

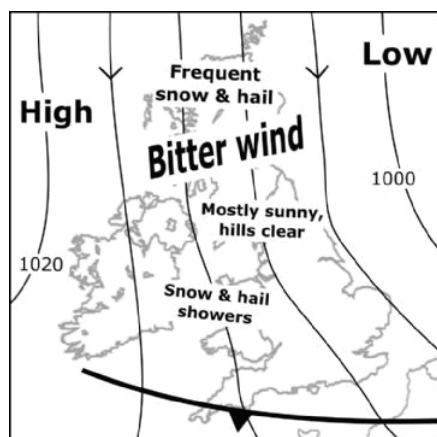
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Friday, 2 January, 2026



British Mountain Summary:

Based on forecast chart for noon 2 January, 2026

Bitterly cold north-northwesterly winds, gale-force over many hills, typically strongest in morning, again late in day Scotland. Frequent snow and hail northern Scotland, blizzard conditions on mountains. Showers also affect Wales. Mostly dry, sunny and clear hills N England & S Scotland. Most terrain frozen.

Headline for Cairngorms NP and Monadhliath

Gales on tops, severe chill factor. Snow & hail persistent / heavy north.

Detailed Forecast for Friday, 2 January, 2026

How windy? (On the Munros)	Northerly 60-70mph for a few hours before dawn, tending to ease a little to 50mph by sunrise, then 35-40mph into middle of day, but then tending to strengthen again up to dusk, reaching 50mph again after dark.
Effect of wind on you?	Severe wind chill over the mountains. Difficult conditions up to sunrise, some improvement, but ongoing strenuous walking with frequent buffeting in exposure. Deteriorating again into evening.
How wet? (Precipitation and its impact)	Near-constant snow and hail Heavy showers merging into more persistent snow coming in from the north, snow and hail falling and accumulating to lowest slopes. Some prolonged heavy falls especially northern areas. Frequent whiteout over the mountains. Risk of isolated thunder.
Cloud on the hills?	Fairly extensive higher areas Often covering the mountains above 800m, at times 600m in northern Cairngorms. Higher and more varied bases southward, some breaks above 1000m more often.
Chance of cloud free Munros?	20% north, to 40% south.
Sunshine? Air clarity (below cloud)	Brief bursts of sun, most often south. Visibility often appalling due to snow falling or blowing and where also in cloud; but intermittently very good.
How Cold? (at 900m)	-6C (to -8 or -9C at 1200-1300m). Wind chill feeling like -17 to -22C on tops.
Freezing Level	Terrain widely frozen, sub-zero all day glens upward. Icy surfaces and fresh snow cover.

All mountain areas of Britain from Saturday, 3 January, 2026

Terrain extensively frozen this weekend and early next week ; sub-zero temperatures from the glens upward in Scotland and some valleys inland in northern England. Substantial fresh snow accumulations in the North West Highlands and Cairngorms, heavy showers streaming in from the north also containing hail. Largely dry and sunny from central Scotland to northern England. Hail and snow showers will run into north and west Wales from the sea . Bitter northerly winds, up to gale force higher tops, lessening somewhat during Sunday. Some fluctuation of freezing level during next week, though most high terrain stays sub-zero, and as fronts come in from the west, upland snowfalls are possible more widely.

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.