

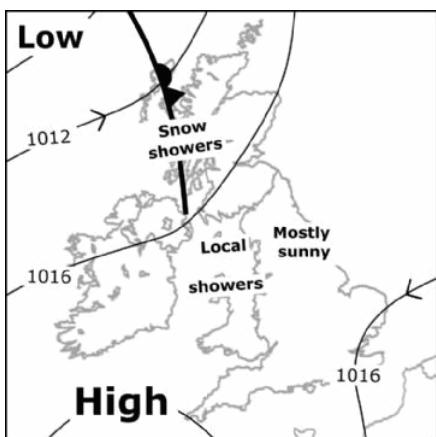
Cairngorms NP and Monadhliath

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 Saturday, 10 January, 2026



British Mountain Summary:

Based on forecast chart for noon 10 January, 2026

Most terrain frozen, snow cover over many hills, beware icy surfaces even lower down. Wind fairly light, but feeling blustery at times over Scottish mountains and later northern England. Some snow showers and flurries, mostly toward the west. Varied patchy cloud around hills, sunnier Pennines & NE Scotland.

Headline for Cairngorms NP and Monadhliath

Chilly wind. Largely dry, patchy cloud, sunnier north.

Detailed Forecast for Saturday, 10 January, 2026

How windy? (On the Munros)	Southerly 15 to 30mph, gusty in places on some downslopes from northern corries and higher tops. Strengthening onward into the night to gales 50-70mph+.
Effect of wind on you?	Noticeably blustery in places, locally buffeting gusts not just on tops; considerable wind chill. Deteriorating significantly into night.
How wet? (Precipitation and its impact)	Rare flurries Often dry, scattered snow flurries mostly around Ben Alder and Drumochter, falling to lower slopes. Substantially dry north and eastern areas.
Cloud on the hills?	Varied patches, clearer north Patches or fragments of cloud around some slopes and tops, may linger around corries. Some mist possible into glens. Toward the north the hills more often clear.
Chance of cloud free Munros?	70%
Sunshine? Air clarity (below cloud)	Occasional sun, mostly north and east of Cairngorms. Visibility mostly very good, but locally risk difficult navigation if in patchy fog over snow cover.
How Cold? (at 900m)	-2 or -3C. Feeling like -10 to -13C if exposed to wind.
Freezing Level	Terrain widely frozen from glens upward, some slopes around 400-500m just above freezing point.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 11 January	Monday 12 January
How windy? (On the Munros)	Southerly, in range 50 to 70mph much of daytime, but risk 80mph for a time in the morning, and likely again into the night.	South to southwesterly 50 to 70mph, may fluctuate during the day, risk 80mph for a time higher Cairngorms.
Effect of wind on you?	Difficult conditions over the mountains; frequent buffeting and powerful gusts to some lower slopes, significant wind chill.	Difficult conditions, any mobility challenging, frequent buffeting even lower elevations. Significant wind chill.
How wet? (Precipitation and its impact)	Snow turning to rain Snow starts overnight, heavy for a few hours through into morning, particularly southern Cairngorms NP. Soon turning to sleet on lower terrain, freezing rain some slopes; with time turning to rain at all elevations.	Rain, snow high tops, mostly southwest Frequent to near-constant precipitation from Ben Alder to areas accessed from Glen Garry, smaller amounts northeastwards. Falling as snow above around 900-1000m. Very wet underfoot where snow melts.
Cloud on the hills?	Extensive higher areas Shrouding most higher terrain all day, lowest bases southern Cairngorms NP to 500-600m in places, some higher bases above 800-1000m in north.	Fairly extensive higher areas Covering higher terrain most or all day, lowest base 700-900m southern Cairngorms NP, mostly above 900-1000m in northern areas, some higher breaks.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Overcast and mostly dull. Visibility generally very poor, appalling if in cloud and blowing snow on hills.	Glimpses of sun mostly north of the Cairngorms. Slight haze; visibility poor in precipitation.
How Cold? (at 900m)	-2C rising toward +1C, small variation of temperature with height. Wind chill feeling like -15 to -18C.	1 or 2C. Wind chill feeling around -15C where directly exposed on tops.
Freezing Level	Terrain frozen to lower slopes from dawn into morning; rising variably during day above freezing toward high tops.	Near or just below freezing above 1000-1100m, chance of lowering further after dark.

Planning Outlook**All mountain areas of Britain from Sunday, 11 January, 2026**

Thawing develops during Sunday, snow turning to rain, rising just above freezing toward highest tops in Scotland, whilst in England and Wales a more rapid and substantial thaw - beware unstable snowpack conditions, then becoming very wet underfoot where melting occurs. A complex and unsettled outlook next week, generally less cold than recently, but still often below freezing over Scottish mountains above 800-1000m, and at least intermittently below freezing over tops in England and Wales. A mix of snow and rain will fall, often snow on Scottish tops with fresh accumulations. Some showery days with hail. Wind will vary in speed and direction day-to-day, some lulls, but risk gales at times on hills.

Forecast issued at 16:05 on Friday, 9 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.