairngorms NP and Monadhliath

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, 5 February, 2026



British Mountain Summary:

Based on forecast chart for noon 5 February, 2026

Gale-force easterly winds, up to storm-force over the tops of the Highlands with severe wind chill; powerful gusts downslope into the glens. Further snowfalls over E & SE Highlands, sleet or rain lower down; low cloud and whiteout over hills. England and Wales: Rain and upland snow focused east Wales and into Pennines.

Headline for Cairngorms NP and Monadhliath

Stormy east winds, powerful gusts. Snow on and off with further extensive drifting.

Detailed Forecast for Thursday, 5 February, 2026

How windy? (On the Munros)	Easterly 45 to 60mph, strongest sustained speeds Cairngorm plateau where may reach 70mph; powerful gusts near major summits and downslope into the glens.
Effect of wind on you?	Difficult mobility, violent gusts may knock you over in places. Sudden ferocious gusts running downslope into some glens. Severe wind chill.
How wet? (Precipitation and its impact)	Snow mostly eastern hills Snow on and off, more frequent or fairly persistent south and east of Cairngorm plateau, initially rain below 500m, but with time snow to lowering elevations in east. Very small amounts Strathspey westward.
Cloud on the hills?	Fairly extensive, lowest east Shrouding higher terrain widely, lowest cloud base 600 to 800m areas accessed from Deeside, 800 to 1000m further west and north, breaks higher up mostly toward and west of the A9.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy, some glimpses of sun mainly Monadhliath. Hazy, often whiteout over higher terrain in cloud and snow.
How Cold? (at 900m)	-2C, lowering a degree or so from east. Wind chill feeling like -17 to -20C.
Freezing Level	700m, tending to drop later from east toward 400-500m.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 6 February	Saturday 7 February
How windy? (On the Munros)	Easterly 40 to 60mph, strongest over Cairngorm plateau, but local powerful gusts downslope west of high tops.	Easterly 25 to 40mph at first, tending to lower to 15 to 25mph and veer into south-east.
Effect of wind on you?	Difficult mobility on high terrain, buffeting gusts knocking you off balance some lower slopes. Severe wind chill.	Walking fairly arduous at first with significant wind chill and buffeting, but tending to ease down from the south.
How wet? (Precipitation and its impact)	Snow most continuous east Snow frequent across the Cairngorms, more persistent east and southeast areas, intermittent flurries toward and west of the A9; sleet or rain only lowest slopes.	Patchy snow, may fizzle out later. Patches of snow, rain below 500m, fairly persistent hills from Deeside to Drumochter, but may fizzle out later in the day, leaving isolated spots or flurries.
Cloud on the hills?	Extensive across higher areas Covering the mountains widely, above 600-800m in eastern areas, 800-1000m further west, some breaks near and west of A9.	Extensive, lowest bases in east. Extensive coverage across the hills, with bases generally around 400 to 700m; lowest across hills from Deeside to Drumochter.
Chance of cloud free Munros?	10%	10%
Sunshine? Air clarity (below cloud)	Widely cloudy, some brighter moments near/west of A9. Whiteout over the mountains in snow and cloud.	Overcast. Misty and murky, with very poor visibility in snowfall.
How Cold? (at 900m)	-4C (to -6 or -7C highest Cairngorms tops). Wind chill feeling like -18 to -22C.	-3C lifting to near freezing, or just above.
Freezing Level	300-400m, much terrain frozen from just above glens upward; locally more variable up to 600m west of Cairngorms.	600m, tending to lifting to 800-1000m.

Planning Outlook**All mountain areas of Britain from Friday, 6 February, 2026**

Cold east or southeasterly winds prevail, but less cold widely over the weekend as freezing level lifts somewhat from the south, rising just above freezing point in Scotland toward 1000m. Colder air then likely returns from east next week. Further snowfalls mostly over eastern hills in Scotland, occasionally hills in England & Wales, mixed with rain here. Indications of less precipitation and lower wind speeds for periods during next week. Highest cloud breaks west & northwest Scotland, where terrain will be very dry toward west coast.

Forecast issued at 16:39 on Wednesday, 4 February, 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.