

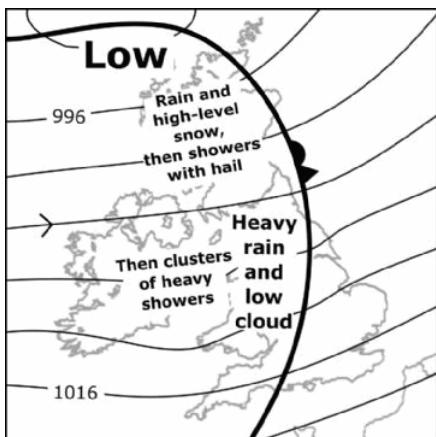
Cairngorms NP and Monadhliath

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, 20 February, 2026



British Mountain Summary:

Based on forecast chart for noon 20 February, 2026

Extensive gale-force southwesterlies. A rise of freezing level toward higher tops in Scotland, where early hill snow soon turns mostly to rain. Lifting above freezing to highest tops in England & Wales by dawn, a few hours of heavy rain. Clusters of heavy showers follow into all western areas with hail, a chance of thunder.

Headline for Cairngorms NP and Monadhliath

Upland gales soon arrive. Snow then rain, showery bursts later.

Detailed Forecast for Friday, 20 February, 2026

How windy? (On the Munros)	Southwesterly soon strengthening from 30mph at dawn to 40-55mph, strong gusts and a westerly shift with time.
Effect of wind on you?	Walking soon widely challenging with significant wind chill on high terrain; maintaining stability a constant effort.
How wet? (Precipitation and its impact)	Hill snow then rain, later a few showers Patchy snow spreads from west around dawn, soon persistent near/west of A9, turning more to sleet or rain to increasingly higher elevations in morning. Then fading, replaced by showers afternoon, mostly rain, locally hail, most frequent toward west.
Cloud on the hills?	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.
Chance of cloud free Munros?	30%
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.
How Cold? (at 900m)	-1C, rising, reaching +2C. Feeling like -13C in direct wind.
Freezing Level	Variable 600 to 800m at first, patchy frost some north/eastern glens. Rising with time to just the upper Cairngorm plateau around 1100-1200m.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 21 February	Sunday 22 February
How windy? (On the Munros)	Southwesterly 35 to 50mph; gales up to dawn briefly lessen in morning, then tending to re-strengthen into afternoon.	Southwesterly 40 to 55mph, squally gusts in showers, over 60mph on higher Cairngorms.
Effect of wind on you?	Expect arduous walking conditions over exposed high terrain most of day, a brief relative lull up to middle of day.	Challenging conditions over the mountains, frequent buffeting making walking arduous in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	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. Widely persistent rain developing later in day, heaviest west.	Showery rain and hail, snow high tops Showers spreading in from the west, frequent at times west of the A9, fewer toward Deeside, locally heavy with hail, snow falling above 900-1000m.
Cloud on the hills?	Extensive Covering higher terrain all day, bases 600 to 800m, most persistently low Ben Alder to Glen Garry, briefly higher breaks toward northeast Cairngorms in the morning.	Varied over tops Most cloud often above 900m, most persistent western Cairngorms, but widely frequently capping higher slopes above 1100m. Some breaks best toward east.
Chance of cloud free Munros?	20%	40%
Sunshine? Air clarity (below cloud)	Overcast, mostly dull, locally brighter skies for a time north/east Cairngorms, weak glimpses of sun. Hazy, visibility widely poor in rain.	Glimpses of sun, mostly toward east. Visibility often very good, but reduced to occasionally poor in showers in west.
How Cold? (at 900m)	2C rising to 4C. Where exposed to stronger winds on tops, feeling like -10C.	1 or 2C. Wind chill feeling like -12 to -15C on tops.
Freezing Level	1100-1200m from dawn, rising above the highest summits.	1000 to 1200m, highest toward east.

Planning Outlook**All mountain areas of Britain from Saturday, 21 February, 2026**

Southwesterly winds brings milder conditions into this weekend - 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. Likely colder later next week, back below freezing on higher terrain for a run of days. 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 16:30 on Thursday, 19 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.