

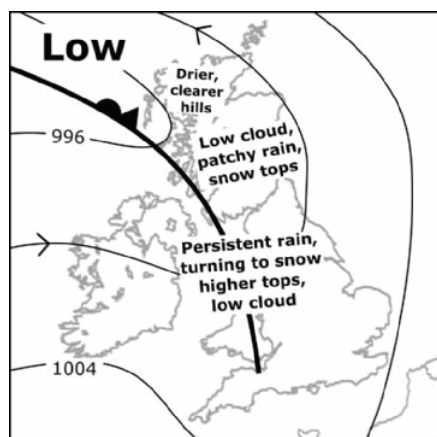
Cairngorms NP and Monadhliath

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 Sunday, 1 February, 2026



British Mountain Summary:

Based on forecast chart for noon 1 February, 2026

Extensive low cloud and patchy areas of rain, or snow on higher mountains, merging into more constant precipitation from the west over England, Wales and southwest Scotland. Driest conditions for the coastal northwest Highlands. Improving afternoon for Wales. Variable winds, dropping fairly light Highlands.

Headline for Cairngorms NP and Monadhliath

Strong wind easing. A little hill snow, low cloud fairly widely.

Detailed Forecast for Sunday, 1 February, 2026

How windy? (On the Munros)	Southeasterly 30-40mph early morning, gusty with strongest winds toward northeast Cairngorms. Easing with time, 15-20mph, lowest near Drumochter afternoon, more widely less by dusk.
Effect of wind on you?	Walking strenuous in exposure with uncomfortable gusts locally at first, but effects gradually easing to become small.
How wet? (Precipitation and its impact)	Patchy snow south and east, rain lower 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.
Cloud on the hills?	Fairly extensive 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.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Little or no sunshine. Very poor visibility in snow, whiteout conditions on high terrain; better towards the west.
How Cold? (at 900m)	0C. Feeling like -10 to -15C in the wind.
Freezing Level	Around 800-900m, though some variability, generally higher on Monadhliath.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 2 February	Tuesday 3 February
How windy? (On the Munros) Effect of wind on you?	Southeasterly 30-40mph, lowest speeds early morning. Gusty, top speeds to 50-55mph in places around high tops. Walking impeded from dawn, deteriorating to arduous walking with considerable buffeting and significant wind chill.	Easterly 40 to 55mph, very gusty in places over high Cairngorms and on downslopes west of high terrain. Challenging walking conditions, more difficult in places, frequent buffeting affecting balance; significant wind chill.
How wet? (Precipitation and its impact)	Snow south and east Cairngorms Showery snow affecting the south and east Cairngorm plateau much of the day, falling as rain below 500-600m, though later snow starting to fall lower. Patches will reach Drumochter at times, driest Monadhliath.	Snow most continuous east Frequent to persistent snow over the Cairngorms and areas to the south and east, falling to most lower slopes, sleet only lower Deeside. Patchier flurries westward, least toward Monadhliath.
Cloud on the hills?	Fairly extensive south and east 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. Highest breaks north Monadhliath.	Extensive Shrouding higher terrain fairly widely, from 600 to 800m in eastern areas, 800 to 1000m west from Cairngorm plateau.
Chance of cloud free Munros?	20%	20%
Sunshine? Air clarity (below cloud)	Some sunny moments in the Monadhliath where visibility good. Otherwise cloudy, whiteout conditions at times in fog over snow.	Overcast, dull in east. Hazy lower down, whiteout higher areas in snow and cloud.
How Cold? (at 900m) Freezing Level	-1C, dropping to -3C by dusk. Feeling like -12 to -15C in the wind. 800m tending to drop during daytime to 500-600m.	-4C. Wind chill feeling like -15 to -20C. Most terrain frozen from glens upward, around 300-400m.

Planning Outlook

All mountain areas of Britain from Monday, 2 February, 2026

Southeast then easterly winds will prevail during the week ahead, strong to gale force over many hills for sustained periods. From Monday into Tuesday onward, colder air temperature and lower freezing level again, leaving mountain terrain widely frozen from mid-elevations upward, or to lower slopes in eastern Scotland. Further snow will affect eastern mountains, with additional accumulations and drifting. Some periods of hill snow for England and Wales into midweek. Cold easterly patterns are expected to continue onward into mid February, though higher pressure to the north may see reduced precipitation amounts, always driest with highest cloud in west.

Forecast issued at 16:30 on Saturday, 31 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.