

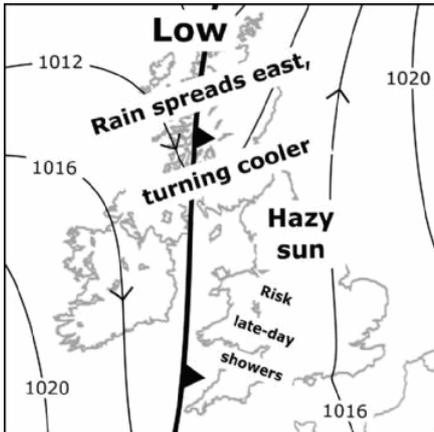
# Cairngorms NP and Monadhliath

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, 5 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 5 March, 2026**

A slow-moving front from the west brings rain and low cloud to western Scotland, turning to snow on tops as colder air arrives; freezing level later below 800m. Patchy rain encroaching further into Cumbria with time. Some heavier thundery bursts possible in Wales. Strong southerlies ease and turn W-NW'ly.

### Headline for Cairngorms NP and Monadhliath

Windy early, easing somewhat with arrival of rain and colder air

## Detailed Forecast for Thursday, 5 March, 2026

<b>How windy? (On the Munros)</b>	Gusty south-southwesterly 35-45mph. Easing later morning with a westerly shift, 20-25mph, perhaps lower for a time, orienting northwesterly later.
<b>Effect of wind on you?</b>	<b>Walking arduous in exposure with buffeting gusts and significant wind chill. An easing trend, may be fairly small for a period, though probably remains a nuisance on high terrain.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Drizzle early, more rain with time</b> 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 afternoon. Turning to snow on tops with time.
<b>Cloud on the hills?</b>	<b>Fairly extensive, particularly south</b> 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.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Some glimpses of sun on lower northern slopes of the Cairngorms, trending widely cloudy with time. Variable visibility though often poor due to fog, rain, and haze to the east.
<b>How Cold? (at 900m)</b>	4C from dawn, locally 5C northern slopes. Gradually lowering afternoon, 0C into evening, lowering further overnight. Feeling like -8 to -12C in the wind.
<b>Freezing Level</b>	Above the summits. Lowering with time to touch high summits, first in the west, then settling near 700m overnight, with frosts forming to lower sheltered terrain too.

## Cairngorms NP and Monadhliath - Looking Ahead

	Friday 6 March	Saturday 7 March
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Variable 10mph or less. Trending southwesterly, rising with time to 15mph by evening, strengthening overnight.  <b>Negligible during daylight.</b>	Southerly 15 to 25mph, locally gusty in places, especially to north of Cairngorms.  <b>Fairly small, but locally gusty spots may be more uncomfortable.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation not expected</b>	<b>Precipitation not expected</b>
<b>Cloud on the hills?</b>   <b>Chance of cloud free Munros?</b>	<b>Little or none</b>  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.  <b>90%</b>	<b>Hardly any</b>  Possible fragments around some south-facing slopes for a time, but most mountains likely clear.  <b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some early high cloud, this clearing for extensive sunshine. Excellent visibility.	Mostly sunny Visibility excellent.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C, rising to 0 or +1C most hills during daylight, up to 1C on northern Cairngorm slopes, rising further overnight.  Around 800m, though frosts to lower slopes and glens at dawn; slightly rising during daylight, above summits overnight.	4C, but some lower slopes colder in the morning; small change with added height.  Slight frost some glens and sheltered higher areas after dawn, but lifting above freezing to the tops.

## Planning Outlook

### All mountain areas of Britain from Friday, 6 March, 2026

Higher pressure extends back across the country to bring dry conditions on Saturday, feeling mild in sunshine by day after a chilly start. More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into western Scotland. Patchy rain likely in the west at least early in the new week, likely dropping back just below freezing on the Munros for a time with some snowfall on higher areas. Winds fairly light early week, then a risk of strengthening southwesterlies later in the week; changeable weather conditions with spells of rain coming in from the Atlantic. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only very patchy snow remains around highest tops in England and Wales.

### Forecast issued at 16:13 on Wednesday, 4 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.