

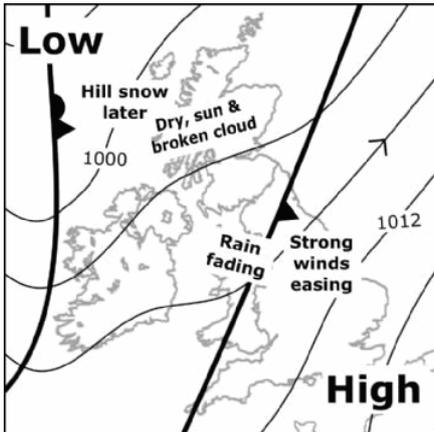
# Cairngorms NP and Monadhliath

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 Monday, 2 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 2 March, 2026**

A slow-moving front brings rain, drizzle and low cloud to England and Wales, also eastern Scotland at first. To the east of this, strong to gale-force winds at first east. Lighter winds for much of the Highlands all day, cloud lifting with sunny spells. Later in day, rain and hill snow moves in from west.

### Headline for Cairngorms NP and Monadhliath

Fairly light wind. Patchy rain soon fades, cloud lifts.

## Detailed Forecast for Monday, 2 March, 2026

<b>How windy? (On the Munros)</b>	South turning southwesterly; 50mph prior to dawn but easing rapidly by sunrise. Much of daytime around 20mph, less on some slopes. Turning westerly after dark.
<b>Effect of wind on you?</b>	<b>Soon fairly small, occasionally blustery in places on higher terrain, feeling chilly.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Early rain fading</b> A band of rain early in day, patchy in north, soon breaking up and clearing eastward to leave dry conditions. After dark, some snow showers above 800m move onto westernmost hills.
<b>Cloud on the hills?</b>	<b>Lifting and clearing</b> Covering many higher areas from dawn, lowest southern Cairngorms NP. Soon lifting and increasingly all breaking up.
<b>Chance of cloud free Munros?</b>	<b>50% rising to 90%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Cloudy start, sunshine increasingly breaking through, soonest in north. Visibility becoming excellent.
<b>How Cold? (at 900m)</b>	2 or 3C, dropping later toward 0C. If exposed to wind, feeling like -5C.
<b>Freezing Level</b>	Above summits from overnight into morning, likely to lower during day, toward 1000m afternoon, 800m after dark.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 3 March</b>	<b>Wednesday 4 March</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Variable direction 10-15mph or less. At first northwesterly 15-20mph northern areas. <b>Small.</b>	Southerly 25 to 40mph, strongest over higher Cairngorms and very gusty in places including downslope toward north. <b>Blustery over higher terrain, affecting comfortable walking in exposure. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation not expected</b>	<b>Precipitation unlikely</b>
<b>Cloud on the hills?</b>     <b>Chance of cloud free Munros?</b>	<b>Little if any</b>  Rare if any fragments of cloud, or mist lower down at first, all clearing.  <b>90%</b>	<b>Mostly southern areas</b>  Cloud banks drifting over some southern slopes above 800-900m, may persist for several hours at least. Much less cloud northern Cairngorms and Monadhliath.  <b>40% south, to 70% north.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Generally sunny. Visibility excellent.	Sunshine most common toward the north of the Cairngorms where visibility very good; hazier southwards.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C rising to +2C.  800m plus frost in most glens and sheltered lower slopes from dawn, rising to 1100-1200m afternoon.	1 or 2C, locally rising a degree or so higher northern Cairngorms. Directly in the wind feeling like -10C. Patchy frost in glens and sheltered higher areas from dawn, staying close to freezing some slopes above 1200m.

**Planning Outlook****All mountain areas of Britain from Tuesday, 3 March, 2026**

Varying conditions over the next couple of weeks as areas of high pressure build across the British Isles then slip eastwards. Some dry and bright days with light winds mixed with periods of strengthening southerly winds bringing occasional rain coming in from the west - Thursday this week sees rain move increasingly onto western hills. Temperatures will vary, often lifting just above freezing to higher tops, but occasionally dropping back below freezing - chillier air briefly later this week. Some frosts into valleys. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, patchy around highest tops in England and Wales.

**Forecast issued at 16:30 on Sunday, 1 March, 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.