

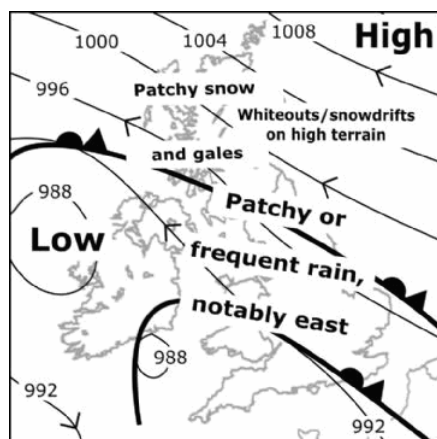
# Cairngorms NP and Monadhliath

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, 25 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 25 January, 2026

Blustery for most, gales in Scotland which will be severe on high tops early. Continued snow and local whiteout conditions on high terrain in east Scotland, snowdrifts build here. Often raining over the Pennines and south Wales, more intermittent in north Wales and Lakeland (sleet or snow on high summits).

### Headline for Cairngorms NP and Monadhliath

Snowdrifts and whiteout conditions on high tops; gales

## Detailed Forecast for Sunday, 25 January, 2026

<b>How windy? (On the Munros)</b>	East to southeasterly 45-50mph in the morning, some stronger speeds over highest Cairngorm tops. Easing with time, to 35-40mph, lowest speeds on far eastern mountains.
<b>Effect of wind on you?</b>	<b>Challenging walking conditions in exposure most of the day; conditions easing, most notably in the east, though walking will remain arduous with balance challenges during daylight. Significant wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Often snowing over the Cairngorm plateau and east hills</b> Frequent or persistent snow flurries over the high Cairngorms and areas to the south and east, sleet or rain on lower slopes. Patchy small amounts toward Strathspey, likely dry towards north Monadhliath.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b> Covering much higher terrain all day, lowest cloud base areas accessed from Deeside, consistently down to middle slopes, lower in heavier precipitation. Higher base west and north, some breaks above 900m west of Strathspey.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Generally overcast and hazy. Poor visibility in snow, whiteout if in fog over snow cover on tops.
<b>How Cold? (at 900m)</b>	-1 or -2C, starting to cool slightly from the east through afternoon into nighttime. Feeling like -12 to -15C in the wind.
<b>Freezing Level</b>	600 to 700m, may be locally higher toward western side of Cairngorms. Some frosts possible in elevated glens and corries. Lowering to 600m widely overnight.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 26 January	Tuesday 27 January
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 30-35mph, strengthening with time to a sustained 50mph by dusk with powerful gusts, further strengthening.  <b>Walking increasingly challenging; considerable buffeting making balance difficult in exposure. Severe wind chill.</b>	East-southeasterly 50-60mph; speeds may reach up to 70mph in high western exposed areas with powerful gusts.  <b>Widely difficult conditions - stability and mobility likely only achieved with crouching/crawling. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery snow, mostly south and east</b> Showery snow on the Cairngorm plateau, frequent-to-persistent on south and eastern slopes. Patchy towards Drumochter/Strathspey, only spotty snow/sleet reaching northern Monadhliath, if any.	<b>Often snowing east, more patchy west</b> Often snowing over the Cairngorm plateau and towards Drumochter; most persistent Deeside. Only wind-blown snow reaching west of Strathspey. May set in more widely late in the day.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b>  Blanket fog over the Cairngorm plateau and southern/eastern hills, at times into the glens during snow. Higher bases around Strathspey/Monadhliath, breaking to 900m at times.	<b>High summits shrouded, best of breaks west</b>  Shrouding the Cairngorm plateau all days, lowest bases towards Deeside which may reach lower slopes during heavier snowfalls. Best of cloud breaks over Drumochter and Monadhliath, up to 800-900m.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bright/sunny moments early towards the Moray Firth, otherwise overcast. Very poor or appalling visibility in snow, better towards the Firth.	Mostly cloudy, though brighter around Strathspey/Monadhliath where visibility good. Whiteout conditions east in blowing snow.
<b>How Cold? (at 900m)</b>	-2 or -3C. Feeling like -15 to -20C in direct wind.	-3C. Feeling like -18 to -23C in strongest wind.
<b>Freezing Level</b>	300-500m, lowest freezing levels south and east. Morning frosts are likely in elevated glens and corries.	300-400m, though locally down to glen level towards the central highlands.

## Planning Outlook

## All mountain areas of Britain from Monday, 26 January, 2026

An unsettled week ahead: a dominance of low pressure will bring periods of wet weather and gales (at times severe), to all areas. Winds will be predominantly east-southeasterly, particularly in Scotland, maintaining the cold air with freezing levels consistently to middle or lower slopes - wind chills will be severe. A near-term risk of flooding in the eastern highlands.

Wind direction will be more variable in England and Wales, at times shifting south-southwesterly and drawing in milder air, bringing freezing levels to upper slopes or even above the high summits.

Low cloud often covering many hills with only local sunny breaks here and there.

## Forecast issued at 16:05 on Saturday, 24 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.