

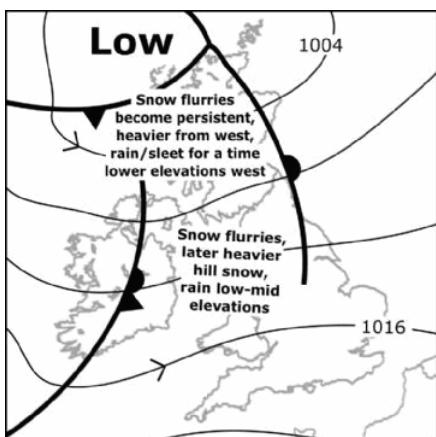
Cairngorms NP and Monadhliath

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 Tuesday, 6 January, 2026



British Mountain Summary:

Based on forecast chart for noon 6 January, 2026

Intermittent snowfall to lower slopes pushes widely eastwards, increasingly more prolonged and heavier snow from the west across the Highlands, though near the west coast becoming sleet or rain to mid-heights. Hill snow and rain lower down setting in for England and Wales from the west afternoon. Wind varied, but tending to strengthen.

Headline for Cairngorms NP and Monadhliath

Snow on and off, heavier with time. Varied but increasing wind.

Detailed Forecast for Tuesday, 6 January, 2026

How windy? (On the Munros)	West-southwesterly 20-25mph, rising with time, reaching 40mph or higher over the summits. Shifting northerly after dark, rising to 50-60mph further into night.
Effect of wind on you?	Walking increasingly strenuous with time and significant wind chill, some variability.
How wet? (Precipitation and its impact)	Snow sets in, becoming heavy Bands of patchy snow pass east through the morning, setting in as widespread snow for most of the afternoon and into nighttime, some sustained heavy falls again to lower slopes.
Cloud on the hills?	Becoming extensive 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.
Chance of cloud free Munros?	Lowering to 10% with time
Sunshine? Air clarity (below cloud)	Sunshine unlikely. Moments of very good visibility early, though increasingly appalling as snow sets in with whiteout conditions.
How Cold? (at 900m)	-2 or -3C, becoming colder into nighttime. Feeling as cold as -18C in the wind.
Freezing Level	Terrain widely frozen from the glens upward.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 7 January	Thursday 8 January
How windy? (On the Munros)	Northwesterly risk 50mph around dawn, likely easing during day to 20-30mph. Chance of higher speeds for longer.	Direction and speed likely to vary: mostly south or southwesterly, 10 to 25mph.
Effect of wind on you?	Significant wind chill and challenging conditions early in day, tending to improve.	Fairly small.
How wet? (Precipitation and its impact)	Risk snow showers north/east Snowfalls from overnight leaving additional accumulations, most substantial in north. Early flurries or showers likely to fade to be largely dry, though in northeastern areas may persist for longer.	Rare light snow Often dry, but possible snow flurries locally from time to time.
Cloud on the hills?	May persist high Cairngorms Cloud fairly widely on hills from dawn, may persist northern Cairngorms, but tending to thin and break elsewhere to leave just occasional patches over tops.	Varied cloud around hills Patchy cloud around upper slopes and corries, in places to some mid-slopes. Some mist lower down.
Chance of cloud free Munros?	50%	40%
Sunshine? Air clarity (below cloud)	Cloudier north/eastern areas, some sun breaking through. Visibility becoming very good, but risk whiteout high tops in fog over snow.	Varied cloud and sun, likely better east. Visibility very good in places, but beware risk of locally difficult navigation if in fog over snow cover on tops.
How Cold? (at 900m)	-5C. Feeling near -20C if exposed to stronger wind early in day.	-5C.
Freezing Level	Staying near or below freezing from the glens upward.	Most terrain frozen and snow covered, many glens stay sub-zero. Some lower sunlit slopes rise just above freezing.

Planning Outlook**All mountain areas of Britain from Wednesday, 7 January, 2026**

Freezing conditions persist this week - some changes by the weekend as Atlantic lows try to circulate further northwards, bringing a period of thawing mainly to England and particularly Wales, whilst Scottish mountains may see brief if any periods of above-freezing conditions even onward into mid-month. Complex weather systems, with potentially a deep low moving across southern Britain by Thursday-early Friday this week which may bring some snowfalls to Wales and the southern Pennines. Often lighter winds in Scotland for a few days, but another low may track further north later in weekend bringing widespread gales, and mostly rain to England and Wales, snow and lowland rain to Scotland.

Forecast issued at 16:30 on Monday, 5 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.