

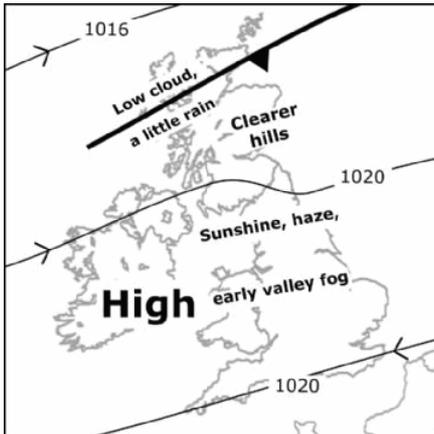
# Cairngorms NP and Monadhliath

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 Saturday, 21 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 21 March, 2026**

Cloud covering some western Scottish mountains much of day, a little rain or drizzle mostly Lochaber to Skye. Clearer hills east and southwards in the Highlands, and some breaks form in far northwest. Gusty winds toward north/west. Sunshine, haze and early low-level fog England & Wales, light winds.

### Headline for Cairngorms NP and Monadhliath

Breezy, gusty in places. Generally dry, sun and patchy cloud west.

## Detailed Forecast for Saturday, 21 March, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>West to southwesterly 15 to 20mph, gustier 25mph for periods higher Cairngorms. Increasing evening-night to 35-45mph, over 50mph for a time overnight higher Cairngorms.</p> <p><b>Fairly small during day, occasionally may feel more noticeably gusty higher areas.</b></p> <p><b>Deteriorating into night.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Precipitation rare if any</b></p> <p>Possible light spots in the wind mainly toward Monadhliath.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Mostly western tops, clearer east</b></p> <p>Banks of cloud mostly 900m upward, mostly western Cairngorms and Monadhliath, lifting at times.</p> <p>Cloud higher and well broken eastwards, very little and largely clear toward Deeside &amp; Lochnagar.</p> <p><b>60% west, to 90% eastern hills.</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Sun and high cloud, may cloud over from west for a time.</p> <p>Visibility very good.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>4 or 5C, rising slightly higher in east.</p> <p>Above the summits, but patchy frost in glens and some sheltered higher areas around dawn.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 22 March	Monday 23 March
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwest becoming mostly westerly, 25 to 35mph, stronger gusts for a time around rain. <b>Blustery, affecting comfortable walking and balance at times on exposed high terrain. Considerable wind chill.</b>	West soon southwesterly, varied 25mph morning, risk 35mph at dawn. Then increasing rapidly to 50-70mph afternoon. <b>Blustery at first, perhaps a relative lull for a few hours, but then rapidly deteriorating, walking increasingly difficult.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain west, then snow flurries</b> Patchy rain in morning, mostly near/west of the A9, briefly showery moments mixed in, finishing as snow flurries on higher areas. Very little reaching Deeside. Local snow showers later mainly western areas.	<b>Risk rain later west</b> During afternoon toward / west of A9, risk patchy rain arriving, then becoming more persistent from west from dusk onward.
<b>Cloud on the hills?</b>	<b>Mostly higher areas, then breaking</b>  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.	<b>Little if any until late</b>  Later afternoon as rain develops, cloud starting to form over higher tops near Drumochter.
<b>Chance of cloud free Munros?</b>	<b>30% rising to 80% afternoon</b>	<b>90%, later afternoon 60%.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Fairly cloudy for a few hours, brighter eastwards, then improving to sunny spells from north afternoon. Visibility mostly good, later very good.	Early sun weakening as high cloud thickens, becoming overcast. Visibility excellent, later a little hazier.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	+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.	-2C rising to +2C by late afternoon. As wind increases, chill factor later feeling like -12 to -15C in exposure. 700m plus frost in glens around dawn. Tending to rise, by late afternoon likely lifting just above freezing to highest tops.

## Planning Outlook

### All mountain areas of Britain from Sunday, 22 March, 2026

A changeable mix during the week ahead, but feeling wintry with snow and hail showers widely into midweek. Fine conditions on Monday, but southwesterly winds increasing, later severe gales on Scottish mountains. A spell of rain by late Monday into the night with a brief rise of temperature, but the freezing level drops from the northwest again into Tuesday, falling sub-zero across all hills of Britain above 600-700m later Tuesday into Wednesday. Significant chill factor from gale force west then northwesterly winds. High pressure to the southwest then likely rebuilds to settle things again toward next weekend and temperatures will tend to recover. A mixed west to southwesterly flow may continue to bring more changeable conditions to west and northwest Scotland.

### Forecast issued at 15:45 on Friday, 20 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.