

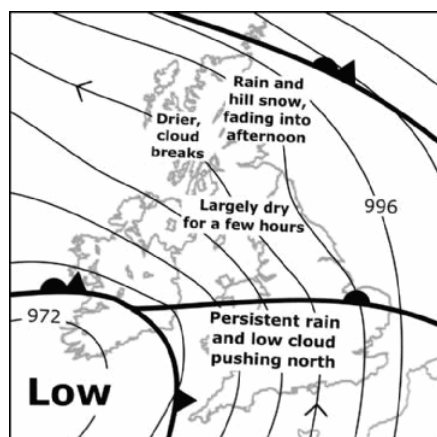
# Cairngorms NP and Monadhliath

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, 21 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 21 January, 2026

Rain and hill snow in eastern Scotland in the morning tends to ease off; largely dry toward west. E-SE'ly gales in north, lower wind speeds S & W Highlands, but increasing again later. In England & Wales, upland gales all day, rain and initially snow on tops extending north, becoming milder from the south.

### Headline for Cairngorms NP and Monadhliath

Gales ease for a time. Snow/rain eases, cloud breaks northwest.

## Detailed Forecast for Wednesday, 21 January, 2026

<b>How windy? (On the Munros)</b>	East to southeasterly 50 to 70mph up to dawn, easing to 40-50mph in morning, soonest in southern areas, may drop to 30mph or briefly less, but in afternoon rapidly strengthening again, reaching 50-70mph by dusk into evening/night.
<b>Effect of wind on you?</b>	<b>Difficult conditions temporarily easing morning into middle of day, but still some uncomfortable gusty spots. Generally deteriorating through afternoon, wind chill significant.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain and upland snow mostly morning, returns into evening.</b> Snow falling above 800-900m, rain lower down, in places wetter higher up at times, most persistent in the morning Deeside, for a time widely southern Cairngorms NP, smaller amounts toward Strathspey. Fading to become largely dry into afternoon. After dark into evening, rain preceded by snow on tops moves back in from south.
<b>Cloud on the hills?</b>	<b>Extensive morning, lowest south/east; some breaks afternoon.</b> Shrouding the mountains widely, from 700 to 900m up from Lochnagar to Glen Garry in the morning, higher bases northwestward, some breaks to tops at times Monadhliath. Bases rising higher for a few hours into afternoon.
<b>Chance of cloud free Munros?</b>	<b>20%, rising to 50% afternoon.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Rare if any weak sun mostly Strathspey into afternoon, where visibility becoming increasingly good. Poor visibility in morning precipitation, whiteout high tops in fog over snow.
<b>How Cold? (at 900m)</b>	0 or 1C, rising slightly into night. Wind chill feeling like -13C, to -17C where exposed to stronger wind on higher areas.
<b>Freezing Level</b>	900 to 1000m, but some slopes just above freezing higher up on western side of Cairngorms. Into night, rising above freezing to all tops for several hours.

	Thursday 22 January	Friday 23 January
How windy? (On the Munros)  Effect of wind on you?	East to southeasterly 50 to 60mph, in places 70mph higher Cairngorms; powerful gusts downslope toward west.  <b>Difficult conditions, mobility challenging and gusts may knock you over not just on highest terrain. Severe wind chill.</b>	Southeasterly 45 to 55mph, gusts to 65mph higher Cairngorms at times; powerful gusts downslope as well.  <b>Arduous to difficult conditions; mobility challenging in exposure where gusts may knock you over. Severe wind chill.</b>
How wet? (Precipitation and its impact)	<b>Constant upland snowfall, heavier east</b> Hill snow likely persistent, constant heavier falls expected over east and southeastern Cairngorms NP; rain or sleet on low-mid slopes. Patchier smaller amounts toward Strathspey and Monadhliath.	<b>Snow, constant and heavy east</b> Snow likely persistent, constant heavier falls expected over east and southeastern Cairngorms NP; snow down to lower slopes. Smaller amounts toward Strathspey, patchy over Monadhliath.
Cloud on the hills?	<b>Extensive</b>  Shrouding the mountains widely, lowest cloud base eastern areas, to mid-slopes. Some breaks above 900m mostly toward western side of Cairngorms.	<b>Extensive</b>  Shrouding the mountains widely, lowest cloud base eastern areas, to mid-slopes. Bases up to middle to upper slopes around and west of Strathspey, but any summits will struggle to clear.
Chance of cloud free Munros?	<b>20%</b>	<b>10%</b>
Sunshine? Air clarity (below cloud)	Largely cloudy, hazy at best, but whiteout conditions over the mountains in cloud and snow.	Largely cloudy, hazy at best, but whiteout conditions over the mountains in cloud and snow.
How Cold? (at 900m)  Freezing Level	-1 or -2C, slightly colder with time. Wind chill feels as cold as -17 to -20C.  Dropping from dawn back to 600 to 800m, soonest in eastern areas, later dropping below 600m.	-2C (to -5C on Cairngorm summits), may drop slightly colder with time. Wind chill feels as cold as -17 to -20C.  600 to 800m, dropping during the day, to 400m or lower in the northeast.

**All mountain areas of Britain from Thursday, 22 January, 2026**

Sustained gale force easterlies over most mountains later this week, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland Thursday-Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow; colder further south over the weekend. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

**Forecast issued at 16:30 on Tuesday, 20 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.