

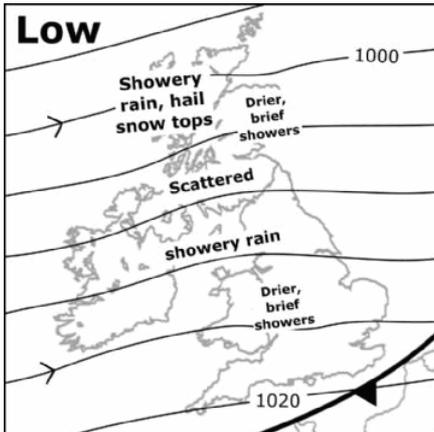
Cairngorms NP and Monadhliath

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 Sunday, 22 February, 2026



British Mountain Summary: Based on forecast chart for noon 22 February, 2026

Showery southwesterlies, extensively gale force over higher terrain with significant chill factor. Rain and hail, snow falling above 900m in Scotland, most frequent west coastal areas. Fewer showers eastward across Scotland and for England & Wales, with some cloud breaks toward tops.

Headline for Cairngorms NP and Monadhliath

Upland gales. Occasional showers mostly west.

Detailed Forecast for Sunday, 22 February, 2026

How windy? (On the Munros)	Southwesterly 40 to 55mph, squally gusts in showers, at times 60mph on higher Cairngorms.
Effect of wind on you?	Challenging conditions over the mountains, frequent buffeting making walking arduous in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	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. More constant heavier precipitation into night in areas near Drumochter.
Cloud on the hills?	Mostly higher tops, breaks east Most cloud often above 900m, most persistent west of the A9. Higher bases eastward, but frequently capping higher Cairngorms above 1100m. Clearing tops most often in east.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mostly toward east. Visibility often very good, but reduced to occasionally poor in showers in west.
How Cold? (at 900m)	1 or 2C. Wind chill feeling like -12 to -15C on tops.
Freezing Level	1000 to 1200m, highest toward east.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 23 February	Tuesday 24 February
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 50 to 60mph early morning, easing gradually, to 30mph or less by dusk. Increasing again into night. Challenging conditions on high terrain at least in the morning, slowly moderating with time. Significant wind chill.	Southwesterly 40 to 50mph, often 60mph higher Cairngorms. Arduous walking over the mountains, difficult in places higher up. Significant wind chill despite milder air.
How wet? (Precipitation and its impact)	Showers mostly west in morning Showery precipitation from overnight into early morning, mostly near and west of the A9, possible hail, snow above 900m. Fading during morning to lighter showers, drier afternoon. Then rain develops from southwest into night.	A little rain Patchy rain and drizzle, most persistent Ben Alder to southern Cairngorms. Small amounts northeastward, mostly spots in the wind. Wet underfoot where snow melts.
Cloud on the hills?	Patches higher and western tops Broken cloud drifting over higher tops in the morning, most common toward west of Cairngorm plateau, mostly above 900m. Good breaks higher up eastward. Many hills may clear for several hours.	Fairly extensive higher areas Covering most higher terrain, lowest cloud base near Drumochter, 600 to 800m, higher northward with some breaks.
Chance of cloud free Munros?	60%	20%
Sunshine? Air clarity (below cloud)	Occasional sun, best in east. Visibility mostly very good.	Largely cloudy, some brighter skies with sun through high cloud north of Cairngorms where visibility good. Hazier south, misty around some hills.
How Cold? (at 900m) Freezing Level	1 or 2C, then rising slightly into night. Feeling like -15 to -18C directly in the wind. 1000 to 1100m, marginal rise during day, then lifting above the summits into night.	3 to 5C. In exposure to wind, feeling like -8 to -10C. Above all summits with thawing toward upper slopes.

Planning Outlook

All mountain areas of Britain from Monday, 23 February, 2026

West to southwesterly winds prevail during the week ahead as areas of low pressure move toward northwest Scotland whilst ridges of higher pressure occasionally nudge across southern Britain. Sustained gales over the mountains, only brief lulls. Temperatures will fluctuate above and below freezing on higher Scottish mountains, with periods of thaw and refreezing. England and Wales generally above freezing to tops with a substantial thaw of most upland snow. Frequent rainfall, often heavy over western mountains, at times showery with hail, some snow on Scottish Munros. The final days of February favour colder northwesterly air and a drop of freezing level.

Forecast issued at 16:00 on Saturday, 21 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.