

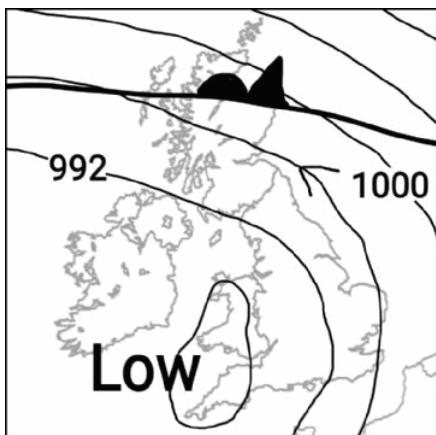
# Cairngorms NP and Monadhliath

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, 7 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 7 February, 2026

Continuing with the east to south-easterly airflow with hills shrouded in extensive low cloud with widely murky conditions. Patchy snow across the Highlands tending to ease, best breaks again toward the northwestern coasts of Scotland. Showery rain extending north through Wales into northern England.

#### Headline for Cairngorms NP and Monadhliath

## Detailed Forecast for Saturday, 7 February, 2026

How windy? (On the Munros)	Easterly 25 to 40mph at first, tending to lower to 15 to 25mph and veer into south-east.
Effect of wind on you?	<b>Walking fairly arduous at first with significant wind chill and buffeting, but tending to ease down from the south.</b>
How wet? (Precipitation and its impact)	<b>Patchy snow, may fizzle out later.</b> 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?	<b>Extensive, lowest bases in east.</b> Persistent fog nearly everywhere from lower slopes up, although near and west of A9, most cloud above 450 to 600m.
Chance of cloud free Munros?	<b>Almost nil</b>
Sunshine? Air clarity (below cloud)	Dull and misty and murky, with very poor visibility in snow.
How Cold? (at 900m)	Around -1C.
Freezing Level	Poorly defined: 500 to 900m: generally only slow temperature drop with height.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Sunday 8 February</b>	<b>Monday 9 February</b>
<b>How windy? (On the Munros)</b>	Between east and south typically 15 to 25mph.	Southeasterly 15 to 30mph, perhaps 35mph at times over the Cairngorm Plateau.
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Blustery and gusty for periods, especially over the Cairngorm Plateau.</b> Considerable wind chill.
<b>How wet?</b> (Precipitation and its impact)	<b>Little or no precipitation</b> 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.	<b>Patchy rain and upland snow</b> Patchy rainfall and above 700 to 900m snow, focused again across hills accessible from Deeside down to Drumochter Pass. Small amounts.
<b>Cloud on the hills?</b>	<b>All or nearly all mountains persistently covered.</b> 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.	<b>Extensive, and widely to lowest slopes.</b> Very poor with extensive low cloud covering the hills, widely to lower slopes from hills near Deeside and down to Drumochter. 600-900m Monadhliath.
<b>Chance of cloud free Munros?</b>	<b>Almost nil</b>	<b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Widely dull, misty or murky.	Remaining overcast. Widely misty and murky. Very poor in snowfall.
<b>How Cold? (at 900m)</b>	0 or 1C	0 to 1C
<b>Freezing Level</b>	800 to 1050m. although nearly all terrain frozen.	800 to 1050m. but nearly all terrain frozen to lower slopes.

**Planning Outlook****All mountain areas of Britain from Sunday, 8 February, 2026**

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (again concentrated on eastern Scotland and southern and eastern Wales) 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 return of low freezing level toward the middle of next week.

**Forecast issued at 15:00 on Friday, 6 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.