

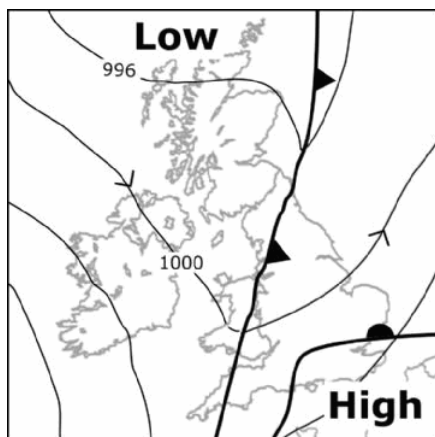
Cairngorms NP and Monadhliath

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 Tuesday, 13 January, 2026



British Mountain Summary:

Based on forecast chart for noon 13 January, 2026

A cold front will move southeastwards bringing a few hours of precipitation - although still some uncertainty in its exact shape and position. Snow and hail showers will affect W Scotland whilst most other areas will have a few hours of rain, in places finishing as snow, as the temperature drops.

Headline for Cairngorms NP and Monadhliath

Patches of snow, mainly toward Deeside. Wind tending to increase.

Detailed Forecast for Tuesday, 13 January, 2026

How windy? (On the Munros)	Possibly a lull to low speeds in morning; then westerly 20 to later 30 or 35mph.
Effect of wind on you?	Likely to increasingly impede ease of walking higher up and give notable wind chill.
How wet? (Precipitation and its impact)	Occasional snow - may persist for a few hours toward Deeside Frequently dry, although probably steady but mostly light snow for a couple of hours, probably only east of A9. Deeside at highest risk where the snow possibly falling for several hours.
Cloud on the hills?	May become confined to higher slopes, possibly clearing some summits Confidence low: After dawn, patches of fog both valleys and lower slopes and also higher up. Through day, although fog frequent across the mountain and, in snow forming on some lower slopes, breaks possible to 900, possibly 1100m.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Little or perhaps no sunshine. Visibility sometimes excellent but in precipitation very poor.
How Cold? (at 900m)	-1C. Will feel as cold as minus 10C where exposed to the wind.
Freezing Level	700m. Frost many valleys after dawn.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 14 January	Thursday 15 January
How windy? (On the Munros) Effect of wind on you?	Westerly 30mph morning. Then backing southerly and strengthening to 40-50mph by dusk. Fairly small particularly lower slopes morning. Walking then increasingly difficult and wind chill becoming significant.	Southwesterly 25 to perhaps 35mph Strong enough to make walking arduous where exposed and balance at times difficult. Considerable wind chill.
How wet? (Precipitation and its impact)	Snow extending east afternoon Extensively dry morning and early afternoon. Snow then extending east, persistent Ben Alder more patchy elsewhere. Mostly or perhaps completely dry Deeside.	Occasional hail and snow showers Hail and snow showers mainly west of A9; few if any reaching Ochils and Angus.
Cloud on the hills? Chance of cloud free Munros?	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. Will deteriorate in precipitation afternoon with cloud filling in across particularly Ben Alder and S Cairngorms NP. 20%	Persistently covering higher tops Higher areas almost always cloud covered. Cloud base typically 600 to 1000m lowest southern Cairngorms NP west to Ben Alder. Highest cloud base near Cairngorm ski centre and Deeside where breaks to 1100m. 10%
Sunshine? Air clarity (below cloud)	Occasional sunshine, mainly toward Deeside. Cloud thickening later in day. Visibility very good or excellent but later appalling in snow..	Glimpses of sunshine - most sun Deeside. Visibility excellent.
How Cold? (at 900m) Freezing Level	-2C. Directly in wind will feel as cold as minus 14C. 500m. Frost many valleys after dawn.	-1C 750m.

Planning Outlook

All mountain areas of Britain from Wednesday, 14 January, 2026

Mostly cloudy with precipitation from time to time over the next few days - although total rainfall is now expected to be fairly small on most mountains, particularly N Scotland.

Temperature wise, it is highly likely to remain colder than recent January's with the snow pack across the Scottish Highlands being enhanced by further snowfall, whilst further south snow accumulates on higher areas, and occasional falls reaching lower slopes.

Forecast issued at 7:41 on Tuesday, 13 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.