

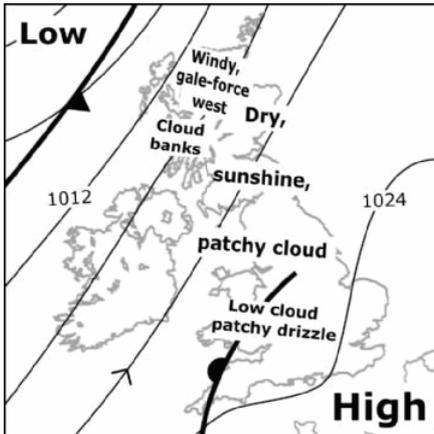
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit www.tiso.com**

General Summary for Saturday, 7 March, 2026



British Mountain Summary:

Based on forecast chart for noon 7 March, 2026

Another dry and mostly sunny day across the Scottish mountains, but patchy cloud capping some western tops at times; strong southerly wind for northwest Highlands, gale force gusts Skye. England and Wales: Sunny for Lakes and N Pennines, but low cloud much of Wales, and capping Peak District, a little light rain.

Headline for Cairngorms NP and Monadhliath

Dry and sunny with the mountains cloud free, but blustery southerly wind.

Detailed Forecast for Saturday, 7 March, 2026

How windy? (On the Munros)	Southerly 20 to 30mph, rather gusty in places, especially to north of Cairngorms where may gust 40mph.
Effect of wind on you?	Blustery and at times gusty southerly winds, may impede walking at times.
How wet? (Precipitation and its impact)	Dry
Cloud on the hills?	Hardly any Possible fragments around some south-facing slopes for a time, but otherwise mountains clear.
Chance of cloud free Munros?	Greater than 90%
Sunshine? Air clarity (below cloud)	Mostly sunny Visibility excellent.
How Cold? (at 900m)	4C, but some lower slopes colder in the morning; small change with added height.
Freezing Level	Slight frost some glens and sheltered higher areas after dawn, but lifting above freezing to the tops.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 8 March	Monday 9 March
How windy? (On the Munros)	Southerly 20 to 30mph	Southwesterly 15 to 25mph, perhaps 30mph for a few hours in the morning.
Effect of wind on you?	Blustery and rather gusty at times across higher terrain.	Mostly small
How wet? (Precipitation and its impact)	No rain expected	Mostly dry A little light rain may move in later from the west, snow flurries for tops.
Cloud on the hills?	Mostly southern hills. Clearer in north. Cloud banks covering higher terrain in fog across Drumochter over to Ben Alder. Northern areas seeing little more than occasional caps on tops.	Mostly in the south and west. Banks of low cloud will be mostly confined to hills from Drumochter to Ben Alder. Little, bar some patches over tops, elsewhere.
Chance of cloud free Munros?	40% south, 70% north.	30% south, 60% north.
Sunshine? Air clarity (below cloud)	Patchy sun, may be fairly extensive N Cairngorms. Marked haze likely. Best visibility northern mountains.	Patchy sun, mainly north and east. Otherwise cloudy. Visibility good, but poor where in precipitation.
How Cold? (at 900m)	3 to 5C, highest northern areas.	4C, later down to 2C
Freezing Level	Above the summits, but slight frost some glens at dawn.	Above summits, but lowering to 1200m later in the day.

Planning Outlook

All mountain areas of Britain from Sunday, 8 March, 2026

More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into mainly western parts, hazy elsewhere; dense across southern areas. 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 southwesterly 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 16:33 on Friday, 6 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.