

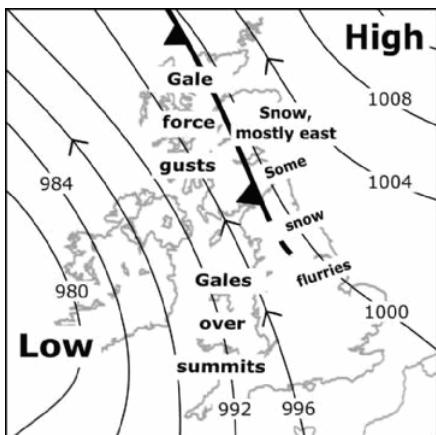
Cairngorms NP and Monadhliath

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 Thursday, 29 January, 2026



British Mountain Summary:

Based on forecast chart for noon 29 January, 2026

Freezing temperatures in Scotland and England; freezing level lowering with time to middle slopes, first in eastern hill groups. Blustery as well, gale force gusts on high terrain of Scotland and Wales. Snow flurries affecting eastern Scotland and the Pennines, mostly dry Lakeland to west Scottish Highlands.

Headline for Cairngorms NP and Monadhliath

Blustery, gales force gusts; snow flurries south and east

Detailed Forecast for Thursday, 29 January, 2026

How windy? (On the Munros)	Southeasterly 30 to 40mph, strongest on higher Cairngorms, gusty in places west of higher tops, trending towards higher speeds later in the day, strongest sustained speeds to 45mph.
Effect of wind on you?	Strenuous-to-arduous walking on exposed higher terrain, buffeting gusts locally lower down with significant wind chill. Trending towards arduous walking widely with balance challenges as the day goes.
How wet? (Precipitation and its impact)	Snow flurries Snow on and off, mostly light and most frequent south and eastern areas. Sleet to lower slopes at first, but snow level will lower. Some odd snow will reach around Drumochter, but Monadhliath likely stays dry.
Cloud on the hills?	Fairly extensive Shrouding higher slopes widely, often from mid-heights up in east, some low banks drifting along southern slopes as well towards Drumochter. Higher bases and some breaks westwards near A9, perhaps some high Monadhliath tops clearing near Inverness.
Chance of cloud free Munros?	20%, though 50% west of A9.
Sunshine? 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 .
How Cold? (at 900m)	-2C. Wind chill feeling like -12 to -15C over higher terrain.
Freezing Level	600 to 700m, slightly higher towards the northwest. Gradually lowering to 500-600m, locally lower east, including elevated glens and corries.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 30 January	Saturday 31 January
How windy? (On the Munros)	Southeasterly 40 to 50mph, strongest over higher Cairngorms with powerful gusts up to 60mph, these pushing well-downslope.	East-southeasterly 30-40mph, some stronger gusts over the eastern high tops.
Effect of wind on you?	Arduous walking over high terrain, strong buffeting gusts may knock you off balance. Significant wind chill.	Walking strenuous-to-arduous in exposure, considerable buffeting challenging stability. Significant wind chill.
How wet? (Precipitation and its impact)	Snow mostly southeast and afternoon Snow flurries most common over south and eastern Cairngorms NP. Very little reaching north and west of Strathspey. The snow perhaps more extensive afternoon.	Snow flurries east and south Cairngorms Snow flurries affecting the east and southern Cairngorm plateau most of the day. Largely dry near and west of Strathspey, only odd flurries reaching here.
Cloud on the hills?	Fairly extensive, breaks to the northwest Shrouding most of the Cairngorms, to some mid slopes near Deeside. Higher bases to 800-900m north of Drumochter.	High terrain shrouded and often lower A blanket of cloud shrouds the Cairngorm plateau and hills accessed from the east/Deeside to middle or lower slopes. Bases may reach up towards 800-900m over Monadhliath at times, though also filling in for periods.
Chance of cloud free Munros?	30%	20%
Sunshine? Air clarity (below cloud)	Some sun mostly Monadhliath, visibility good out of cloud. Cloudy, mistier further south/east; whiteout more likely afternoon in fog over snow.	Little or no sunshine expected. Often poor visibility east in precipitation and haze, locally improving west for periods.
How Cold? (at 900m)	-3C, rising a degree with time. Wind chill feeling like -13 to -17C.	-2 or -3C early, rising to around -1C afternoon. Feeling like -12 to -15C in direct wind.
Freezing Level	500 to 600m, slight rise during daytime, particularly west of Cairngorms.	400-600m, the lowest levels on western mountains. Rising to around 700m, locally higher on southernmost slopes.

Planning Outlook**All mountain areas of Britain from Friday, 30 January, 2026**

Slow-moving weather patterns and a broadly similar regime to recent times over the next week or so: periods of precipitation will affect most mountains at least every few days. Scottish Munros 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 (with continued flooding risk too); much less northwestward. Hills in England and Wales will see varying freezing levels, at times dropping sub-zero to middle slopes, but largely isolated to the high terrain of Lakeland and Eryri NP (Snowdonia). 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 16:11 on Wednesday, 28 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.