

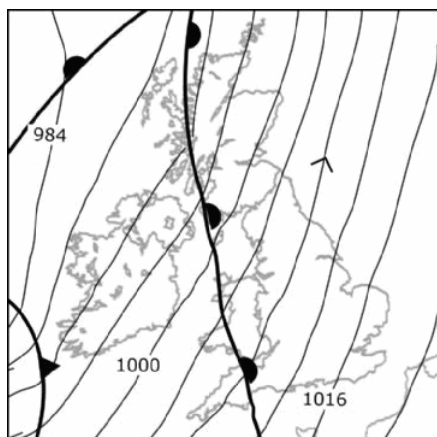
Cairngorms NP and Monadhliath

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 Sunday, 11 January, 2026



British Mountain Summary:

Based on forecast chart for noon 11 January, 2026

Widely very difficult mountain conditions in severe or storm force upland winds. From west, rapid snow melt commencing and extensive fog - giving whiteout in some areas. Underfoot areas of ice, in some areas on lower slopes.

Headline for Cairngorms NP and Monadhliath

Storm force wind; snow turning to rain. Snow pack starting to melt.

Detailed Forecast for Sunday, 11 January, 2026

How windy? (On the Munros)	Southerly, 60mph, sometimes 80mph high tops. Powerful gusts.
Effect of wind on you?	Difficult conditions over the mountains; mobility widely challenging. Sometimes difficult to stand, in places sudden ferocious gusts reaching lower slopes, Severe 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. Through the day, progressively turning to rain - locally with the temperature still below freezing point.
Cloud on the hills?	Persistent fog on almost all summits Incessant fog higher terrain all day, lowest bases southern Cairngorms NP where 450 to 600m. Highest base northernmost hills and Deeside where breaks to 900 or 1000m.
Chance of cloud free Munros?	Less than 10%
Sunshine? Air clarity (below cloud)	Rare if any glimpses of sun. Hazy but visibility appalling or near zero at times in cloud above snow cover.
How Cold? (at 900m)	-2C rising to 0 to +3C, small variation of temperature with height. Will feel as cold as minus 15C directly in the wind.
Freezing Level	Gradually lifting above the summits, but almost all terrain frozen and widely icy.

All mountain areas of Britain from Monday, 12 January, 2026

From Tuesday day to day confidence very low due to uncertainty in timing and tracking of lows.

Over England and Wales, temperatures on higher summits will intermittently be below freezing point: snow may accumulate on highest summits. Freeze thaw cycles will occur on the Scottish Highlands, although above 900m periods of thaw may well be brief, with progressive enhancement of the snowpack likely.

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.