

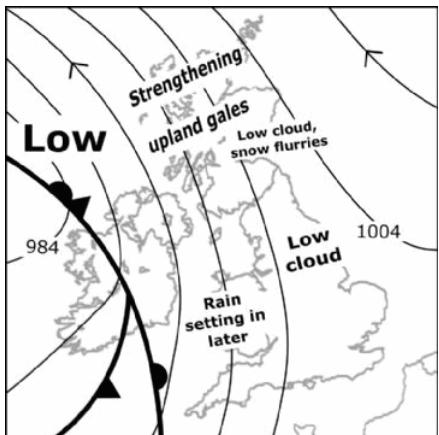
Cairngorms NP and Monadhliath

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, 26 January, 2026



British Mountain Summary:

Based on forecast chart for noon 26 January, 2026

Gale-force and very gusty southeasterly winds Scottish mountains, tending to strengthen. Patchy snow and low cloud affects the eastern Highlands; largely dry and clearer toward west/northwest. Some cloud breaks for the Lakes. Rain and upland gales moves into Wales from the west in the afternoon.

Headline for Cairngorms NP and Monadhliath

Upland gales, gusty. Light snow and low cloud.

Detailed Forecast for Monday, 26 January, 2026

How windy? (On the Munros)	East-southeasterly 35 to 45mph in morning, strongest over higher Cairngorms, local powerful gusts in passes and downslope, generally strengthening, sustained 55mph later afternoon, 60-65mph after dark.
Effect of wind on you?	Walking challenging with buffeting gusts making balance difficult in exposure. Any mobility increasingly difficult on high terrain afternoon. Severe wind chill.
How wet? (Precipitation and its impact)	Light snow mostly south and east Substantial lying snow and drifts from previous falls. Intermittent light snow continues on the Cairngorm plateau, frequent-to-persistent on south and eastern slopes, though total amounts small. Patchy toward Drumochter & Strathspey, only occasional light snow/sleet reaching northern Monadhliath, if any.
Cloud on the hills?	Fairly extensive Blanket fog over the Cairngorm plateau and southern/eastern hills, toward 600m. Higher bases around Strathspey/Monadhliath, breaking to 900m at times.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun toward and west of the A9, otherwise cloudy. Very poor visibility many hills, difficult navigation in fog over snow cover; locally good below cloud in west.
How Cold? (at 900m)	-3C. Feeling like -15 to -20C in direct wind.
Freezing Level	400-500m, slightly higher on some slopes to 600m or above near Strathspey.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 27 January	Wednesday 28 January
How windy? (On the Munros)	East-southeasterly 50 to 70mph; speeds may reach up to 80mph higher Cairngorms, powerful gusts downslope.	Southeasterly 40 to 60mph - some uncertainty, peak speeds may lessen for a time.
Effect of wind on you?	Widely difficult conditions - stability and mobility likely only achieved with crouching/crawling. Severe wind chill.	Difficult conditions with powerful gusts to some lower slopes. Significant wind chill. Chance of some improvement with time.
How wet? (Precipitation and its impact)	Often snowing east, more patchy west Persistent snow over the Cairngorm plateau, towards Drumochter and Deeside, some heavier falls may set in. Only wind-blown snow reaching west of Strathspey, though snow may set in more widely afternoon.	Patchy snow / rain Snow may be frequent or persistent, but amounts fairly small, rain lower slopes up to 600m; patchier toward Strathspey.
Cloud on the hills?	High terrain shrouded, lower south 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.	Extensive, lowest south Shrouding much high terrain all day, to some mid-slopes Deeside to Glen Garry. Breaks to some tops Monadhliath.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, though brighter around Strathspey/Monadhliath where visibility good. Whiteout conditions in blowing snow over much higher terrain.	Overcast and dull. Whiteout if in cloud over snow cover; visibility good below cloud in north.
How Cold? (at 900m)	-3C. Feeling like -18 to -23C in strongest wind.	0 or -1C. Wind chill feeling like -10 to -15C.
Freezing Level	300-400m, locally above 600-700m some slopes toward N/W of Cairngorms; may start to rise variably into evening-night.	700 to 800m, locally just above freezing on some higher slopes toward Strathspey.

Planning Outlook**All mountain areas of Britain from Tuesday, 27 January, 2026**

Powerful southeasterlies prevail across Scotland this week and many indications favour strong east or southeasterly winds onward into the first half of February. Scottish mountains are expected to stay below freezing in the extended range, fresh heavy snowfalls giving substantial depths and drifts across south and eastern areas, much less snow northwestward. Hills in England and Wales will see varying freezing levels, sub-zero for periods to 600m or lower, but intermittently lifting just above the tops - a mix of rain and upland snowfall. A generally unsettled pattern with Atlantic lows continuing to frequently circulate over Britain on a southerly track, whilst high pressure resides away to the north.

Forecast issued at 16:15 on Sunday, 25 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.