

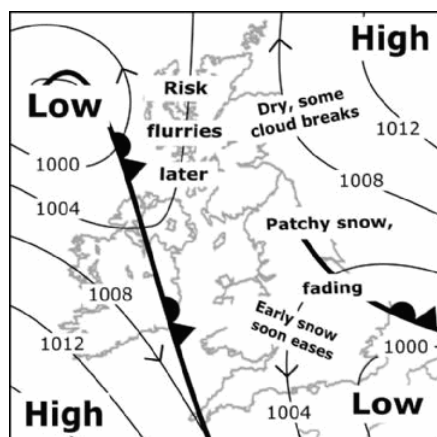
Cairngorms NP and Monadhliath

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, 19 February, 2026



British Mountain Summary:

Based on forecast chart for noon 19 February, 2026

Most mountain terrain remains frozen. Gusty southeasterly wind with significant chill factor. Some snow flurries towards southwest of Highlands with low cloud banks, clearer northward. Light snow fading Peak District and Pennines, low cloud persists here. Generally dry Wales but increasingly windy.

Headline for Cairngorms NP and Monadhliath

Strong gusty wind. Largely dry, some cloud banks mainly south.

Detailed Forecast for Thursday, 19 February, 2026

How windy? (On the Munros)	Southeasterly 35-40mph, strong gusts, approaching 50mph over tops and to the north; shifting southerly later.
Effect of wind on you?	Walking arduous with severe wind chill; buffeting in exposure making it challenging to stay on your feet.
How wet? (Precipitation and its impact)	Precipitation unlikely Rare if any light snow grains.
Cloud on the hills?	Cloud banks near Deeside Cloud banks cling to high slopes near Deeside, high tops of Cairngorm plateau may often be above the cloud layer but the wind pushing ragged patches towards the tops as well.
Chance of cloud free Munros?	70%
Sunshine? Air clarity (below cloud)	Often sunny but weakened by high cloud. Excellent visibility.
How Cold? (at 900m)	-3 or -2C, some local variability. Feeling like -15 to -18C in direct wind.
Freezing Level	Widely frozen from dawn, thaws to 300-400m, locally higher to the north.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 20 February	Saturday 21 February
How windy? (On the Munros) Effect of wind on you?	A gusty southwesterly 25-35mph, soon strengthening, 40-55mph, strong gusts and a westerly shift with time. Walking becoming challenging with significant wind chill on high terrain; maintaining stability a constant effort.	Southwesterly 35 to 50mph; gales up to dawn may briefly lessen, then tending to re-strengthen into afternoon. Expect arduous walking conditions over exposed high terrain most of day, perhaps a brief relative lull in morning.
How wet? (Precipitation and its impact)	Periods of snow, increasingly as rain Snow spreads widely through the morning, rain to low slopes. Precipitation breaks into a showery regime, best of dry periods to the north and east, and the rain level rising to higher slopes.	Rain frequent or persistent Rain on and off, most persistent toward and west of the A9, starting as sleet or wet snow on high tops. Smaller amounts northeast areas. Risk of widely persistent rain developing with time, heaviest west.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive An extensive layer of cloud shrouds the Cairngorm plateau with bases often reaching middle slopes to the south and towards Drumochter. Some variability with higher breaks, best chance of higher breaks on northernmost slopes afternoon. 30%	Extensive Covering higher terrain all day, bases 600 to 800m, most persistently low Ben Alder to Glen Garry, briefly higher breaks toward northeast Cairngorms. 10%
Sunshine? Air clarity (below cloud)	Likely cloudy, bright moments here and there afternoon, best north. Visibility often poor, but excellent during breaks in cloud and rain.	Overcast, mostly dull, locally brighter skies for a time north/east Cairngorms, weak glimpses of sun. Hazy, visibility widely poor in rain.
How Cold? (at 900m) Freezing Level	-1C, rising, reaching +1 or +2C. Feeling like -13C in direct wind. 500-600m, though variable, some low frosts at dawn; rising with time to just the upper Cairngorm plateau.	2C rising to 4C. Where exposed to stronger winds on tops, feeling like -10C. 1100-1200m from dawn, rising above the highest summits.

Planning Outlook

All mountain areas of Britain from Friday, 20 February, 2026

Toward the weekend, a switch to southwesterly winds, bringing milder conditions - lifting above freezing to tops in England and Wales with substantial thawing, and generally higher freezing levels in Scotland; periods of thawing to Munro summits will occur but also further snowfall and refreezing on higher terrain during the day-to-day variability of precipitation and freezing levels onward into early next week. Often windy with periods of upland gales. Some spells of heavy rain over all western hills and low cloud frequently covering the hills.

Forecast issued at 16:29 on Wednesday, 18 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.