

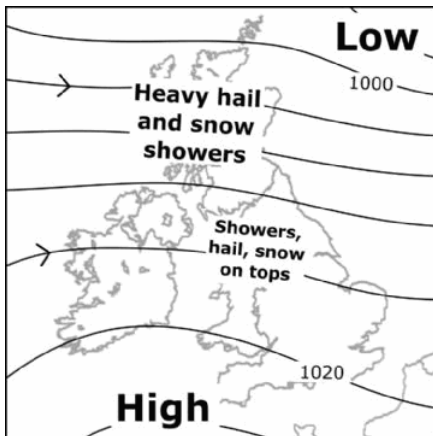
# Cairngorms NP and Monadhliath

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, 5 April, 2026



### British Mountain Summary:

**Based on forecast chart for noon 5 April, 2026**

Notably cold for Easter Sunday, sub-zero across Scottish mountains and high tops in England & Wales, severe chill factor where exposed to gale-force westerly winds over hills. Heavy, squally showers with hail, also snow falling at times to lower elevations; chance of isolated thunder.

### Headline for Cairngorms NP and Monadhliath

Mountain gales, bitterly cold; heavy showery hail and snow.

## Detailed Forecast for Sunday, 5 April, 2026

<b>How windy? (On the Munros)</b>	Stormy conditions overnight lessen up to dawn, may be still 60-70mph at first light; then westerly 40 to 55mph much of day, squally gusts; briefly less mid-late morning, risk slightly increasing again toward 60mph by evening.
<b>Effect of wind on you?</b>	<b>Frequent buffeting, walking challenging on higher exposed terrain, sudden powerful gusts making balance difficult in places. Beware possible storm damage from overnight around forests. Severe wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Snow then showery hail; risk lightning</b> Fresh lying snow to lower hill slopes particularly northern areas. Showery, clusters of heavy bursts with hail and snow, frequent near/west of the A9, some rain on lowest slopes. Isolated thunder & lightning.
<b>Cloud on the hills?</b>	<b>Varying on high tops</b> Cloud banks frequently moving across upper slopes, mostly above 900-1000m, briefly lower in precipitation. At times clearing higher up, most often in east.
<b>Chance of cloud free Munros?</b>	<b>40%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Bursts of bright sunshine and very good visibility, but suddenly appalling in cloud and snow or hail, brief whiteout possible.
<b>How Cold? (at 900m)</b>	-2 to -4C, rising slightly afternoon. (Around -6C on Ben Macdui summit). Feeling like -15C in the wind, nearer -20C on higher Cairngorms at times.
<b>Freezing Level</b>	400 to 600m in morning, rising to 700-800m afternoon, but lowering briefly again around showers.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 6 April	Tuesday 7 April
<b>How windy? (On the Munros)</b> <b>Effect of wind on you?</b>	Southwest turning southerly, 20 to 35mph, tending to strengthen during day, stronger gusts may develop higher Cairngorms. <b>Increasingly affecting ease of walking on higher exposed terrain; notably gusty downslope around northern corries.</b>	South to southeasterly 25 to 40mph, but in places nearer 50mph, very gusty higher Cairngorms and northern corries. <b>Variable, in places fairly small, but sudden buffeting gusts will make walking and balance more challenging.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain unlikely</b> Very likely dry. Low chance of odd spots from thickening high cloud, mostly southwest areas.	<b>Rain not expected until late</b> Toward evening, thickening high cloud may give odd spots, locally a brief burst of rain possible. More likely after dark, risk of rain becoming more widespread.
<b>Cloud on the hills?</b>	<b>Mostly little if any</b>  Patchy cloud briefly drifting over some slopes, mostly southern areas, but most mountains largely free of low cloud.	<b>Hills clear</b>  Patchy mist some glens at first. The mountains very likely clear all day.
<b>Chance of cloud free Munros?</b>	<b>90%</b>	<b>Above 90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine and a veil of high cloud, which may cover the sky more with time in west. Visibility excellent.	Sunshine and thin high cloud, tending to gradually thicken during the day, later may cover the sky. Visibility excellent.
<b>How Cold? (at 900m)</b> <b>Freezing Level</b>	-1C from dawn, rising to +2C or locally +4C toward north afternoon. Feeling like -5 to -10C directly in wind. Frost in glens in morning, much mountain terrain frozen all day, but air temperature rising above freezing to tops by late in day.	6 to 10C. Directly in the stronger wind, feeling below freezing despite warm air. Above the summits. Possible slight frost some sheltered glens at dawn.

## Planning Outlook

### All mountain areas of Britain from Monday, 6 April, 2026

A cold frosty start to Monday, but milder southerly air arrives - dry and many hills clear with hazy sun, but gusty wind, risk of local gales west coastal mountains of Scotland. Quite warm by Tuesday, but strong to gale force southerly winds more widely; dry for many, rain encroaching into western Scotland, thawing of recent snow. Staying warm on Wednesday for many, but likely becoming cooler later in the week. Scotland likely remains changeable, often windy later in the week, rain at times, varying temperatures, at times below freezing on higher Munros. England and Wales sees occasional rain or showers late week, but some drier days and lighter winds.

### Forecast issued at 16:00 on Saturday, 4 April, 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.