

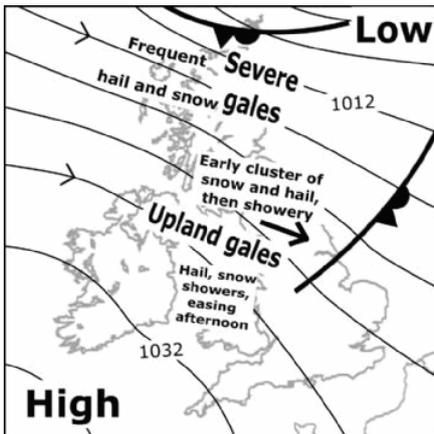
# Cairngorms NP and Monadhliath

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, 28 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 28 March, 2026**

Feeling bitterly cold in gale-force west-northwesterly winds widely, severe gales on higher Scottish mountains. Extensive showers with hail, snow, chance of isolated thunder, locally grouping into more constant precipitation NW Highlands, also N England in morning; intensity of showers easing during afternoon.

### Headline for Cairngorms NP and Monadhliath

Gales, severe on high tops. Hail and snow showers.

## Detailed Forecast for Saturday, 28 March, 2026

<b>How windy? (On the Munros)</b>	Westerly 50 to 60mph, strongest over higher Cairngorms, often 70mph exposed terrain with stronger gusts. A brief lessening by evening, then increasing again overnight.
<b>Effect of wind on you?</b>	<b>Challenging mobility on higher mountains, very difficult conditions in exposure with gusts knocking you over. Significant-to-severe wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<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, chance isolated lightning. Scattered showers extend eastward, tending to ease from west during afternoon.
<b>Cloud on the hills?</b>	<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>30% rising to 60%</b>
<b>Sunshine? Air clarity (below cloud)</b>	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>	-3C rising to 0C. Wind chill feeling like -15 to -20C.
<b>Freezing Level</b>	600m in morning, plus frost in sheltered glens around dawn, rising to 900m afternoon.

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 29 March	Monday 30 March
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwest at first, soon westerly, 70-80mph dawn into morning, then near 50mph, sudden squally gusts. <b>Severe conditions for a time, remaining difficult over the mountains all day, mobility often challenging. Severe wind chill.</b>	West to northwesterly, 45 to 60mph, strongest toward north and in the morning, gusts over 70mph higher Cairngorms. <b>Challenging conditions, very difficult mobility especially morning, gusts could knock you over. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain, snow, then showery hail</b> A swathe of rain moving in from west around dawn, starting as snow on high terrain. A more intense band moving through in morning, abruptly turning back to snow to 600m, then showers with hail.	<b>Snow showers mostly morning</b> Occasional showers of snow mostly areas near and west of the A9 in the morning. Becoming fewer well-scattered and lighter showers into afternoon, mostly rain below 600-700m.
<b>Cloud on the hills?</b>	<b>Fairly extensive, then varied on tops</b>  Covering higher terrain fairly widely above 800-1000m early in day, locally lower toward west. Then rising and more variable above 900m with breaks to tops.	<b>Mostly high tops, clearer east</b>  Patchy cloud over higher terrain above 900-1000m, most frequent on tops toward west in morning, tending to rise. Breaks to tops in east and more widely with time.
<b>Chance of cloud free Munros?</b>	<b>40%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bursts of sun develop, best in east. Visibility changing quickly, very poor in rain, appalling at least temporarily in snow, intermittently very good.	Occasional sun, best toward east in morning. Visibility mostly good, briefly poor in snow.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	+1 or 2C for a time, dropping to -2C afternoon. Wind chill feeling like -15C, nearer -20C on highest terrain. Briefly may rise just above freezing to upper slopes in morning, then soon lowering again, to 700-800m afternoon.	-2C rising to +1C afternoon, then higher after dark. Wind chill feeling like -15 to -18C. 700m from dawn, slight frost in sheltered glens; rising to 1000m afternoon, then lifting above the summits into night.

## Planning Outlook

### All mountain areas of Britain from Sunday, 29 March, 2026

Changeable westerlies prevail onward into early next week, continuing gales over most high terrain. Milder air lifts above freezing to all tops into Tuesday with low cloud, drizzle and rain, most persistent west-northwest Scotland. Likely colder again in Scotland by Wednesday with some further hill snow likely. Some windows of better weather mid-late in the week as higher pressure is nearby - temperatures vary above and just below freezing on Highland tops, more often above freezing England and Wales tops. Some chilly air possible during early April, but drier conditions likely developing with time with more spring sunshine.

### Forecast issued at 16:20 on Friday, 27 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.