

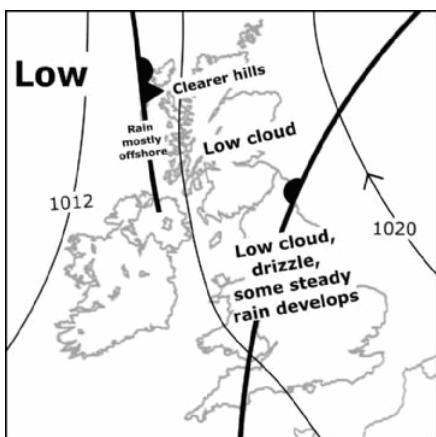
Cairngorms NP and Monadhliath

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, 18 January, 2026



British Mountain Summary:

Based on forecast chart for noon 18 January, 2026

Cloudy and damp air over many hills, more persistent rain and drizzle develops over northern England and east Wales. Clearer toward north-northwest Scotland. Near or below freezing on Scottish mountains. South to southeasterly winds, gusty in places; strongest toward Skye.

Headline for Cairngorms NP and Monadhliath

Gusty wind. Persistent cloud south, some breaks north.

Detailed Forecast for Sunday, 18 January, 2026

How windy? (On the Munros)	South to southeasterly 25 to 30mph, suddenly gusty in places, particularly downslope from northern corries.
Effect of wind on you?	Affecting ease of walking in exposure on tops. Varied lower down, but in places very blustery. Considerable wind chill.
How wet? (Precipitation and its impact)	Precipitation unlikely
Cloud on the hills?	Low cloud most persistent south An extensive sheet of low cloud over southern Cairngorms NP from mid-slopes up, but also banks of cloud rolling across higher Cairngorm plateau; best breaks toward Strathspey into Monadhliath, at times above tops.
Chance of cloud free Munros?	20% south, to 50% Monadhliath.
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly toward Glenmore. Visibility very good out of cloud, but mistier to some mid-slopes toward south; challenging navigation in fog over snow.
How Cold? (at 900m)	-1C, but in places just above 0C on some upper-mid slopes. Feeling like -10C directly in the wind.
Freezing Level	Small variation with height, near or just below freezing from many glens upward, terrain frozen or part-frozen.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 19 January	Tuesday 20 January
How windy? (On the Munros)	South to southeasterly 25 to 35mph, gusty around higher mountains, particularly downslope around northern corries.	Southeasterly 30 to 45mph, tending to strengthen, very gusty in places including downslope around northern corries.
Effect of wind on you?	Blustery in exposure, starting to affect comfortable walking, not just on highest terrain. Considerable wind chill.	Affecting comfortable walking and making balance challenging, blustery not just on tops; considerable wind chill.
How wet? (Precipitation and its impact)	Rare flurries Possible snow flurries locally, greater risk toward the south, but amounts small.	A little rain, snow on tops Patchy areas of rain moving northwards, snow falling mostly above 900m. Small amounts northern Cairngorms and Monadhliath.
Cloud on the hills?	Mostly south and higher Cairngorms Lowest and most persistent cloud banks from Glen Garry to Deeside, to some mid-slopes. Cloud banks likely drift over higher Cairngorms. Breaks toward Monadhliath.	Fairly extensive Covering upper slopes most of day, to some mid-slopes in south Cairngorms NP.
Chance of cloud free Munros?	20% south, to 50% northwest.	20%
Sunshine? Air clarity (below cloud)	Weak sun mainly toward Strathspey. Visibility good away from cloud, but likely dull toward south.	Largely cloudy, brightest toward Strathspey, visibility good below cloud. Hasier toward south and east.
How Cold? (at 900m)	0 or -1C, small change with height. Feeling like -7 to -10C directly in the wind.	1C. Wind chill feeling like -10 to -13C.
Freezing Level	700 to 900m, may rise locally just above freezing higher up. Partly frozen terrain into some glens.	1000 to 1100m.

Planning Outlook**All mountain areas of Britain from Monday, 19 January, 2026**

South to southeasterly winds prevail into the new week, trending more easterly in Scotland, widely strengthening to become persistently windy, gales over mountains with powerful gusts. Mountains staying near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. Initially weak fronts try to push in from the west bringing occasional rain and high-level snow, then some more persistent falls later in the week; generally driest in northwest Scotland. Colder air trying to move in from the east into later January, leaving most mountain terrain frozen in the longer range.

Forecast issued at 15:30 on Saturday, 17 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.