

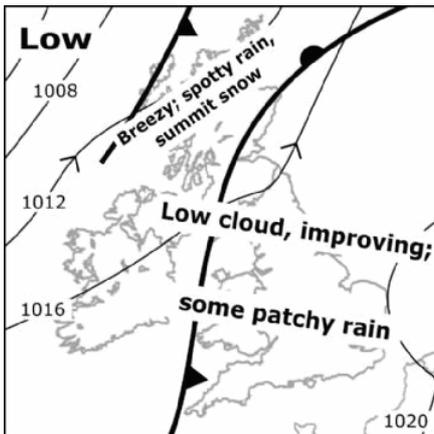
# Cairngorms NP and Monadhliath

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, 9 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 9 March, 2026**

Humid air will bring extensive low cloud and bursts of showery rain to the mountains. However, in places breaks in the low cloud will allow sunshine through, whilst the cloud base will be very varied - making detail difficult. Windy northern and western Scottish Highlands.

### Headline for Cairngorms NP and Monadhliath

Windy. Isolated rain, patches of low cloud.

## Detailed Forecast for Monday, 9 March, 2026

<b>How windy? (On the Munros)</b>	South to southwesterly 30 to mainly on Cairngorm plateau 40mph.
<b>Effect of wind on you?</b>	<b>Expect considerable buffeting and wind chill across higher areas, particularly accessing Cairngorm plateau.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Little or no rain</b> Isolated, probably brief, bursts of showery rain, total rainfall small.
<b>Cloud on the hills?</b>	<b>Extensive morning; increasing chance clearing some areas afternoon</b> Areas of fog across the hills from dawn, in some areas on lower slopes, in others only higher up. An improvement very likely, perhaps substantial as some or many higher areas clear in afternoon.
<b>Chance of cloud free Munros?</b>	<b>20% rising to 40%.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Cloud will tend to break, perhaps substantially in some areas (most likely Monadhliath east to Deeside) afternoon. Visibility mostly excellent.
<b>How Cold? (at 900m)</b>	4C.
<b>Freezing Level</b>	Above the summits.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 10 March</b>	<b>Wednesday 11 March</b>
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	South to on higher slopes southwesterly; increasing markedly with height to a gusty 40mph or by late afternoon 50-60mph. <b>Markedly increasing buffeting and wind chill with height. Balance and general mobility increasingly difficult on higher slopes.</b>	Westerly up to 60mph post dawn; through day dropping slowly, typically 40 to 50mph middle of day, strongest far north. <b>Expect significant or severe wind chill and walking - sometimes any mobility - to be very difficult across the hills.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain rarely</b> Rain occasionally or rarely - very little in total. Sleet above 750m - perhaps lower morning.	<b>Hail and snow showers</b> Showers of hail and above 600m snow. Overall very few (and brief) reaching or east of Braemar, whilst most frequent west of A9. Risk whiteout.
<b>Cloud on the hills?</b>	<b>Persistent nearly everywhere; lowest cloud base toward south</b> Generally persistent cloud above 600m, but northwards across Monadhliath and Cairngorms and across Deeside cloud base rising to 900m to 1100m - may sometimes clear summits accessed from and east of Braemar.	<b>Extensively covering higher areas.</b> In precipitation, cloud forming below 500 to 700m (generally lowest morning west of A9). Otherwise, by midday (as average cloud base tends to rise) between 800 and 1100m, highest eastern Cairngorms NP.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bursts of sun mainly lower slopes north of about Dalwhinnie, perhaps extensive Deeside. Very good visibility although slight haze morning.	Patchwork of sunshine, particularly lower slopes near and east of A9 Poor visibility in snow; otherwise slight haze, but frequently very good visibility.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	1C - little temperature drop above 900m. Will feel as cold as minus 10C directly in the wind. Above the summits - some terrain above 900m may be frozen.	-1C. Will feel like minus 15C directly in the wind. 750m

**Planning Outlook****All mountain areas of Britain from Tuesday, 10 March, 2026**

Later this week - with the current mostly cloudy and hazy or murky conditions clearing on Tuesday night. Bouts of upland severe or storm force winds will reach the Scottish Highlands and gales periodically affecting other mountain areas. Freeze thaw cycles will occur on higher areas south from S Scotland whilst the Scottish Highlands experience infrequent thaw, with fresh snow sometimes reaching lower slopes, whilst extensive higher up.

**Forecast issued at 15:30 on Sunday, 8 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.