

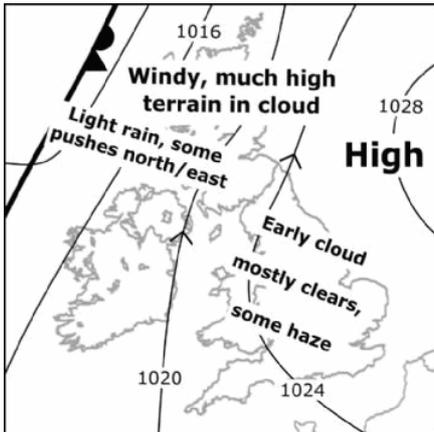
Cairngorms NP and Monadhliath

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 Wednesday, 4 March, 2026



British Mountain Summary:

Based on forecast chart for noon 4 March, 2026

Windy in Scotland with gale-force gusts over high terrain. Much upper Highlands terrain in cloud, some rain and drizzle (most in the west); best breaks north of major hill groups. Varied cloud early in England and Wales, mostly clearing with increasing sun, though visibility limited by haze. Cool to mild England and Wales.

Headline for Cairngorms NP and Monadhliath

Windy, strong gusts; cloud and patchy rain/drizzle mostly south

Detailed Forecast for Wednesday, 4 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southerly 30 to 40mph, strongest over higher Cairngorms and very gusty in places including downslope toward north, risk gusts up to 50mph on high Cairngorms and to the north.</p> <p>Strenuous walking and balance affected with significant wind chill. More challenging in places, particularly in exposure and northern aspects with buffeting downslope gusts.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Chance light rain afternoon</p> <p>The morning will be dry. Some light patchy rain drifts from the south afternoon, mostly confined to hills from Drumochter eastward to Deeside. Some fine drizzle drifts around the high tops in cloud too. Slopes to the north of Cairngorm plateau likely stay dry.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Covering summits and upper southern slopes</p> <p>A layer of cloud soon arrives from the south, shrouding southern slopes above 800-900m, as well as the high Cairngorm plateau. Lowest bases likely around Drumochter, to 700m. Much less cloud northern Cairngorms and Monadhliath.</p> <p>30% south, to 60% north.</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Sunshine most common toward the north of the Cairngorms where visibility very good; hazier southwards.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>2C from dawn, rising to 4C, locally reaching 5C on slopes northwest of Ben Macdui, staying mild on upper slopes overnight. Directly in the wind feeling like -10C.</p> <p>Patchy frost in glens and sheltered higher areas from overnight, thawing largely above the summits after sunrise, locally freezing highest tops.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 5 March	Friday 6 March
How windy? (On the Munros) Effect of wind on you?	South-southwesterly 35-45mph, strong gusts early. Easing, perhaps 20mph or below for a time, later NW'ly 25-30mph. Walking arduous in exposure with buffeting gusts and significant wind chill. An easing trend, may be fairly small for a periods.	Variable 10mph or less. Later, trending southwesterly 10-20mph, strengthening further overnight. Negligible during daylight.
How wet? (Precipitation and its impact)	Drizzle early, more rain with time Fine drizzle in cloud on high terrain from before dawn (starting damp on exposed rocks); rain arriving from the west, often light though a heavier band passes east. Turning to snow on tops with time.	Precipitation not expected
Cloud on the hills?	Fairly extensive, particularly south Cloud shrouds most terrain above 900m all day, lower on the southern slopes, often down to at least 600m. Slopes north of Cairngorm plateau will see the highest breaks, but through afternoon, cloud reaching middle slopes here too.	Little or none Some ragged cloud at various elevations lingering from before dawn, including mist in sheltered glens and corries. Cloud lifts and dissipates after daybreak for clear hills.
Chance of cloud free Munros?	20%	90%
Sunshine? Air clarity (below cloud)	Some glimpses of sun on lower northern slopes of the Cairngorms. Variable visibility though often poor due to fog, rain, and haze to the east.	Some early high cloud, this clearing for extensive sunshine. Excellent visibility.
How Cold? (at 900m) Freezing Level	3 or 4C from dawn, gradually lowering, 0C into evening; milder longer far east. Feeling like -8 to -12C in the wind. Above the summits. Lowering with time to touch high summits, 800-900m into evening.	-1C, rising a degree during daylight, rising further overnight. Around 800m, though frosts on sheltered low slopes and glens too; slightly rising during daylight and into night.

Planning Outlook

All mountain areas of Britain from Thursday, 5 March, 2026

Thursday into Friday sees a band of rain pass east across most mountains, then a relatively settled weekend for England and Wales, and perhaps east Scotland too. Varying conditions over the next couple of weeks as areas of high pressure build across the British Isles then slip eastwards: dry and bright days with light winds mixed with periods of strengthening south/westerly winds bringing occasional rain from the west. Temperatures will vary, at times lifting just above freezing to high Munro tops, but typically lowering again to high terrain and briefly mid-slopes. Freezing levels will only briefly touch high England and Wales summits, but some frosts into valleys during clear-sky nights. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, any remaining snow in England and Wales will thaw.

Forecast issued at 16:09 on Tuesday, 3 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.