

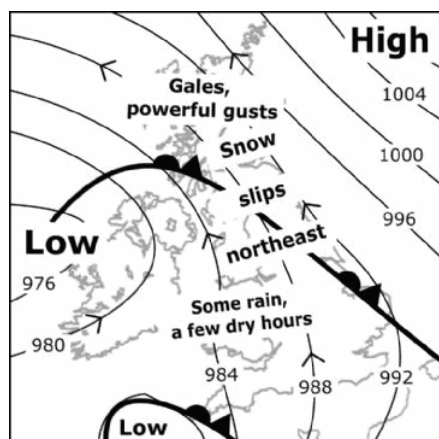
Cairngorms NP and Monadhliath

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

How windy? (On the Munros)	Southeasterly 40 to 50mph, strongest over higher Cairngorms with powerful gusts up to 55mph or higher, these pushing well-downslope.
Effect of wind on you?	Challenging conditions in exposure, strongest gusts making stability difficult and limiting mobility, this gustiness reaching downslope too.
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 becomes more steady midday/afternoon, reaching Drumochter, heaviest falls on slopes accessed from Deeside.
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 of north Monadhliath may be often clear of cloud.
Chance of cloud free Munros?	20%, to 60% northern Monadhliath.
Sunshine? 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.
How Cold? (at 900m)	-3C (to -6C high Cairngorms at dawn), rising a degree with time. Wind chill feeling like -13 to -17C.
Freezing Level	400 to 600m, slight rise during daytime, particularly west of Cairngorms to more widely 600m, locally higher to the west.

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.

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.