

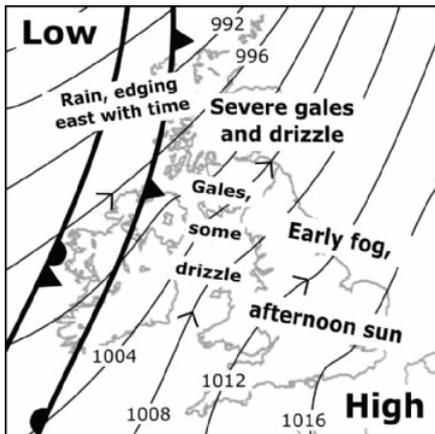
Cairngorms NP and Monadhliath

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, 17 March, 2026



British Mountain Summary:

Based on forecast chart for noon 17 March, 2026

Widely windy, severe gales in Scotland. Rain in the western Scottish highlands edges into central highlands with time; early drizzle over many high slopes, lingering in Scotland, Lakeland, and Snowdonia. Sun breaking out afternoon over Wales and the Pennines with milder temperatures, though a chill in wind.

Headline for Cairngorms NP and Monadhliath

Severe gales; drizzle south and west slopes

Detailed Forecast for Tuesday, 17 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>South-southwesterly 50-60mph. Powerful gusts over high terrain and to some lower slopes too, risk up to 70mph in exposure in the morning. An easing trend begins overnight.</p> <p>Mobility widely difficult with significant wind chill; any stability challenges over high tops likely result in being blown over and pushed.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Some drizzle, driest N Cairngorms</p> <p>Frequent/persistent drizzle from Ben Alder to summits near/east of Drumochter. Mostly just drizzle in the wind elsewhere, driest northern Cairngorm plateau, particularly east of Ben Macdui. Rain approaches western mountains later afternoon.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Blanket of fog - highest base N Cairngorms and Deeside</p> <p>Blanket fog over Monadhliath, Drumochter and south Cairngorms, bases from 400-600m; occasional higher breaks on Deeside hills and north Monadhliath to 800m. North Cairngorm slopes clearer, mostly above 900m.</p> <p>Almost nil Cairngorm plateau, 20% Monadhliath</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Overcast and dull, although pockets of sun and very good visibility northern Monadhliath east across the lower slopes of the northern Cairngorm plateau.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>5C most of the day, 6C north Cairngorms.</p> <p>Into evening, a cooling trend begins from the west, dropping several degrees widely overnight.</p> <p>Above the summits during daylight, lowering onto high terrain overnight.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 18 March	Thursday 19 March
How windy? (On the Munros) Effect of wind on you?	Gusty west-southwesterly 20-35mph at dawn, shifting westerly and easing to around 10mph, lower to the south. Strenuous walking with buffeting and wind chill to start, gradually easing to fairly small effects.	Variable 10mph or less. Negligible.
How wet? (Precipitation and its impact)	No precipitation expected	Precipitation unlikely
Cloud on the hills? Chance of cloud free Munros?	Early low cloud largely clears Banks of cloud early in the day, mostly below 900m, including into the glens. After sunrise, most cloud will lift upslope for a time, dissipating for largely clear hills. 80%	Variable early, substantially clearing At dawn, banks of cloud at various heights, including fog in glens; highest summits likely above cloud. Cloud lifts and dissipates after dawn, most hills clearing, but banks continue to variably affect eastern Cairngorms, particularly Deeside. Rising to 80%
Sunshine? Air clarity (below cloud)	Often cloudy but with bursts of sun. Excellent visibility.	Mostly sunny though some high cloud around. Excellent visibility.
How Cold? (at 900m) Freezing Level	1C, lifting to 3 or 4C, approaching 5C hills accessed from Deeside. Feeling like -10 to -12C in early wind. 1000m from dawn, lifting to just high summits or above.	1 or 2C to start, coolest on northern slopes, rising several degrees. Only slight change with added height. 1200m or higher.

Planning Outlook

All mountain areas of Britain from Wednesday, 18 March, 2026

Pressure begins to rise on Wednesday, bringing fairly widely settled conditions across the country. Some cloud and spotty light rain lingers in north England/south Scotland for a few days, elsewhere becoming mostly sunny; valley fog in many lowland areas early, lifting and dissipating after sunrise for clear hills. Generally milder temperatures and light wind but the occasional stronger gust. East Scotland stays cooler for a time, some overnight frosts possible under clear-sky nights. Over the weekend, first indications of a cool easterly wind building, perhaps some patchy rain here and there. Into next week, detail is uncertain; low pressure may occasionally unsettle the weather, bringing cooler, wetter, and windier periods.

Forecast issued at 15:15 on Monday, 16 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.