

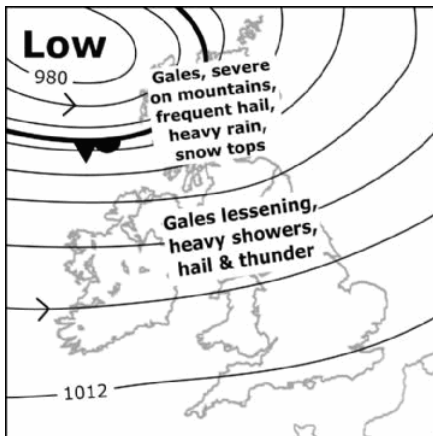
Cairngorms NP and Monadhliath

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, 12 April, 2026



British Mountain Summary:

Based on forecast chart for noon 12 April, 2026

Gales will be severe all day over Scottish mountains, whilst upland gales gradually lessen for northern England, easing sooner in Wales, but remaining blustery. Widespread heavy showers merging into more constant precipitation in western Scotland, powerful squalls with hail, snow falling at times and risk of thunder.

Headline for Cairngorms NP and Monadhliath

Severe gales. Frequent hail, snow, becoming widespread.

Detailed Forecast for Sunday, 12 April, 2026

How windy? (On the Munros)	South then southwesterly, 50 to 60mph, but often 70mph higher Cairngorms and stronger gusts widely over tops in showers. Lessening marginally from the south later in day.
Effect of wind on you?	Difficult walking conditions, any mobility challenging in places, powerful squally gusts could knock you over on exposed terrain. Severe wind chill.
How wet? (Precipitation and its impact)	Frequent heavy showers, hail, snow Showers most common toward south and west Cairngorms in morning, but increasingly widespread with time; heavy bursts with hail, snow at times falling toward 600m, chance of isolated thunder & lightning. Snow cover on most high terrain, substantial in places.
Cloud on the hills?	Varying over higher tops Cloud often above 900m, for periods confined to only patches on highest tops with good breaks. Around showers, lowering over higher slopes more widely, patches toward 700m briefly.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	Intermittent bright sunshine, sunniest toward north and east in the morning. Visibility changing suddenly from very good to briefly appalling in snow/hail and cloud.
How Cold? (at 900m)	0 or -1C rising to +1 or 2C by afternoon, but dropping slightly during showers. Wind chill feeling like -15C, often nearer -20C higher summits.
Freezing Level	800-900m from dawn, rising to 1000-1100m, then lowering again from dusk; briefly dropping also in showers.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 13 April	Tuesday 14 April
How windy? (On the Munros) Effect of wind on you?	Southerly, 20 to 25mph, risk 30mph higher Cairngorms and more eastern tops in the morning; gusty later around showers. Fairly small, but more noticeably blustery on some exposed tops in the morning, giving considerable wind chill.	South to southeasterly, 15 to 20mph in morning, strengthening afternoon toward 30mph later. Into night likely over 50mph. Fairly small for half the day or more, but likely becoming more blustery over higher terrain with time.
How wet? (Precipitation and its impact)	Hail showers forming widely afternoon Much of the morning dry, then a scattering of brief showers forming, becoming more widespread with time during afternoon, briefly heavy with hail, also snow may fall to 600m. Risk isolated thunder & lightning.	Rain not expected until night Likely dry all daytime. Into night, patchy rain develops from southwest.
Cloud on the hills?	Often above hills, varied in showers Patches of cloud forming around some upper slopes in the morning, mostly southern areas, lifting above many tops. Then occasional banks forming over hills during and after showers.	Little if any Fragments of cloud around some slopes early morning, also mist in some glens at first. Dispersing to leave hills generally clear.
Chance of cloud free Munros?	80%	90%
Sunshine? Air clarity (below cloud)	Sunshine best in north & east in morning, cloud building, leaving brief bursts of sun. Visibility excellent, but briefly very poor in showers.	Sunshine best northern areas in the morning, then patchwork of cloud and sun, high cloud gradually builds later. Visibility excellent.
How Cold? (at 900m) Freezing Level	-1C rising to +2C, but dropping a few degrees in showers. Wind chill feeling like -6C to near -10C early in day on tops. 800m at first, also frost in sheltered glens; rising to 1100-1200m into middle of day and afternoon.	0C rising to 4C. Feeling colder later in day as wind increases. 900m early in day, plus frost in glens around dawn. Rising to 1200-1300m, then above all tops later in day.

Planning Outlook

All mountain areas of Britain from Monday, 13 April, 2026

Chilly and showery conditions to start the new week, hail and a risk of isolated thunder into Monday afternoon, but less windy than the weekend. Drier for much of Tuesday, but rain and strengthening south-southwesterly winds return from the west later. Milder into mid-late week, but Scottish high tops above 1200m close to freezing at times. Wednesday through Friday, showers or some more persistent rain, mostly in the west, accompanied by strong winds, gales over mountains for periods. Higher pressure gradually builds by next weekend, bringing fewer showers and lighter winds; chilly overnight, but fairly mild spring days.

Forecast issued at 16:00 on Saturday, 11 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.