

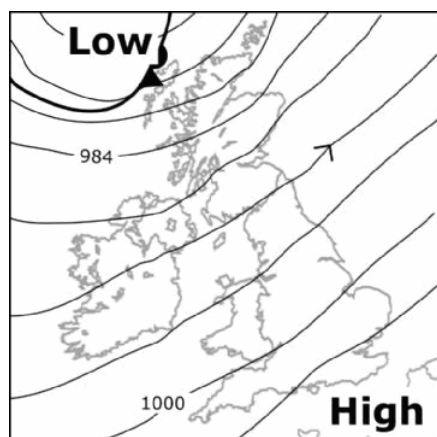
Cairngorms NP and Monadhliath

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 Monday, 12 January, 2026



British Mountain Summary:

Based on forecast chart for noon 12 January, 2026

Extensive upland gales, although storm force at first N Scotland. Bands of showers, of hail, and snow higher areas, will merge to give periods of almost constant precipitation on many western mountains. Small risk thunder. Driest conditions will be on easternmost mountains and S Wales.

Headline for Cairngorms NP and Monadhliath

Severe gale or storm force upland wind. Snow and fog.

Detailed Forecast for Monday, 12 January, 2026

How windy? (On the Munros) Effect of wind on you?	South to southwesterly 50 to 65mph, strongest Cairngorms and Monadhliath in morning. Marginal drop in speed through day. Walking widely challenging, frequent buffeting even lower elevations! Severe wind chill.
How wet? (Precipitation and its impact)	Snow showers; frequent more southern ranges Frequent to sometimes near constant precipitation, hail and above 750m snow, from Ben Alder to areas accessed from Glen Garry. Intermittent whiteout. Elsewhere, showery, although often dry Deeside.
Cloud on the hills? Chance of cloud free Munros?	Almost all higher areas persistently foggy Cloud intermittently below 450m and rare if any breaks above 750m from Ben Alder to areas accessed from Glen Garry. Higher cloud base north toward Cairngorms and Deeside, often 700, rarely 1050m (most likely Lochnagar), but patches below 600m near showers. Almost nil
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly lower areas Cairngorms and Deeside. Slight haze; visibility poor in precipitation.
How Cold? (at 900m) Freezing Level	1C. Will feel as cold as -16C where exposed to the wind. 1050m. Some terrain lower down still frozen and icy.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 13 January	Wednesday 14 January
How windy? (On the Munros) Effect of wind on you?	Forecast confidence remains low: There may well be a lull to low speeds, but risk of westerly 25mph. Probably small.	West backing southerly around 25mph before late in day strengthening to 40-50mph. May well be fairly small most or all daylight before walking.becomes increasingly difficult and wind chill significant.
How wet? (Precipitation and its impact)	Little or perhaps no precipitation It may well be dry most or all day - but threat of showers (snow higher slopes) reaching particularly areas west of A9 and later in day possible general precipitation spreading northwards.	Little or no precipitation Mostly or completely dry - between previous precipitation overnight and more snow advancing from west toward or during evening.
Cloud on the hills?	May become confined to higher slopes, possibly clearing some summits Patches of fog may have formed both valleys and lower slopes and also higher up. Through day, may clear some higher areas, whilst nearby the fog persists.	Probably remaining extensive on most or all higher areas Cloud generally widespread on higher areas, although as cloud base rises, breaks to 1000m may well occur, particularly toward Deeside.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Patches of sunshine in places. Visibility mostly very good.	Occasional sunshine, mainly toward Deeside. Visibility very good or excellent.
How Cold? (at 900m)	0 or -1C	-2C
Freezing Level	700 to perhaps 900m.	400m.

Planning Outlook**All mountain areas of Britain from Tuesday, 13 January, 2026**

High rainfall and intermittently windy across most mountains over the next week or more as a series of Atlantic lows cross Britain. With uncertainty in the tracks of some lows, Tuesday's forecast remains very uncertain - but by Wednesday a transient weak ridge of high pressure will bring a brief improvement. Higher summits sometimes below freezing point S Scotland southwards: snow may accumulate on highest summits. Mostly below freezing Scottish Highlands enabling snow to accumulate widely.

Forecast issued at 7:42 on Monday, 12 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.