

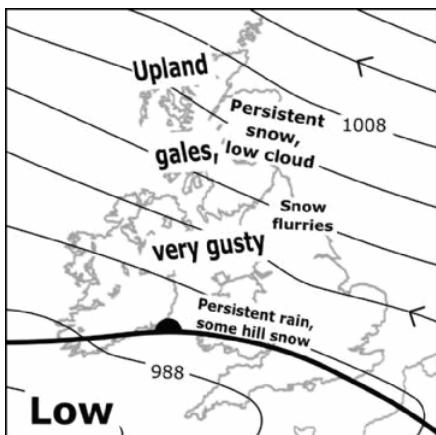
# Cairngorms NP and Monadhliath

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

<b>How windy? (On the Munros)</b>	Easterly 40 to 55mph, very gusty in places over high Cairngorms and on downslopes west of high terrain.
<b>Effect of wind on you?</b>	<b>Challenging walking conditions, more difficult in places, frequent buffeting making balance difficult in places. Significant wind chill, severe higher tops.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow most continuous east</b> 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.
<b>Cloud on the hills?</b>	<b>Extensive</b> Shrouding higher terrain fairly widely, from 600 to 800m in eastern areas, 800 to 1000m west from Cairngorm plateau.
<b>Chance of cloud free Munros?</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast, dull in east. Hazy lower down, whiteout higher areas in snow and cloud.
<b>How Cold? (at 900m)</b>	-4C. Wind chill feeling like -15 to -20C.
<b>Freezing Level</b>	Most terrain frozen from lower slopes upward, around 300-400m.

## Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 4 February	Thursday 5 February
<b>How windy? (On the Munros)</b>	Easterly 35 to 50mph, very gusty, risk more persistently 50mph over higher Cairngorms for several hours at least.	East to southeasterly 35 to 45mph, gusty around high tops, locally downslope.
<b>Effect of wind on you?</b>	<b>Challenging conditions with frequent buffeting gusts, significant wind chill.</b>	<b>Walking strenuous, or arduous in places, frequent buffeting knocking you off balance. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow continuing east</b> Snow most persistent over the eastern Cairngorms NP, some constant heavier falls possible, sleet only lower slopes. Patchier flurries westwards, very little much of Monadhliath.	<b>Snow mostly eastern hills</b> Snow flurries, more frequent or fairly persistent south and east of Cairngorm plateau, mostly rain below 600m, but later snow to lowering elevations in east. Patchy amounts Strathspey westward.
<b>Cloud on the hills?</b>	<b>Fairly extensive, lowest east</b> Cloud shrouding the mountains widely, from mid slopes upward in east and southeast Cairngorms NP. Some higher bases toward Strathspey, local break.	<b>Fairly extensive, lowest east</b> Shrouding higher terrain widely, lowest cloud base 600 to 800m areas accessed from Deeside, 800 to 1000m further west and north, breaks higher up mostly toward and west of the A9.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast and dull or misty. Whiteout over tops in fog and snow, locally better visibility western areas.	Largely cloudy, some glimpses of sun mainly Monadhliath. Hazy, often whiteout over higher terrain in cloud and snow.
<b>How Cold? (at 900m)</b>	-3C, rising slightly during day. Wind chill feeling like -12 to -17C.	-1 or -2C, later lowering a degree or so from east. Wind chill feeling like -12 to -15C.
<b>Freezing Level</b>	400 to 600m, locally higher on some western slopes, may rise variably above 800m further ahead into night.	700 to 800m, tending to drop later toward 500m.

**Planning Outlook****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.

**Forecast issued at 16:15 on Monday, 2 February, 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.