

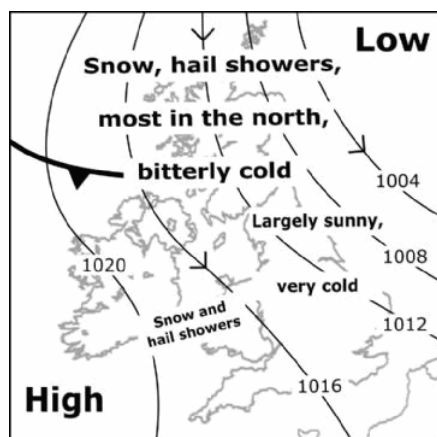
# Cairngorms NP and Monadhliath

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 Sunday, 4 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 4 January, 2026

Snow, hail, and wind continues driving into northern Scotland with showers passing into central and western areas; snow coverage fairly widespread in the Highlands. Southern Scotland and England mostly sunny, blustery in exposure. More snow and hail showers for Wales, pushing further east afternoon. Widely very cold.

### Headline for Cairngorms NP and Monadhliath

Frequent snow and hail; bitterly cold in the wind

## Detailed Forecast for Sunday, 4 January, 2026

<b>How windy? (On the Munros)</b>	North-northwesterly 35 to 40mph, squally gusts in showers with the strongest gusts reaching 45mph or higher over the highest tops in the east.
<b>Effect of wind on you?</b>	<b>Severe wind chill over the mountains. Arduous walking on snow cover, balance nearly constantly challenged in the east with gusts.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Near-constant snow and hail</b> Ongoing heavy showers merging into more persistent snow coming in from the north, snow and hail falling and accumulating into the glens. Frequent whiteout over the mountains. Risk of isolated thunder.
<b>Cloud on the hills?</b>	<b>Fairly extensive higher areas</b> Often covering the mountains above 800m, at times 600m or lower in northern Cairngorms. Higher and more varied bases southward, some breaks above 1000m more often; high Cairngorms unlikely to clear.
<b>Chance of cloud free Munros?</b>	<b>20% north, to 40% south.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief bursts of sun, best chance south. Visibility often appalling due to snow falling or blowing and where also in cloud; but intermittently very good.
<b>How Cold? (at 900m)</b>	-7 to -8C; risk as cold as -11C on highest Cairngorm summits. Wind chill feeling like -22C, nearer -25C or colder on the high Cairngorm plateau.
<b>Freezing Level</b>	Terrain widely frozen, staying sub-zero from glens upward.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 5 January	Tuesday 6 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Northerly 25-35mph, risk speeds to 40mph in exposure. Shifting northwesterly afternoon.  <b>Continued severe wind chill over the mountains. Walking often strenuous, arduous with buffeting in exposure.</b>	West-southwesterly 20-25mph, rising with time, reaching 40mph or higher over the summits. Shifting northerly after dark.  <b>Walking increasingly strenuous with time and significant wind chill, some variability.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Near-constant snow showers</b> Ongoing heavy snow/hail showers from the north, merging into more constant snow northeast Cairngorms; extensive snow cover with frequent whiteout conditions on high ground.	<b>Snow sets in</b> Bands of showery snow pass east through the morning, setting in as widespread snow for most of the afternoon and into nighttime, heavy for a time.
<b>Cloud on the hills?</b>	<b>Fairly extensive higher areas</b>  Often covering the mountains above 900m, at times 700m in northern Cairngorms, lowest and most persistent east. Higher and more varied bases south of the Cairngorm plateau, breaks above 1000m more often.	<b>Becoming extensive</b>  Variable for several hours, often shrouding the high tops with lowest bases to the west, reaching 600-700m during snow. Some higher breaks in the east for a time. Filling in widely to middle or lower slopes with time as snow sets in.
<b>Chance of cloud free Munros?</b>	<b>20% north, to 40% south.</b>	<b>Lowering to 10% with time</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief bursts of sun, more frequent south. Visibility often appalling due to snow falling or blowing and where also in cloud; but intermittently very good south/west.	Sunshine unlikely. Moments of very good visibility early, though increasingly appalling as snow sets in with whiteout conditions.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-6C (to -9C above 1200m and at dawn in glens). Wind chill feeling as cold as -25C in exposure on Cairngorm plateau.  Terrain widely frozen, staying sub-zero from glens upward.	-2 or -3C, becoming colder into nighttime. Feeling as cold as -18C in the wind.  Terrain widely frozen from the glens upward.

## Planning Outlook

## All mountain areas of Britain from Monday, 5 January, 2026

Monday stays cold with terrain widely frozen; sunshine inland with continued snow showers along coasts. The weather then turns more variable: fronts begin to approach the country on Tuesday, with cloud gradually becoming widespread on high terrain from the north, an area of snow arriving widely into Scotland and tracking south into England and Wales overnight into Wednesday. Most terrain will stay frozen but a brief local lifting of freezing levels in western areas. Some sunny breaks and snow showers will follow this system. Beyond Wednesday, confidence in forecast detail is significantly lower, but another weather system is indicated for Thursday into Friday, this possibly bringing a swathe of snow, rain, and strong winds to the south and perhaps more widely.

## Forecast issued at 15:29 on Saturday, 3 January, 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.