

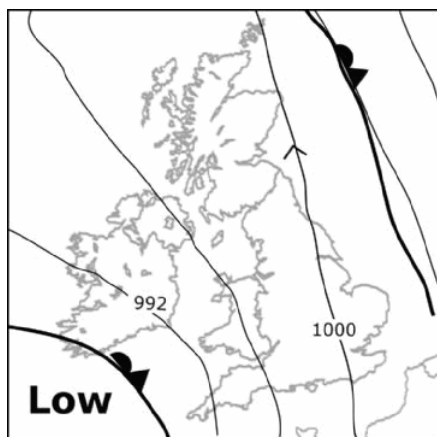
# Cairngorms NP and Monadhliath

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 Monday, 9 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 9 February, 2026

Overall very little change with occasional rain, or on higher slopes in Scotland, snow. Fog persistent on nearly all mountain areas. The wind continuing fairly light. Wales will from the southwest become windy with pulses of showery rain.

### Headline for Cairngorms NP and Monadhliath

Light wind; a few pockets of rain, or snow higher slopes. Persistent fog.

## Detailed Forecast for Monday, 9 February, 2026

<b>How windy? (On the Munros)</b>	South to southeasterly 15mph to 20mph.
<b>Effect of wind on you?</b>	Small
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation, mostly light, here and there. Total rainfall small.</b> Occasional drizzle and rain, or above 700m snow (often only flurries). Locally precipitation lasting an hour or so but total precipitation small.
<b>Cloud on the hills?</b>	<b>Persistent fog</b> Generally, persistent fog above 500 to 700m.
<b>Chance of cloud free Munros?</b>	<b>Almost nil</b>
<b>Sunshine?</b> Air clarity (below cloud)	Widely misty and murky. Very poor visibility in snow. Isolated pockets of sun lower slopes near Cairngorms.
<b>How Cold? (at 900m)</b>	0C
<b>Freezing Level</b>	800 to 1000m.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 10 February</b>	<b>Wednesday 11 February</b>
<b>How windy? (On the Munros)</b>	Southeasterly between 30 and 40mph	Confidence in forecast is low: Easterly in the range 25 to 40mph.
<b>Effect of wind on you?</b>	<b>Walking increasingly arduous with height: here and there sudden gusts reaching lower slopes northwest of major summits. Significant wind chill.</b>	<b>Widely arduous or difficult walking and significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<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>Snow; probably almost constant</b> Frequent or constant snow much of region, although mostly rain valleys. Generally lightest and most patchy snow will be near and west of A9.
<b>Cloud on the hills?</b>	<b>Persistent fog</b>  Persistent fog above 300 to 450m, although a little higher west of A9, perhaps 600m Monadhliath.	<b>Blanket of fog across the mountains</b>  Most hills persistently cloud covered above 400 to 600m - or probably lower Deeside.
<b>Chance of cloud free Munros?</b>	<b>Almost nil</b>	<b>Almost nil</b>
<b>Sunshine?</b> Air clarity (below cloud)	Dull and murky.	Sunshine not expected. Very poor or appalling visibility in snow.
<b>How Cold? (at 900m)</b>	0 or -1C Will feel near -12C directly in the wind.	-1 to -3C: tending to lower from north. Will feel as cold as minus 15C directly in the wind.
<b>Freezing Level</b>	Between 800 to 1050m	Dropping from north to between 500 and 750m.

**Planning Outlook****All mountain areas of Britain from Tuesday, 10 February, 2026**

A change from mid week as a low centre crosses Britain bringing stronger wind and initially rain . But precipitation will turn to snow Scottish Highlands on Wednesday then progressively southwards into England and Wales on Thursday - with most terrain frozen and fresh snow lying on most mountains by Friday morning. Cold 'winter' conditions will then persist through next weekend.

**Forecast issued at 19:22 on Sunday, 8 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.