

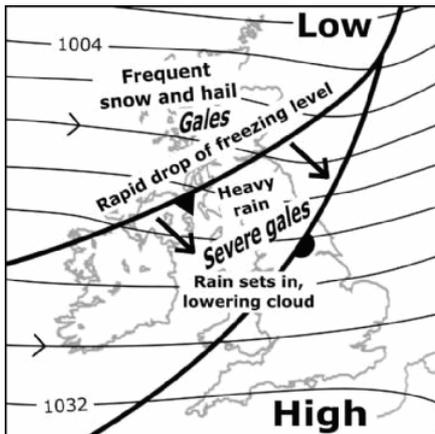
# Cairngorms NP and Monadhliath

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 Sunday, 29 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 29 March, 2026**

Widely difficult conditions - extensive gales across the hills, often severe on higher terrain; a few hours of storm-force winds moving southward accompanied by a swathe of heavy rain, some snow on high tops. Colder air follows across Scotland, with frequent showery hail and snow, periods of whiteout on mountains.

### Headline for Cairngorms NP and Monadhliath

Gales, severe tops; early rain/snow, then squally hail & snow.

## Detailed Forecast for Sunday, 29 March, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southwesterly at first, soon westerly, 70-80mph dawn into morning, gusts over 90mph higher Cairngorms for a time. Then staying near 50mph for rest of the day, sudden squally gusts over 60mph.</p> <p><b>Severe conditions for a time, remaining difficult over the mountains all day, mobility often challenging, powerful gusts could knock you off your feet. Severe wind chill.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Rain, snow, then showery hail</b></p> <p>Rain and hill snow arriving from the west before dawn, setting in for a few hours, briefly becoming rain to 1000m or above, heavy bursts for a time. Then showery with hail and increasingly snow to 600m or lower into afternoon. Chance of isolated thunder &amp; lightning.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Fairly extensive, then varied on tops</b></p> <p>Covering higher terrain fairly widely above 800-1000m early in day, locally lower toward west. Then rising and more variable above 900m with brief breaks to higher tops, best in eastern areas.</p> <p><b>40%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Bursts of sun develop, best in east. Visibility changing quickly, very poor in rain, appalling at least temporarily in snow, intermittently very good.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>+1 or 2C for a time, dropping to -2C afternoon (-5C on highest summits). Wind chill feeling like -15C, nearer -20C on highest terrain.</p> <p>Briefly may rise just above freezing to upper slopes in morning, then soon lowering again, to 700-800m afternoon, 600m up to dusk.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 30 March	Tuesday 31 March
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</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>	West to southwesterly, 25 to 35mph up to 40mph high Cairngorms, gusty in places around exposed high tops and ridges. <b>Blustery over high terrain, affecting comfortable walking and balance on some exposed ridges. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<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>Patchy drizzle</b> A little drizzle in the air at times, most common toward and west of the A9, amounting to little in total. Often dry eastern Cairngorms NP.
<b>Cloud on the hills?</b>	<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>Extensive higher areas, breaks east</b>  Shrouding most hills in the morning above 800-1000m, lowest toward west, some lower banks for a time. Tending to rise and break with time, best toward east. Banks likely linger above 900m near Ben Alder.
<b>Chance of cloud free Munros?</b>	<b>60% west, to 80% east</b>	<b>20% rising to 50% easternmost tops.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun, best toward east in morning. Visibility mostly good, briefly poor in snow.	Glimpses of sun mostly eastern areas. Poor visibility on much higher terrain at least in morning, becoming good where cloud lifts and breaks.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-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.	4 or 5C. Feeling like -5 to -8C directly in the wind.  Close to freezing only on higher Cairngorm plateau, but generally above the tops.

## Planning Outlook

### All mountain areas of Britain from Monday, 30 March, 2026

Milder air across all areas by Tuesday, with drizzly rain and low cloud particularly in the west. A drop of temperature returns to Scotland at least during Wednesday, with a belt of rain expected to move slowly southwards, followed by showers turning to snow again on higher areas, possible hail. Uncertain southward extent of rain and colder air beyond midweek - lower confidence in forecast detail toward Easter - high pressure toward the east and south brings some drier weather, but Atlantic weather systems may continue to move near to the northwest of Britain bringing further spells of strong wind and rain, plus fluctuating temperatures in Scotland, whilst further south likely stays milder.

### Forecast issued at 16:00 on Saturday, 28 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.