

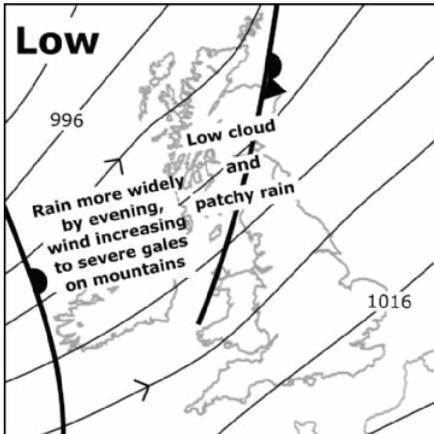
# Cairngorms NP and Monadhliath

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 Tuesday, 10 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 10 March, 2026**

Patchy rain and lowest cloud over southwest-facing hill groups. Cloud fairly extensive on hills, but higher bases and some breaks northeastwards. Gale-force winds on high terrain, speeds strengthening during day, later becoming widely severe upland gales; heavier rain arrives from west by evening.

### Headline for Cairngorms NP and Monadhliath

Windy, gales on tops. Lowest cloud south, small amounts rain.

## Detailed Forecast for Tuesday, 10 March, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>South to on higher slopes southwesterly; increasing markedly with height to a gusty 40mph or by late afternoon 50-60mph. After dark, reaching 70-80mph, or stronger gusts higher Cairngorms.</p> <p><b>Markedly increasing buffeting and wind chill with height. Balance and general mobility increasingly difficult on higher slopes. Deteriorating further after dark to become severe.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Rain rarely; wetter evening</b></p> <p>Rain occasionally or rarely - very little in total. Sleet above 800m - briefly lower in morning. Rain develops from southwest after dark during evening, lasting a few hours, heaviest toward south.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Persistent nearly everywhere; lowest cloud base toward south</b></p> <p>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.</p> <p><b>10% south, to 30% north/east.</b></p>
<p><b>Sunshine? Air clarity (below cloud)</b></p>	<p>Bursts of sun mainly lower slopes north of about Dalwhinnie; sunnier Deeside. Very good visibility north, hazier south, more widely morning.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>1C - little temperature drop above 900m. Rising slightly after dark, then lowering to 0C overnight. Feeling like -10C during day directly in the wind; nearer -15C by evening.</p> <p>1000 to 1200m, rising higher up during day, particularly by evening. Then dropping later in the night ahead toward 800-900m.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 11 March	Thursday 12 March
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Westerly up to 60mph post dawn; dropping to 40-50mph middle of day, strongest north Cairngorms. Increasing <b>Expect significant or severe wind chill and walking to be very difficult across the hills, any mobility challenging at first.</b>	Southwesterly 50 to 70mph, gusts over 80mph on higher Cairngorms. <b>Difficult conditions, mobility challenging over exposed terrain from mid-elevations upward. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<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 in morning. Risk whiteout. Into night, more persistent rain/snow tops.	<b>Early rain, then showery snow and hail</b> Heavy rain to upper slopes from before dawn finishing as snow as low as 700m. Then showers, most frequent toward Drumochter and southwestern Cairngorms, of snow above 600m, also hail.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<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>30%</b>	<b>Most persistent southwest</b>  Banks of cloud often covering higher Cairngorms, more extensive with patches to 700-800m Ben Alder to Glen Garry. Some breaks to upper slopes to northeast.  <b>40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchwork of sunshine, particularly lower slopes toward eastern Cairngorms NP. Poor visibility in snow; otherwise slight haze, but frequently very good visibility.	Sun breaking through mostly north of Cairngorms where visibility very good where often dry. Poor in snow and cloud at times especially southwest.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C. Will feel like -15C directly in the wind.  750m	0C or above at first, then -1C, later -2C. Wind chill feeling like -15 to -18C.  1000m or above up to dawn, soon lowering to 800m, later in day nearer 600m.

## Planning Outlook

### All mountain areas of Britain from Wednesday, 11 March, 2026

Generally unsettled this week and through the upcoming weekend as low pressure systems pass near and north of Britain - strong west or southwesterly winds prevail, often gale-force to at times storm-force over the mountains. Some fluctuation of temperature and freezing level, but mostly below freezing over Scottish mountains, at times snow falling to lower elevations. Colder for all by the end of the week with widely lowering freezing level Thursday into Friday. Frequent precipitation most western mountains, accumulations of snow across the mountains, most substantial in western Scotland from Glencoe northwards. Quieter weather patterns indicated beyond mid-month as higher pressure builds.

### Forecast issued at 16:00 on Monday, 9 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.