

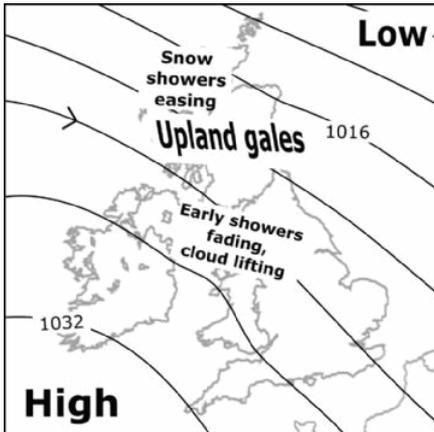
Cairngorms NP and Monadhliath

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 Monday, 30 March, 2026



British Mountain Summary:

Based on forecast chart for noon 30 March, 2026

Gale-force west-northwesterlies, severe over higher Scottish mountains toward the north, squally gusts around showers of snow, also hail toward north early in the day. Light showers of rain or upland snow tending to fade with time, some breaks in cloud forming, best eastwards.

Headline for Cairngorms NP and Monadhliath

Gales, severe on high tops. Snow showers, fading.

Detailed Forecast for Monday, 30 March, 2026

How windy? (On the Munros)	West to northwesterly, 45 to 60mph, strongest toward north and in the morning, gusts over 70mph higher Cairngorms.
Effect of wind on you?	Challenging conditions, very difficult mobility especially morning, gusts could knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Snow showers mostly morning 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.
Cloud on the hills?	Mostly high tops, clearer east 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. Will then lower from southwest into night.
Chance of cloud free Munros?	60% west, to 80% east
Sunshine? Air clarity (below cloud)	Occasional sun, best toward east in morning. Visibility mostly good, briefly poor in snow.
How Cold? (at 900m)	-2C rising to +1 or 2C afternoon, then higher after dark. Wind chill feeling like -15 to -18C.
Freezing Level	700m from dawn, slight frost in sheltered glens; rising to 1000m afternoon, slightly higher eastern areas, then lifting above the summits into night.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 31 March	Wednesday 1 April
How windy? (On the Munros) Effect of wind on you?	West to southwesterly, 25 to 35mph up to 40mph high Cairngorms, gusty in places around exposed high tops and ridges. Blustery over high terrain, affecting comfortable walking and balance on some exposed ridges. Considerable wind chill.	Southwesterly 35 to 50mph, stronger gusts for a time - may last much of day, but later possible switch northerly 20-30mph. Arduous walking conditions with buffeting gusts high tops, locally downslope to east, may lessen later. Significant wind chill.
How wet? (Precipitation and its impact)	Patchy drizzle 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.	Rain developing, increasingly snow Patchy rain or drizzly showers, developing with time into more persistent rain western areas, then more widely, risk turning heavier, later turning to snow on higher terrain, possibly to lowering elevations.
Cloud on the hills?	Extensive higher areas, breaks east 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.	Fairly extensive higher areas Covering higher slopes particularly from Cairngorm plateau westwards most or all day above 800-1000m, lowest in constant precipitation. Higher breaks eastward.
Chance of cloud free Munros?	20% rising to 50% easternmost tops.	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly eastern areas. Poor visibility on much higher terrain at least in morning, becoming good where cloud lifts and breaks.	Largely cloudy, local brighter moments toward Deeside. Poor visibility in rain, very poor if in snow and cloud on tops; locally better in east.
How Cold? (at 900m) Freezing Level	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.	4C in morning, tending to drop, to 0C during day, later -2C northern areas. Feeling like -10C in exposure to wind. Above all summits for several hours at least, then dropping onto high tops, later possibly more rapidly to 600m in north.

Planning Outlook**All mountain areas of Britain from Tuesday, 31 March, 2026**

A drop of temperature is expected again across Scotland during Wednesday as a band of rain then upland snow drifts slowly southwards. Atlantic weather patterns and west-southwesterly winds likely continue into the start of the Easter period at least, a risk of further gales over the mountains. Temperature may remain variable, possibly often cold over the mountains with snow and hail showers at times to lower elevations at least in Scotland, sometimes more widely, mixed with some spells of rain - precipitation generally most frequent west and northwest. Some windows of drier and brighter conditions, but day-to-day detail is uncertain.

Forecast issued at 16:00 on Sunday, 29 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.