

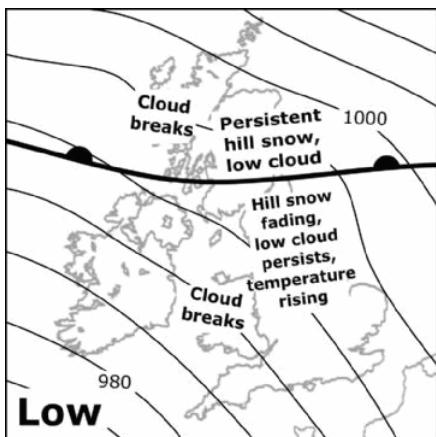
Cairngorms NP and Monadhliath

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 Wednesday, 4 February, 2026



British Mountain Summary:

Based on forecast chart for noon 4 February, 2026

Easterly winds gale force across northern Scotland, easing further south. Ongoing snowfalls over E & SE Highlands, sleet or rain lower down; low cloud and whiteout over hills. Early sleet or snow over northern England fades, but low cloud lingers. Largely dry much of Wales, clearer hills west, but increasingly windy.

Headline for Cairngorms NP and Monadhliath

Gales, gusty. Snow most persistent east and south, whiteout.

Detailed Forecast for Wednesday, 4 February, 2026

How windy? (On the Munros)	Easterly 40 to 50mph, very gusty, more persistently 50mph over higher Cairngorms in the morning, speeds lessening a little into afternoon.
Effect of wind on you?	Challenging conditions, walking arduous over higher terrain with frequent buffeting gusts to some mid-slopes west of higher tops. Significant wind chill.
How wet? (Precipitation and its impact)	Snow continuing east 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.
Cloud on the hills?	Fairly extensive, lowest east Cloud shrouding the mountains widely, from mid slopes upward in east and southeast Cairngorms NP. Some higher bases toward Strathspey, local break.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast and dull or misty. Whiteout over tops in fog and snow, locally better visibility lower western areas.
How Cold? (at 900m)	-3C, rising slightly during day, toward 0C into the night. Wind chill feeling like -12 to -17C.
Freezing Level	400 to 600m, highest on some western slopes, then rising variably above 800m further ahead into night.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 5 February	Friday 6 February
How windy? (On the Munros)	Easterly 45 to 60mph, strongest sustained speeds Cairngorm plateau, but powerful gusts in places 70mph elsewhere.	Easterly 40 to 60mph, strongest over Cairngorm plateau, but local powerful gusts downslope west of high tops.
Effect of wind on you?	Difficult mobility, violent gusts may knock you over in places. Severe wind chill over higher terrain.	Difficult mobility on high terrain, buffeting gusts knocking you off balance some lower slopes. Severe wind chill.
How wet? (Precipitation and its impact)	Snow mostly eastern hills Snow flurries, more frequent or fairly persistent south and east of Cairngorm plateau, initially rain below 500m, but with time snow to lowering elevations in east. Patchy amounts Strathspey westward.	Snow most continuous east Snow frequent across the Cairngorms, more persistent east and southeast areas, intermittent flurries toward and west of the A9; sleet or rain only lowest slopes.
Cloud on the hills?	Fairly extensive, lowest east 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.	Extensive across higher areas Covering the mountains widely, above 600-800m in eastern areas, 800-1000m further west, some breaks near and west of A9.
Chance of cloud free Munros?	20%	10%
Sunshine? Air clarity (below cloud)	Largely cloudy, some glimpses of sun mainly Monadhliath. Hazy, often whiteout over higher terrain in cloud and snow.	Widely cloudy, some brighter moments near/west of A9. Whiteout over the mountains in snow and cloud.
How Cold? (at 900m)	-2C, lowering a degree or so from east. Wind chill feeling like -17 to -20C.	-4C (to -6 or -7C highest Cairngorms tops). Wind chill feeling like -18 to -22C.
Freezing Level	700m, tending to drop later from east toward 400-500m.	300-400m, much terrain frozen from just above glens upward; locally more variable up to 600m west of Cairngorms.

Planning Outlook**All mountain areas of Britain from Thursday, 5 February, 2026**

East or southeasterly winds prevail, persistent gales later this week, severe chill factor over the mountains. Freezing levels will vary, lowering widely again below 600m during Thursday, though staying higher in Wales; then less cold widely into the weekend, rising just above freezing point in Scotland toward 1000m or briefly higher. Colder air then likely returns from east 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 for periods during next week. Highest cloud breaks generally west & northwest Scotland.

Forecast issued at 16:25 on Tuesday, 3 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.