

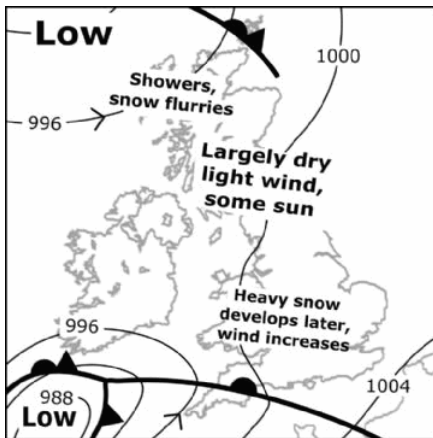
Cairngorms NP and Monadhliath

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 Thursday, 8 January, 2026



British Mountain Summary:

Based on forecast chart for noon 8 January, 2026

Fairly benign conditions, breezier in northern Scotland. Local snow flurries, patchy cloud and some sun. A developing system to the southwest moves into Wales with heavy snow setting in increasingly widely later, extending into the Peak District by evening, accompanied by gales.

Headline for Cairngorms NP and Monadhliath

Light-moderate wind. Light flurries, patchy cloud banks.

Detailed Forecast for Thursday, 8 January, 2026

How windy? (On the Munros)	South or southwesterly, 10 to 25mph, strongest northern Cairngorms and higher Monadhliath in the morning.
Effect of wind on you?	Fairly small, but noticeable chill factor and blustery around some northern tops in the morning.
How wet? (Precipitation and its impact)	Rare light snow Often dry, but possible snow flurries locally from time to time.
Cloud on the hills?	Varied cloud around hills Patchy cloud around upper slopes and corries, in places to some mid-slopes. Better breaks northwards. Some mist lower down.
Chance of cloud free Munros?	40%
Sunshine? Air clarity (below cloud)	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)	-4C. Where exposed to wind, feeling like -10C.
Freezing Level	Most terrain frozen and snow covered, many glens stay sub-zero. Some lower sunlit slopes rise just above freezing.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 9 January	Saturday 10 January
How windy? (On the Munros) Effect of wind on you?	Variable direction, mostly below 15-20mph, in places often little wind. Likely small.	Southerly or variable 15 to 30mph, risk gusty in places on some downslopes from northern corries and higher tops. Noticeably blustery in places, locally buffeting gusts not just on tops; considerable wind chill.
How wet? (Precipitation and its impact)	Local flurries Snow flurries mostly over eastern hills, may fall as sleet some lower slopes; likely amounting to little.	Rare flurries Often dry, scattered snow flurries, falling to lower slopes, possibly sleety in places.
Cloud on the hills? Chance of cloud free Munros?	Varied patches Patchy cloud clinging to some upper slopes and corries, filling in locally if snow occurs, but expect clearer spells over mountains toward/west of A9. 60%	Varied patches Patches or fragments of cloud around some slopes and tops, may linger around corries. Some mist possible into glens. 60%
Sunshine? Air clarity (below cloud)	Any sun weak due to a veil of high cloud. Visibility very good over many hills, some haze or mist in glens.	Occasional sun. Visibility mostly very good.
How Cold? (at 900m) Freezing Level	-2 or -3C. Terrain frozen into the glens, some slopes around 300-500m just above freezing point.	-2 or -3C. Feeling like -10 to -13C if in gusty wind. Terrain widely frozen from glens upward, some slopes around 400-500m just above freezing point.

Planning Outlook

All mountain areas of Britain from Friday, 9 January, 2026

Terrain remaining widely frozen into the weekend, extensive deep snow cover for Highlands, less nearer the central belt. A fresh good covering for Wales and south Pennines from Thursday night too. Quiet weather for Saturday daytime. Then into Sunday, southerly winds strengthen to gales - as a frontal system approaches, snow then freezing rain is likely. A rise of freezing level from the southwest - some thawing develops, rising just above freezing toward higher slopes; more pronounced thawing in England and Wales to the tops. Uncertain patterns next week, colder air may return across Scotland, whilst further south often generally milder. Some further hill snow mainly in Scotland.

Forecast issued at 16:15 on Wednesday, 7 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.