

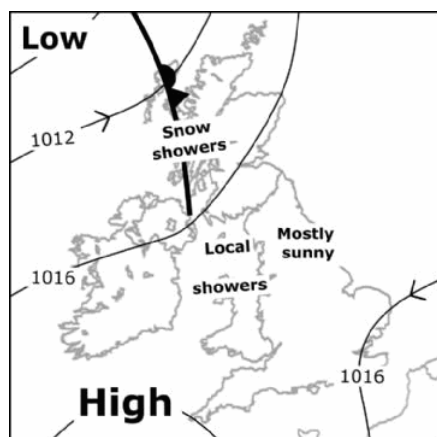
Cairngorms NP and Monadhliath

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 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 windy Scottish highlands. Some snow showers and flurries, the snow frequent W & NW Highlands where hills extensively foggy.

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 25 to 35mph, strongest Cairngorms and Monadhliath. Strengthening onward into the night to gales 50-70mph+.
Effect of wind on you?	Will widely impede ease of walking, but particularly Cairngorms and Monadhliath walking widely arduous. Considerable wind chill. Deteriorating significantly into night. Deteriorating significantly into night.
How wet? (Precipitation and its impact)	Rare flurries Often dry, but snow showers mostly around Ben Alder and Drumochter, falling to lower slopes. Substantially dry - only flurries toward Deeside.
Cloud on the hills?	Varied patches, clearer north Cloud base typically 600 to 900m, although toward Deeside breaks to 1100m.
Chance of cloud free Munros?	20%
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) Effect of wind on you?	Southerly, in range 50 to 70mph much of daytime, but risk 80mph for a time in the morning, and likely again into the night. Difficult conditions over the mountains; frequent buffeting and powerful gusts to some lower slopes, significant wind chill.	South to southwesterly 50 to 70mph, may fluctuate during the day, risk 80mph for a time higher Cairngorms. 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) Freezing Level	-2C rising toward +1C, small variation of temperature with height. Wind chill feeling like -15 to -18C. Terrain frozen to lower slopes from dawn into morning; rising variably during day above freezing toward high tops.	1 or 2C. Wind chill feeling around -15C where directly exposed on 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 8:08 on Saturday, 10 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.