

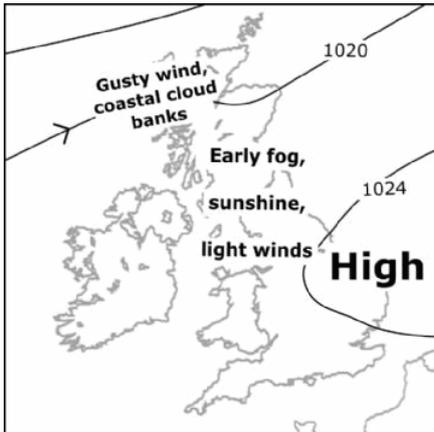
Cairngorms NP and Monadhliath

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 Friday, 20 March, 2026



British Mountain Summary:

Based on forecast chart for noon 20 March, 2026

Southwesterly winds over the Highlands will be gusty in places, strongest toward far northwest where locally up to gale-force. Cloud banks near Scottish west coast, otherwise largely clear with strong early spring sunshine, beware sunburn. Early areas of fog clearing. Light winds England and Wales.

Headline for Cairngorms NP and Monadhliath

Gusty in places. Warm sunshine.

Detailed Forecast for Friday, 20 March, 2026

How windy? (On the Munros)	South to southwesterly 20mph, locally gustier afternoon.
Effect of wind on you?	Fairly small, but locally feeling more noticeable in exposure.
How wet? (Precipitation and its impact)	Precipitation not expected
Cloud on the hills?	Rare patches, all clearing Patchy fog in glens at first, lifting into patchy cloud on some slopes, mainly toward the southwest, but largely dispersing through middle of day.
Chance of cloud free Munros?	90% becoming practically certain.
Sunshine? Air clarity (below cloud)	Mostly sunny. Visibility excellent.
How Cold? (at 900m)	Around 7C, small change with added height; some cooler spots at first, then some slightly warmer spots by afternoon. Feeling near 0C if directly in wind.
Freezing Level	Above the summits, but frost in glens and some sheltered higher areas at dawn.

Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 21 March	Sunday 22 March
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 15 to 20mph, gustier 25mph for periods higher Cairngorms. Increasing evening-night to Fairly small during day, occasionally may feel more noticeably gusty higher areas.	Southwest becoming mostly westerly, 25 to 35mph, stronger gusts for a time around rain. Blustery, affecting comfortable walking and balance at times on exposed high terrain. Considerable wind chill.
How wet? (Precipitation and its impact)	Precipitation rare if any Possible light spots in the wind mainly toward Monadhliath.	A little rain west, then snow flurries Patchy rain develops mostly toward west of Cairngorms near/west of the A9, briefly steadier rain with some showery moments mixed in, finishing as snow flurries on higher areas. Very little reaching Deeside.
Cloud on the hills?	Mostly western tops, clearer east Banks of cloud mostly 900m upward, mostly western Cairngorms and Monadhliath. Cloud higher and well broken eastwards, likely very little and largely clear toward Deeside & Lochnagar.	Mostly higher areas, then breaking Covering higher areas above 900-1000m for a few hours, locally 800m near Drumochter. Then likely to lift and break from northwest, clearing toward higher slopes, brief patches on tops.
Chance of cloud free Munros?	60% west, to 90% eastern hills.	30% rising to 70% afternoon
Sunshine? Air clarity (below cloud)	Sun and high cloud, may cloud over from west for a time. Visibility very good.	Fairly cloudy for a few hours, brighter eastwards, then improving to sunny spells from north afternoon. Visibility mostly good, later very good.
How Cold? (at 900m) Freezing Level	4 or 5C, may rise slightly higher in east. Above the summits, but patchy frost in glens and some sheltered higher areas around dawn.	+2 or 3C in morning, dropping during day from northwest, later to -1C. Feeling like -8 to -12C directly in wind. Above the summits at first, but lowering during morning, to 1000m before noon north & west, 800m widely later in day.

Planning Outlook**All mountain areas of Britain from Saturday, 21 March, 2026**

High pressure slowly retreats over the weekend to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south rebuilds at times to settle things again.

Forecast issued at 15:00 on Thursday, 19 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.