

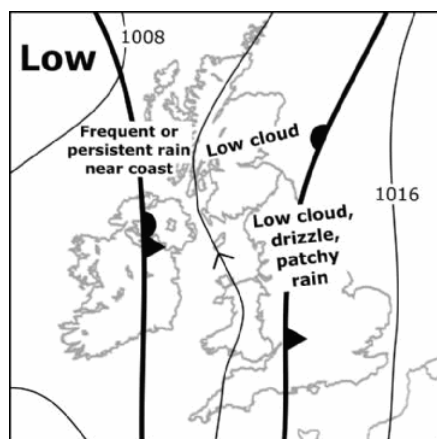
# Cairngorms NP and Monadhliath

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, 19 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 19 January, 2026

Rain near the west coast of Scotland, largely dry inland, but low cloud covering southern Highlands widely, higher and more broken cloud northward. Rain or drizzle and blanket fog over the Pennines, drier for Lakes and Wales, with best cloud breaks northern areas. Southerly winds strongest N/W Scotland, gusty.

### Headline for Cairngorms NP and Monadhliath

Windy, gusty to north. Lowest cloud south, generally dry.

## Detailed Forecast for Monday, 19 January, 2026

<b>How windy? (On the Munros)</b>	South to southeasterly 25 to 35mph, gusty around higher mountains, particularly downslope around northern corries.
<b>Effect of wind on you?</b>	<b>Blustery in exposure, starting to affect comfortable walking, not just on highest terrain. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Generally dry</b> Rare snow grains or fine drizzle where in cloud mainly southern areas.
<b>Cloud on the hills?</b>	<b>Mostly south and higher Cairngorms</b> Lowest and most persistent cloud banks from Glen Garry to Deeside, to some mid-slopes. Cloud banks likely drift over higher Cairngorms, higher bases northward, with some breaks to tops toward Monadhliath.
<b>Chance of cloud free Munros?</b>	<b>20% south, to 50% northwest.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Weak sun mainly toward Strathspey. Visibility good away from cloud, but likely dull toward south.
<b>How Cold? (at 900m)</b>	0 or -1C, small change with height. Feeling like -7 to -10C directly in the wind.
<b>Freezing Level</b>	700 to 900m, may rise locally just above freezing higher up. Partly frozen terrain into some glens.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 20 January</b>	<b>Wednesday 21 January</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 30 to 45mph, tending to strengthen, very gusty in places including downslope around northern corries.  <b>Affecting comfortable walking and making balance challenging, blustery not just on tops; considerable wind chill.</b>	Southeasterly 45 to 60mph, risk 70mph higher Cairngorm plateau, plus powerful gusts downslope to north/west.  <b>Challenging conditions widely, any mobility may be difficult in exposure on high terrain. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain, snow on tops</b> Patchy areas of rain moving northwards, snow falling mostly above 900m. Small amounts northern Cairngorms and Monadhliath.	<b>Rain and upland snow</b> Snow falling above 800m, rain lower down, in places wetter higher up at times, most persistent Deeside across southern Cairngorms NP, smaller amounts toward Strathspey.
<b>Cloud on the hills?</b>	<b>Most persistent south, breaks north</b>  Covering upper slopes most of day, to some mid-slopes in south Cairngorms NP, higher breaks northward, clearing above 1000m for periods.	<b>Extensive, lowest south/east</b>  Shrouding the mountains widely, from 700 to 900m up from Lochnagar to Glen Garry, higher bases northwestward, some breaks to tops at times Monadhliath.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, brightest toward Strathspey, visibility good below cloud. Hazier toward south and east.	Rare if any weak sun mostly Strathspey, where visibility good if dry. Mostly poor visibility, whiteout high tops.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	1C. Wind chill feeling like -10 to -13C.  1000 to 1100m.	0 or 1C. Wind chill feeling like -13 to -17C where exposed on higher areas. 900 to 1000m, but some slopes just above freezing higher up on western side of Cairngorms.

**Planning Outlook****All mountain areas of Britain from Tuesday, 20 January, 2026**

South to southeasterly winds prevail during the week ahead, widely strengthening to become persistently windy, gales over mountains with powerful gusts. Mountains near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. A slowly circulating weather system will bring areas of rain and high-level snow, becoming more persistent as the week progresses, cloud covering most hills; generally driest and clearest 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 16:17 on Sunday, 18 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.