

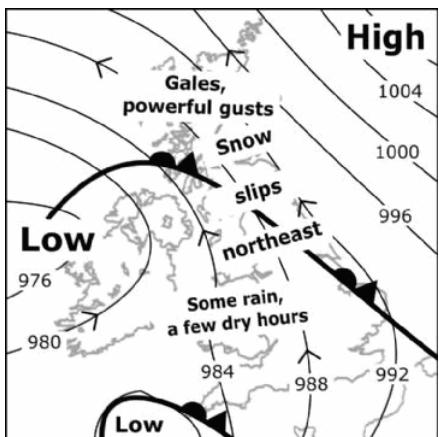
# Cairngorms NP and Monadhliath

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 Friday, 30 January, 2026



### British Mountain Summary:

**Based on forecast chart for noon 30 January, 2026**

Gales for northern England and Scotland all day with powerful gusts over tops and downslope to the northwest. Several hours of snow in these regions as well, passing from west-to-east with time, the snow level lifting to mid-slopes; northwest Scotland mostly dry and bright. Blustery in Wales, most of the rain south/east.

### Headline for Cairngorms NP and Monadhliath

Gales, powerful gusts; snow on south and east Cairngorms

## Detailed Forecast for Friday, 30 January, 2026

<b>How windy? (On the Munros)</b>	Southeasterly 40 to 50mph, strongest over higher Cairngorms with powerful gusts up to 55mph or higher, these pushing well-downslope.
<b>Effect of wind on you?</b>	<b>Challenging conditions in exposure, strongest gusts making stability difficult and limiting mobility, this gustiness reaching downslope too.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow mostly southeast and afternoon</b> Snow flurries most common over south and eastern Cairngorms NP. Very little reaching north and west of Strathspey. The snow becomes more steady midday/afternoon, reaching Drumochter, heaviest falls on slopes accessed from Deeside.
<b>Cloud on the hills?</b>	<b>Fairly extensive, breaks to the northwest</b> Shrouding most of the Cairngorms, to some mid slopes near Deeside. Higher bases to 800-900m north of Drumochter, high terrain of north Monadhliath may be often clear of cloud.
<b>Chance of cloud free Munros?</b>	<b>20%, to 60% northern Monadhliath.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some sun glimpses over the Monadhliath, visibility good out of cloud, but turning cloudy from the south. Cloudy, mistier further south/east; whiteout conditions more likely afternoon in fog over snow on the Cairngorm plateau.
<b>How Cold? (at 900m)</b>	-3C (to -6C high Cairngorms at dawn), rising a degree with time. Wind chill feeling like -13 to -17C.
<b>Freezing Level</b>	400 to 600m, slight rise during daytime, particularly west of Cairngorms to more widely 600m, locally higher to the west.

## Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 31 January	Sunday 1 February
<b>How windy? (On the Munros)</b>	East-southeasterly 30-40mph, some stronger gusts over the eastern high tops.	Southeasterly 30-40mph, strongest east and northern hills, strong gusts too. May ease with time, but confidence is low.
<b>Effect of wind on you?</b>	<b>Walking strenuous-to-arduous in exposure, considerable buffeting challenging stability. Significant wind chill.</b>	<b>Walking strenuous-to-arduous in exposure most of the day; buffeting will challenge stability. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow flurries east and south Cairngorms</b> 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.	<b>Patchy snow south and east, rain lower</b> Patches of snow affecting Cairngorms accessed from Deeside and easternmost hills, falling as rain below about 700m. Odd patches will reach Drumochter, Monadhliath likely stays dry.
<b>Cloud on the hills?</b>	<b>High terrain shrouded and often lower</b> 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.	<b>Fairly extensive</b> Cloud shrouds the Cairngorm plateau all day, slopes accessed by Deeside often shrouded to middle slopes as well. Higher bases and more variable Strathspey and west, may rise towards summits at times.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little or no sunshine expected. Often poor visibility east in precipitation and haze, locally improving west for periods.	Little or no sunshine. Very poor visibility in snow, whiteout conditions on high terrain; better towards the west.
<b>How Cold? (at 900m)</b>	-2 or -3C early, rising to around -1C afternoon. Feeling like -12 to -15C in direct wind.	0C. Feeling like -10 to -15C in the wind.
<b>Freezing Level</b>	400-600m, the lowest levels on eastern mountains. Rising to around 600-700m, locally higher on southernmost slopes.	Around 800-900m, though some variability, generally higher on Monadhliath.

**Planning Outlook****All mountain areas of Britain from Saturday, 31 January, 2026**

Unsettled this weekend: often cloudy and patchy rain for most. Variable winds cause rapid local changes in cloud amounts, rain, and impact on walking. The freezing level may lift somewhat, isolating snowfalls to higher Scottish terrain. In the coming week, periods of precipitation and wind 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 precipitation northwestward. Hills in England and Wales may see a period of freezing levels above the summits as a southerly flow brings slightly milder air to the country. An indication of colder easterlies in February, though detail is very uncertain.

**Forecast issued at 15:55 on Thursday, 29 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.