

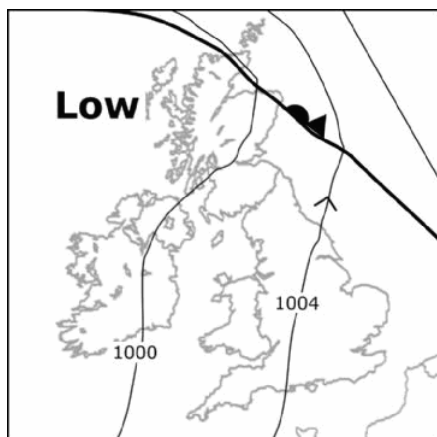
# Cairngorms NP and Monadhliath

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, 8 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 8 February, 2026

Little change with rain or on higher areas in Scotland snow on and off - showery in character Wales; and the mountains extensively foggy. Fairly light wind - except in northern Scotland at first.

### Headline for Cairngorms NP and Monadhliath

Rain or snow on and off; extensive fog.

## Detailed Forecast for Sunday, 8 February, 2026

<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Mostly southeasterly typically 20 to 25mph,. At first 40mph, before the stronger speeds move away northeast through morning - it may be after midday before the wind drops Deeside and N Cairngorms.  <b>Becoming fairly small after significant buffeting and wind chill on higher areas in morning.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Little or no precipitation</b> Rain, or above 600 to 900m snow here and there, mostly amounting to very little, although possibly widespread precipitation at dawn clearing only slowly north during day.
<b>Cloud on the hills?</b>   <b>Chance of cloud free Munros?</b>	<b>All or nearly all mountains persistently covered.</b> Persistent fog, but by afternoon perhaps breaks to 600m and here and there a few higher slopes briefly clearing or between cloud layers.  <b>Almost nil</b>
<b>Sunshine?</b> Air clarity (below cloud)	Widely dull, misty or murky.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	0 or 1C  900 to 1050m. although nearly all terrain frozen.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 9 February	Tuesday 10 February
<b>How windy? (On the Munros)</b>	South-easterly 20mph	Southeasterly between 30 and 40mph
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Walking increasingly arduous with height: here and there sudden gusts reaching lower slopes northwest of major summits. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Very little, if any.</b> Patchy rainfall and above 700 to 900m snow, focused again across hills accessible from Deeside down to Drumochter Pass. Small amounts.	<b>Rain and snow frequently</b> Rain, drizzle or above about 600m snow. May well rarely cease most of region although total precipitation small Monadhliath.
<b>Cloud on the hills?</b>	<b>Extensive, and widely to lowest slopes.</b>  Very poor with extensive low cloud covering the hills, widely to lower slopes from hills near Deeside and down to Drumochter. 600-900m Monadhliath.	<b>Persistent fog</b>  Persistent fog above 300 to 450m, although a little higher west of A9, perhaps 600m Monadhliath.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>Almost nil</b>
<b>Sunshine?</b> Air clarity (below cloud)	Remaining overcast.  Widely misty and murky. Very poor visibility in snow.	Dull and murky.
<b>How Cold? (at 900m)</b>	0 to 1C	0 or -1C Will feel near -12C directly in the wind.
<b>Freezing Level</b>	800 to 1050m. but nearly all terrain frozen to lower slopes.	Between 800 to 1050m

## Planning Outlook

### All mountain areas of Britain from Monday, 9 February, 2026

Little change over the next few days with continued foggy conditions over most mountains, and rain, or on higher mainly Scottish areas snow. Intermittently southeasterly winds approaching gale force.  
Later in the week, progressively colder from the north with fresh snow on many mountains.

### Forecast issued at 12:07 on Saturday, 7 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.