

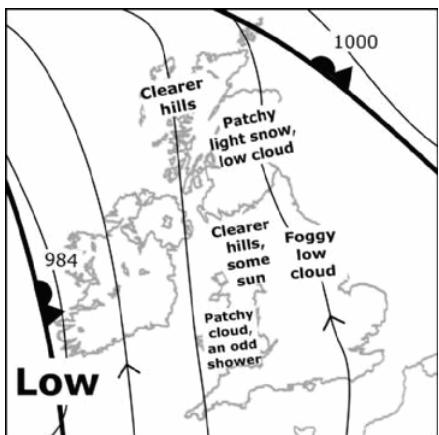
# Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.**  
**Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit [www.tiso.com](http://www.tiso.com)**

## General Summary for Wednesday, 28 January, 2026



### British Mountain Summary:

**Based on forecast chart for noon 28 January, 2026**

A fairly quiet day with plenty of dry weather and some good cloud breaks toward the west and northwest of major hill groups. Some snow flurries and low cloud lingers over the Cairngorms to SE Highlands. Moderate S-SE wind, locally gusty.

### Headline for Cairngorms NP and Monadhliath

Substantial drifts. Snow flurries, lowest cloud south.

## Detailed Forecast for Wednesday, 28 January, 2026

<b>How windy? (On the Munros)</b>	South to southeasterly, overnight gales ease up to dawn, soon 20-25mph or in places less, local gusty spots around higher tops and around some northern corries.
<b>Effect of wind on you?</b>	<b>Fairly small effect on walking many areas, some occasional gusty spots not necessarily on highest terrain may be noticeable and feeling chillier.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little snow / rain mainly morning</b> Snow flurries mostly east in morning, amounts small and tending to fizzle out with time, rain or sleet up to 700m; patchier or very little toward Strathspey.
<b>Cloud on the hills?</b>	<b>Extensive, lowest south</b> Shrouding much high terrain all day, to some mid-slopes Deeside to Glen Garry. Cloud higher and more broken to the north and west of the Cairngorm plateau, breaks to some tops Monadhliath.
<b>Chance of cloud free Munros?</b>	<b>20%, up to 60% Monadhliath.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, moments where sun breaks through with time, mostly in north. Whiteout if in cloud over snow cover; visibility good below cloud in north.
<b>How Cold? (at 900m)</b>	0C. Feeling locally like -7C if exposed to a gustier breeze.
<b>Freezing Level</b>	800 to 900m, locally just above freezing on some higher slopes toward Strathspey.

## Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 29 January	Friday 30 January
<b>How windy? (On the Munros)</b>	Southeasterly 30 to 40mph, strongest on higher Cairngorms, gusty in places west of higher tops.	Southeasterly 30 to 45mph, strongest over higher Cairngorms, very gusty in places downslope around northern corries.
<b>Effect of wind on you?</b>	<b>Strenuous walking on exposed higher terrain, buffeting gusts locally lower down. Significant wind chill.</b>	<b>Strenuous walking, arduous on exposed high terrain local frequent buffeting not just on tops. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow flurries</b> Snow on and off, mostly light, most frequent south and eastern areas, sleet lower slopes. Rare flurries Monadhliath.	<b>Snow mostly southeast</b> Snow flurries most common over south and eastern Cairngorms NP. Very little reaching north and west of Strathspey.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b>  Shrouding higher slopes widely, but often from mid-heights up in east. Higher bases and some breaks westwards near A9.	<b>Fairly extensive</b>  Shrouding most of the Cairngorms, to some mid slopes near Deeside. Higher bases to 800-900m north of Drumochter.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Rare if any weak sun, mainly Strathspey. Hazy, poor visibility in snow and difficult navigation on hills if in fog over snow cover.	Some sun mostly Monadhliath, visibility good out of cloud. Cloudy, mistier further south/east; whiteout if in fog over snow.
<b>How Cold? (at 900m)</b>	-2C. Wind chill feeling like -12 to -15C over higher terrain.	-3C. Wind chill feeling like -13 to -17C.
<b>Freezing Level</b>	600 to 700m.	500 to 600m, slight rise during daytime, particularly west of Cairngorms.

**Planning Outlook****All mountain areas of Britain from Thursday, 29 January, 2026**

Slow-moving weather patterns and a broadly similar regime to recent times over the next week or so. Scottish mountains generally below freezing point, with snow cover and drifts most substantial from the Cairngorms to central and southern Highlands, some additional falls in the week ahead, much less 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. Wind speed will vary, some periods of lower speeds than recently, though gusty SE'ly winds remain common in the Highlands. Scope for widely colder conditions toward mid February.

**Forecast issued at 16:30 on Tuesday, 27 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.