

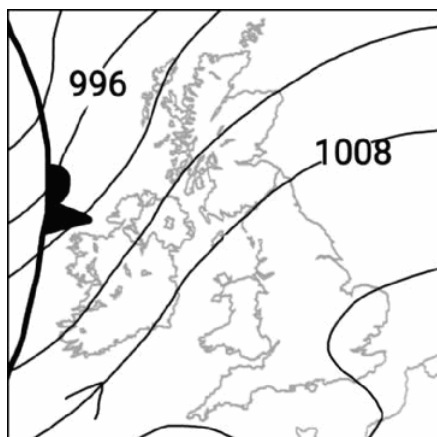
# Cairngorms NP and Monadhliath

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 Wednesday, 14 January, 2026



### British Mountain Summary:

**Based on forecast chart for noon 14 January, 2026**

Cold westerly winds, backing southerly and strengthening ahead of a front which will move into western Scotland during the afternoon, with snow setting in for western mountains, patchier further east. Ahead of this front, scattered snow showers. Mostly dry for England and Wales until front edges precipitation into west later.

### Headline for Cairngorms NP and Monadhliath

Mostly dry morning. Then strong southerly winds developing with snow risk later.

## Detailed Forecast for Wednesday, 14 January, 2026

<b>How windy? (On the Munros)</b>	Westerly 30mph morning. Then backing southerly and strengthening to 40-50mph by dusk.
<b>Effect of wind on you?</b>	<b>Fairly small particularly lower slopes morning.</b> <b>Walking then increasingly difficult and wind chill becoming significant.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy snow extending east in afternoon</b> Extensively dry morning and early afternoon. Patchy snow then extending east, most persistent Ben Alder more patchy elsewhere. Mostly or perhaps completely dry Deeside.
<b>Cloud on the hills?</b>	<b>Probably remaining extensive on most or all higher areas</b> 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.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sunshine, mainly toward Deeside. Cloud thickening later in day. Visibility very good or excellent but later appalling in snow..
<b>How Cold? (at 900m)</b>	-2C. Directly in wind will feel as cold as minus 14C.
<b>Freezing Level</b>	500m. Frost many glens after dawn.

## Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 15 January	Friday 16 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southwesterly 25 to perhaps 35mph  <b>Strong enough to make walking arduous where exposed and balance at times difficult. Considerable wind chill.</b>	Low confidence in track of small potent low. May track east leaving little wind, but risk for a time, northwesterly 35 to 50mph. <b>High uncertainty over track of low. May stay to the east, but risk of difficult conditions for a time with significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional hail and snow showers</b> Hail and snow showers mainly west of A9; few if any reaching Ochils and Angus.	<b>Risk of a spell of heavy snow</b> High uncertainty: Risk of a spell of heavy snow, rain below 500m, for a few hours should low track overhead. Most likely eastern areas.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Persistently covering higher tops</b>  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. <b>10%</b>	<b>Risk extensive for many hours</b>  Risk of extensive hill fog for several hours should widespread precipitation develop. Otherwise, would most likely be patches or banks mainly across the tops.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sunshine - most sun Deeside. Visibility excellent.	Mostly overcast.  Visibility would be widely very poor should rain and snow develop.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	-1C  750m.	-1C  700-800m, may be down to 500-600m should persistent precipitation develop.

## Planning Outlook

## All mountain areas of Britain from Thursday, 15 January, 2026

Very uncertain forecast late Thursday and into Friday, as a small scale and rather potent low pressure system edges northwards across the country on a very uncertain track. May bring a spell of strong winds and upland heavy snowfall overnight and into Friday morning before pulling away to the east. Thereafter, a drier and chilly weekend will follow. Looking further ahead, a colder continental influence may be drawn in on south to east winds, with the snow pack across the Scottish Highlands being enhanced by further spells of snowfall where fronts edge in from the west, whilst further south snow accumulates on higher areas, and occasional falls reach lower slopes.

## Forecast issued at 15:57 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.