

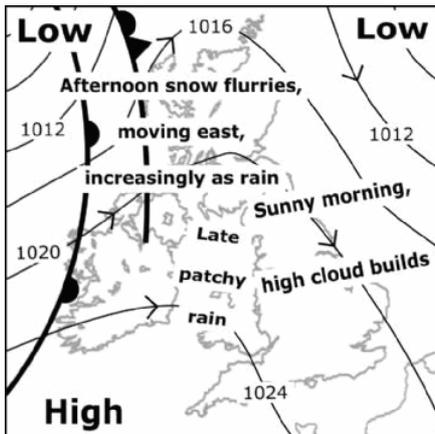
# Cairngorms NP and Monadhliath

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 Thursday, 26 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 26 March, 2026**

A sunny start, frosty in England and Scotland; freezing levels at middle heights in Wales. Some snow showers north and west Scotland early. High cloud builds from the west; patchy snow and rain arrive afternoon, spread east, and increase in frequency into night. Rain increasingly to higher slopes as temperature rises.

### Headline for Cairngorms NP and Monadhliath

Blustery early, easing; sunny bursts, rain later from the west

## Detailed Forecast for Thursday, 26 March, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>At dawn, northwesterly 25-35mph, strongest high eastern hills, where may reach 40mph very early. Easing and shifting westerly, 15-20mph. Beginning to reorient southwesterly late in the day, restrengthening into night.</p> <p><b>In the morning, walking impeded in exposure with wind chill, more strenuous in the east. Effects will ease to fairly small.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Some afternoon snow/rain from the west</b></p> <p>Risk of a few light snow showers east of Ben Macdui, elsewhere dry. Through afternoon, some patchy snow/refrozen rain arrives to westernmost mountains. Into evening, drizzle and snow flurries more frequent on tops, rain level rising to summits and rain spreads more widely.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Largely clear, then lowering through afternoon, extensive by dusk</b></p> <p>At dawn, patchy cloud may cling to the high tops, this soon lifting for cloud-free hills. Through afternoon, cloud will lower to the tops, first in the west, further lowering and spreading east, extensive over high terrain by dusk, lowest bases south and west, as low as 400-500m Drumochter overnight.</p> <p><b>90%, lowering to 30% or lower by evening</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Bright sunshine in the morning, gradually weakened by high cloud, overcast by evening. Excellent visibility.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>-4C, gradually rising -1C afternoon, then sharply rising into evening, 3 to 5C for several overnight hours, mildest north Cairngorms. Feeling like -15C in early wind.</p> <p>Fairly widespread frost at dawn including into glens. Rising, 600-700m afternoon, then sharply rising near dusk, above the summits several overnight hours.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	Friday 27 March	Saturday 28 March
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Westerly 25-35mph, trending towards higher speeds with time, 45mph into evening.  <b>Walking increasingly strenuous in exposure with significant wind chill, conditions deteriorating as dusk approaches.</b>	Westerly 40 to 50mph, but likely 60mph higher Cairngorms at least in morning. Gales likely strengthen again into night.  <b>Challenging mobility on higher mountains at least in morning, frequent buffeting all day. Significant-to-severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Afternoon snow showers, mostly west</b> Patchy overnight rain fades approaching dawn. Showers arrive from the west, snow to 600m, and largely confined to Monadhliath/Drumochter area until late in the day, spreading further east with heavier falls.	<b>Hail and snow showers</b> Showers spreading from the west in the morning, mostly areas near and west of the A9, hail and snow falling to lower elevations. Scattered showers extend eastward, tending to ease from west during afternoon.
<b>Cloud on the hills?</b>	<b>Mostly high western terrain, often broken</b>  Some ragged patches of cloud at several elevations at dawn but these dissipating after sunrise. Banks of cloud occasionally drift over the high tops, most often west during showers, as low as 800-900m afternoon.	<b>Patches over tops, lifting higher</b>  Varied cloud capping higher slopes in the morning above 800-1000m, lowest around showers near the A9. Lifting above higher slopes increasingly often into afternoon.
<b>Chance of cloud free Munros?</b>	<b>70%, lowering to 50% west afternoon</b>	<b>30% rising to 60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Frequent bright sunshine, turning to a patchwork afternoon, most cloud west. Very good visibility, though suddenly poor in showers.	Patchwork of cloud and sun. Visibility often very good, but reduced at times to briefly very poor in showers.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C early, sunny slopes may briefly rise a degree; lowering, -3 or -2C into night. Feeling like -13 to -15C in direct wind.  Lowering from overnight, 800m at dawn, lowering to 600-700m through the day.	-2C rising to 0 or +1C. Wind chill feeling like -15 to -20C.  600-700m in morning, plus frost in sheltered glens around dawn, rising to 900-1000m afternoon.

## Planning Outlook

### All mountain areas of Britain from Friday, 27 March, 2026

Thursday starts chilly with clear skies for many, snow then rain moves into western areas with time. Strong northwesterly winds prevail as the weekend starts, bringing cooler temperatures and a mix of showers and sun across most areas, the showers likely snowy to middle elevations with some hail mixed in. The cool, spring-like conditions will allow showers to become heavier and more widespread in the afternoon. Sunday into next week sees high pressure southwest of the country, producing drier weather with sun breaks, a trend towards milder temperatures too, but several low pressure systems to the north draw bands of rain eastward, mostly affecting Scotland, occasionally northern England and Wales. A risk of cooler northerly winds re-establishing later in the week, though detail is uncertain.

### Forecast issued at 16:19 on Wednesday, 25 March, 2026

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of sportsScotland. 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.