

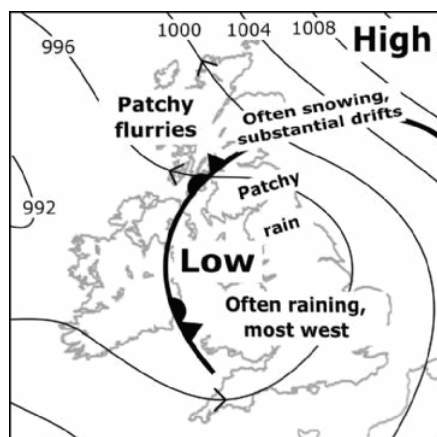
# Cairngorms NP and Monadhliath

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 Saturday, 31 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 31 January, 2026

Winter conditions on most high mountains; deep snow and large drifts in central/east Scotland, whiteout conditions in fog. Mostly dry NW Scotland. Morning rain in south Scotland and England trends patchy, often dry south Pennines. Often raining in Wales, most on western slopes. Freezing levels rise towards upper slopes.

### Headline for Cairngorms NP and Monadhliath

Winter conditions on high terrain; blustery, tending to ease

## Detailed Forecast for Saturday, 31 January, 2026

<b>How windy? (On the Munros)</b>	Southeasterly 30-40mph, some stronger gusts over the eastern high tops reaching 50mph. An easing trend with time, towards 25-30mph late in the day.
<b>Effect of wind on you?</b>	<b>Walking strenuous-to-arduous in exposure, considerable buffeting challenging stability and significant wind chill. Effects tending to ease, but walking remains impeded.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Snow flurries east and south Cairngorms</b> Snow flurries affecting the east and southern Cairngorm plateau most of the day. Substantial depth of snow with large drifts. A few patches may drift towards the Monadhliath at times, though mostly dry here. Snowfall elevation will rise with time, to upper terrain later.
<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 900m over Monadhliath at times, though also filling in for periods.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little or no sunshine expected. Often poor visibility east in precipitation and haze, whiteout conditions on high terrain over snow. Locally improving west for periods.
<b>How Cold? (at 900m)</b>	-2 or -1C from dawn, most areas rising towards 0C by later in the day. Feeling like -12 to -15C in direct wind, though lowering with time.
<b>Freezing Level</b>	500-700m, the lowest levels on eastern mountains. Rising to around 800-900m, locally higher on southernmost slopes, variability around this height overnight.

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 1 February	Monday 2 February
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Southeasterly 30-40mph, gusty with strongest winds east and north. Easing with time, 15-20mph  <b>Walking strenuous-to-arduous in exposure with buffeting and significant wind chill, effects gradually easing.</b>	Southeasterly 30-40mph, lighter in the early day. Gusty, tops speeds to 50-55mph.  <b>Walking impeded from dawn, deteriorating to arduous walking with considerable buffeting and significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<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 and Monadhliath, though largely dry here.	<b>Snow south and east Cairngorms</b> Showery snow affecting the south and east Cairngorm plateau much of the day, falling as rain below 500-600m. Patches will reach Drumochter at times, driest towards Inverness.
<b>Cloud on the hills?</b>          <b>Chance of cloud free Munros?</b>	<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>20%</b>	<b>Fairly extensive south and east</b>  Fog over the Cairngorm plateau most high terrain south and east of high summits, lowering to middle slopes during snow. Bases reaching towards 700m around Drumochter sometimes too. Clearest towards Inverness.  <b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little or no sunshine. Very poor visibility in snow, whiteout conditions on high terrain; better towards the west.	Some sunny moments in the Monadhliath where visibility good. Otherwise cloudy, whiteout conditions at times in fog over snow.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	0C. Feeling like -10 to -15C in the wind.  Around 800-900m, though some variability, generally higher on Monadhliath.	-1 to -3C. Feeling like -12 to -15C in the wind.  500-600m, may lower with time

## Planning Outlook

## All mountain areas of Britain from Sunday, 1 February, 2026

Unsettled weather persists through the late weekend and into next week: a southerly flow is dominant through Monday, lifting freezing levels and brining precipitation to most mountain groups through the early week. The Munros will likely stay below freezing; precipitation will continue to fall as snow on high terrain: snowdrifts from the Cairngorms to central and southern Highlands with a continued risk of flooding here. Gales are likely as well.

Southeasterly winds will tend to re-establish later in the week, lowering freezing levels and drawing cloud and precipitation into the Pennines and eastern Scotland, the snow level dropping to middle elevations with time. Cloud and precipitation more patchy in the west with the brightest skies northwest of high summits.

## Forecast issued at 16:30 on Friday, 30 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.