

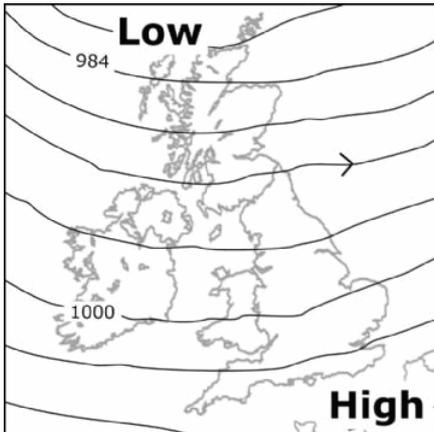
# Cairngorms NP and Monadhliath

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](http://www.tiso.com)**

## General Summary for Friday, 13 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 13 March, 2026**

Cold widely gale force upland winds around a deep low north of Scotland, will bring a succession of snow and hail showers to the mountains. Cloud will extensively cover the mountains (the highest cloud base well inland afternoon). Much higher terrain will be below freezing point.

### Headline for Cairngorms NP and Monadhliath

Upland gales; hail and snow showers. Fog higher areas.

## Detailed Forecast for Friday, 13 March, 2026

<b>How windy? (On the Munros)</b>	Westerly severe gales at dawn; soon between 40 and 50mph; particularly gusty near precipitation.
<b>Effect of wind on you?</b>	<b>Challenging walking over the mountains, balance and sometimes general mobility a struggle. Significant wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Hail and snow showers</b> Showers with hail; most frequent near and west of the A9 - snow above 300, later 450m. Showers may cluster together for an hour or more giving temporary whiteout (least likely Deeside).
<b>Cloud on the hills?</b>	<b>Very extensive on higher areas; cloud base varying</b> Cloud base changing quickly: near precipitation shafts of cloud to 600m or occasionally lower. Otherwise, cloud base typically 750 to 1050m - generally highest base toward Deeside.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Bursts of sun west, or more frequent bright sun toward Deeside. Visibility often excellent eastern areas, but most often west A9, at times very poor in snow.
<b>How Cold? (at 900m)</b>	-3C; later -1C. Will feel as cold as minus 16C directly in the wind.
<b>Freezing Level</b>	500 rising to 750m.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Saturday 14 March</b>	<b>Sunday 15 March</b>
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	West or southwesterly, in the range 35 to perhaps for a few hours after dawn 50mph. <b>Arduous or on higher tops perhaps difficult walking. Considerable wind chill.</b>	Westerly typically between 35 and 45mph. Risk strengthening further later afternoon onwards. <b>Continued difficult walking and wind chill significant on exposed higher areas. Expect balance, and in places general mobility to be difficult.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Hail and snow showers</b> Hail and snow showers, although often dry toward Deeside.	<b>Frequent snow and hail</b> Overnight general rain, finishing as snow above about 600m, will after dawn clear within a few hours. Then, often dry, particularly toward Deeside, but hail and snow showers will gradually extend eastwards.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Almost constantly covering higher mountains</b> Varied cloud base: sometimes below 600m near precipitation but periods when most cloud above 900 to 1100m. Highest cloud bases will be on N Cairngorms and Deeside.  <b>30%</b>	<b>Very extensive morning; cloud base then rising</b> Areas of very low cloud will break as precipitation clears. Then varying cloud base between occasionally 600m near precipitation and otherwise 900m (west of A9) to 1100m Cairngorm plateau and 1200m Deeside.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun, perhaps patchwork of sun Deeside. Mostly very good visibility although slight haze.	Patches of sun developing, mainly toward Deeside. Varied visibility; very poor in precipitation but otherwise very good.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-2C. Will feel as cold as minus 14C directly in the wind.  600m	Soon -2C. Will feel as cold as minus 15C where exposed to the wind.  Soon between 400 and 600m.

**Planning Outlook****All mountain areas of Britain from Saturday, 14 March, 2026**

Further bouts of upland gales over the next few days. Precipitation on most mountains daily, focussed on western hills. Freeze thaw cycles will occur: on the Scottish Highlands, thaw periods fairly brief and snow accumulating on many slopes. Further south, lying snow more intermittent as periods of thaw will be lengthier. Temperature levels will rise from about next Tuesday and as pressure then builds, most or all mountain areas will then become largely fine.

**Forecast issued at 13:05 on Thursday, 12 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.