

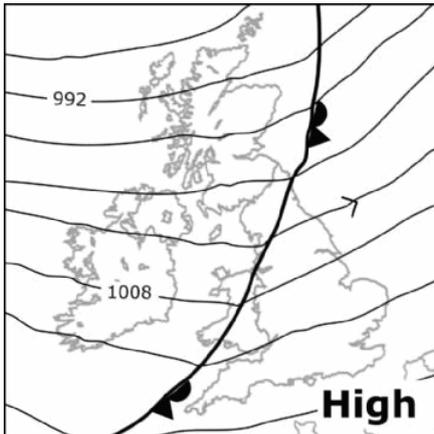
Cairngorms NP and Monadhliath

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 Sunday, 15 March, 2026



British Mountain Summary: Based on forecast chart for noon 15 March, 2026

Widespread rain - snow higher areas Scotland and finishing as snow higher summits elsewhere, will from the west clear (as temperatures drop) to squally hail and snow showers. Upland winds will be close to gale force, and although improving, still extensive low cloud.

Headline for Cairngorms NP and Monadhliath

Upland gales; snow intermittently; risk- whiteout.

Detailed Forecast for Sunday, 15 March, 2026

How windy? (On the Munros)	Westerly 40mph; very gusty near precipitation. Post dawn for a few hours temporarily 60mph.
Effect of wind on you?	Arduous or particularly at first difficult walking and significant wind chill where exposed.
How wet? (Precipitation and its impact)	Snow and hail showers, least frequent toward Deeside After dawn; rain, or above 900m snow, on and off, very little eastern Cairngorms NP, will ease later morning. Then, often dry, particularly toward Deeside, but sudden hail and snow showers will gradually extend east. Risk whiteout.
Cloud on the hills?	Very extensive morning; cloud base then rising; highest toward Deeside Areas of very low cloud until mid or late morning, particularly Ben Alder to summits east of Drumochter. Then varying cloud base between occasionally 600m near precipitation and otherwise 900m (west of A9) to 1100m Cairngorm plateau and 1200m Deeside.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Patches of sun developing late morning, mainly toward Deeside. Varied visibility; very poor in precipitation but otherwise very good.
How Cold? (at 900m)	-2C, but near zero some areas for a few hours dawn until mid morning. Will feel as cold as minus 15C where exposed to the wind.
Freezing Level	Between 400 and 600m but temporarily up to 1100m Cairngorms and Deeside for a few hours from dawn..

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 16 March	Tuesday 17 March
How windy? (On the Munros) Effect of wind on you?	West backing southwesterly; 50 to 65mph most of morning. Then gradually easing to around 40mph in a slight lull. Severe wind chill and difficult walking. Any mobility may well be a struggle at least in the morning - especially near precipitation.	Southerly 50 to sometimes 70mph. Very gusty; powerful gusts some lower slopes. Significant wind chill and in severe gales, mobility widely difficult. Balance a struggle; you could be blown over, in places on lower slopes.
How wet? (Precipitation and its impact)	Hail and snow showers Showers; sometimes frequent, particularly west of A9 morning. Expect hail and above 300, later 600m snow - may give whiteout. Precipitation may become more widespread toward dusk.	Drizzly rain - very little N Cairngorms Ben Alder to summits east of Drumochter: Frequent or in places incessant drizzle. Elsewhere: Frequently dry, (particularly Deeside and near Cairngorm ski-centre) or just a little drizzle in wind.
Cloud on the hills?	Very extensive on higher summits; cloud base highest toward the east Cloud base will vary: near precipitation forming at around 600, occasionally below 450m west of A9. Otherwise, cloud base 750-900m morning, and 900 to 1100m into the afternoon. Highest cloud base will be across Deeside.	Blanket of fog - highest base N Cairngorms and Deeside Persistent fog, in rain, patches from lower slopes up, but generally cloud base 400 to 600m. But north into Deeside and toward Glen More cloud breaking to around 1000m, and to 750-900m north across Monadhliath.
Chance of cloud free Munros?	30%	Almost nil, but 30% northernmost hills
Sunshine? Air clarity (below cloud)	Occasional sun, most sun toward Deeside. Slight haze; very poor visibility in precipitation.	Dull and murky, although pockets of sun and very good visibility northern Monadhliath east to near Cairngorm ski-centre and Deeside.
How Cold? (at 900m) Freezing Level	-2C, rising toward 0C. Will feel as cold as minus 18C due to wind chill. 600m, rising toward 900m.	5C. Above the summits

Planning Outlook**All mountain areas of Britain from Monday, 16 March, 2026**

An abrupt transition will take place on Tuesday and Wednesday. Areas of low cloud, drizzly rain and strong winds will continue to affect mainly western mountains until Wednesday. But then as pressure builds north of Britain it will become extensively fine; cloud often clearing, particularly western Britain, and temperature levels more varied - fairly warm some afternoons but frost widely at night.

Forecast issued at 12:29 on Saturday, 14 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.