

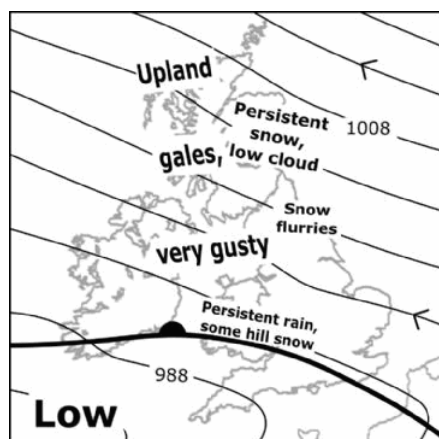
Cairngorms NP and Monadhliath

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 Tuesday, 3 February, 2026



British Mountain Summary:

Based on forecast chart for noon 3 February, 2026

Feeling bitterly cold in gale force easterly winds over the hills. Snow falling to lower slopes, most constant in eastern Scotland with further drifting and whiteout over hills. Snow flurries over the Pennines. Some cloud breaks near west coasts. Rain and increasingly hill snow for Wales, persistent in southeast.

Headline for Cairngorms NP and Monadhliath

Gales, gusty. Snow and whiteout, less in west.

Detailed Forecast for Tuesday, 3 February, 2026

How windy? (On the Munros)	Easterly 40 to 55mph, very gusty in places over high Cairngorms and on downslopes west of high terrain.
Effect of wind on you?	Challenging walking conditions, more difficult in places, frequent buffeting making balance difficult in places. Significant wind chill, severe higher tops.
How wet? (Precipitation and its impact)	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. Fresh accumulations toward lower elevations, drifting. Patchier flurries westward, least toward Monadhliath.
Cloud on the hills?	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%
Sunshine? Air clarity (below cloud)	Overcast, dull in east. Hazy lower down, whiteout higher areas in snow and cloud.
How Cold? (at 900m)	-4C. Wind chill feeling like -15 to -20C.
Freezing Level	Most terrain frozen from lower slopes upward, around 300-400m.

All mountain areas of Britain from Wednesday, 4 February, 2026

East or southeasterly winds prevail, strong to gale force over many hills for sustained periods this week. Freezing levels will vary, rising briefly during Wednesday from the south, but lowering widely again below 600m during Thursday, tending to lift again over England and Wales on Friday, then possibly rising just above freezing point to higher mountains in Scotland during the weekend, before colder air returns again next week. Further snowfalls mostly over eastern hills in Scotland, occasionally hills in England & Wales, mixed with rain here. Indications of less precipitation and lower wind speeds more often by early next week. Highest cloud breaks generally west & northwest Scotland.

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.