

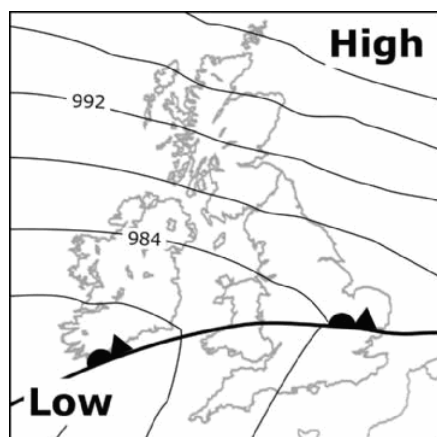
Cairngorms NP and Monadhliath

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, 6 February, 2026



British Mountain Summary:

Based on forecast chart for noon 6 February, 2026

Widely very poor conditions on the hills: upland gales, and persistent fog and rain, or on higher areas (widely Scottish Highlands) snow. But western Scotland, mainly westernmost slopes, often dry with higher cloud base (sometimes clearing). Wales: some improvement from south during day.

Headline for Cairngorms NP and Monadhliath

Upland gales; snow (whiteout). Persistent fog.

Detailed Forecast for Friday, 6 February, 2026

How windy? (On the Munros)	Easterly 40 to locally 55mph, powerful gusts around higher mountains and particularly downslope (west) of major ridges and summits.
Effect of wind on you?	Difficult mobility, particularly on high terrain, buffeting gusts knocking you off balance or over even on some lower slopes. Severe wind chill.
How wet? (Precipitation and its impact)	Snow mostly east of A9/. Whiteout. East of A9: Almost constant snow (and blowing snow); whiteout, particularly Deeside. West of A9: Snow on and off, rarely heavy - although some blowing of previously fallen snow.
Cloud on the hills?	Blanket of fog most or all mountains Persistent cloud base 350 to 500m most of region. West of A9, cloud base as high as 700m locally.
Chance of cloud free Munros?	Almost nil
Sunshine? Air clarity (below cloud)	Largely dull and particularly on eastern hills hazy (appalling visibility in snow).
How Cold? (at 900m)	-4C. Will feel as cold as -15 to -20C directly in the wind.
Freezing Level	400m, tending to rise marginally through daylight.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 7 February	Sunday 8 February
How windy? (On the Munros) Effect of wind on you?	Easterly 25 to 40mph at first, tending to lower to 15 to 25mph and veer into south-east. Walking fairly arduous at first with significant wind chill and buffeting, but tending to ease down from the south.	Between east and south typically 15 to 25mph. Mostly small
How wet? (Precipitation and its impact)	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.	Little or no precipitation Rain, or above 600 to 900m snow here and there, mostly amounting to very little, although possibly widespread precipitation at dawn clearing only slowly north during day.
Cloud on the hills?	Extensive, lowest bases in east. Persistent fog nearly everywhere from lower slopes up, although near and west of A9, most cloud above 450 to 600m.	All or nearly all mountains persistently covered. Persistent fog most of region, but by afternoon perhaps breaks to 600m and here and there a few higher slopes briefly clearing or between cloud layers.
Chance of cloud free Munros?	Almost nil	Almost nil
Sunshine? Air clarity (below cloud)	Dull and misty and murky, with very poor visibility in snow.	Widely dull, misty or murky.
How Cold? (at 900m) Freezing Level	Around -1C. Poorly defined: 500 to 900m: generally only slow temperature drop with height.	0 or 1C 800 to 1050m. although nearly all terrain frozen.

Planning Outlook**All mountain areas of Britain from Saturday, 7 February, 2026**

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (although lower total rainfall in eastern Scotland and Wales than recently) and often strong southeast or easterly wind. However, a slight rise in temperature will result in thawing of lying snow from southern Scotland southwards and some thawing up to around 900, sometimes 1050m Scottish Highlands - although the chance of the return of low freezing level toward the middle of next week.

Forecast issued at 12:26 on Thursday, 5 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.