

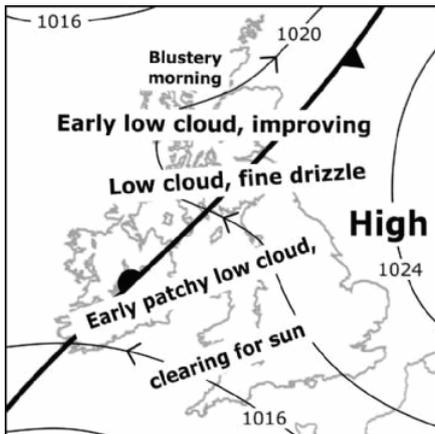
# Cairngorms NP and Monadhliath

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 Wednesday, 18 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 18 March, 2026**

Patchy low cloud across many hills early, lifting and fading, particularly away from west coasts; sun breaking out. A weak front lingers over south Scotland, maintaining low cloud and some light spotty drizzle. Light wind, though a blustery morning in the north Scottish highlands; breezy in south Wales too.

### Headline for Cairngorms NP and Monadhliath

Blustery in exposure early with some low cloud, improving

## Detailed Forecast for Wednesday, 18 March, 2026

<b>How windy? (On the Munros)</b>	Gusty west-southwesterly 20-30mph at dawn, a general westerly shift (though some variability) and easing to around 10mph, lower to the south.
<b>Effect of wind on you?</b>	<b>Impeded walking with buffeting and wind chill to start the day in exposure, gradually easing to fairly small effects.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>No precipitation expected</b>
<b>Cloud on the hills?</b>	<b>Early low cloud largely clears</b> 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. A small risk late in the day of a sheet of low cloud approaching southernmost slopes.
<b>Chance of cloud free Munros?</b>	<b>80%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Early sunshine, high cloud soon building, overcast periods likely but also with bursts of sunshine. Excellent visibility.
<b>How Cold? (at 900m)</b>	1C, lifting to 3 or 4C, approaching 5C hills accessed from Deeside. Feeling as cold as -10 to -12C in the early morning exposed to direct wind.
<b>Freezing Level</b>	1000-1100m from dawn, lifting to just high summits or above.

## Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 19 March	Friday 20 March
<b>How windy? (On the Munros)</b>	Variable 10mph or less.	Southerly 10 to 15mph, may increase a little to 20mph in places afternoon.
<b>Effect of wind on you?</b>	<b>Negligible.</b>	<b>Mostly small.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Precipitation unlikely</b>	<b>Precipitation not expected</b>
<b>Cloud on the hills?</b>	<b>Variable early, substantially clearing</b>  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.	<b>Mostly little</b>  Patchy fog in glens at first, lifting into patchy cloud on some slopes, mainly toward the south, but largely dispersing through middle of day.
<b>Chance of cloud free Munros?</b>	<b>Rising to 80%</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly sunny though some high cloud around. Excellent visibility.	Mostly sunny, some thin cloud. Visibility excellent.
<b>How Cold? (at 900m)</b>	1 or 2C to start, coolest on northern slopes, rising several degrees, least change around Deeside.	Around 6C, some cooler spots at first, then some slightly warmer spots by afternoon.
<b>Freezing Level</b>	1200m or higher.	Above the summits, but frost in glens and some sheltered higher areas at dawn.

**Planning Outlook****All mountain areas of Britain from Thursday, 19 March, 2026**

Fairly widely settled conditions across the country later this week. 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. The weekend is anticipated to be settled as well, with a mix of cloud and sun, early low cloud lifting and clearing many mountains, only occasional spots of rain in the far northwest of Scotland. A spell of more unsettled weather expected next week, with stronger wind, precipitation, and colder temperatures.

**Forecast issued at 15:05 on Tuesday, 17 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.