

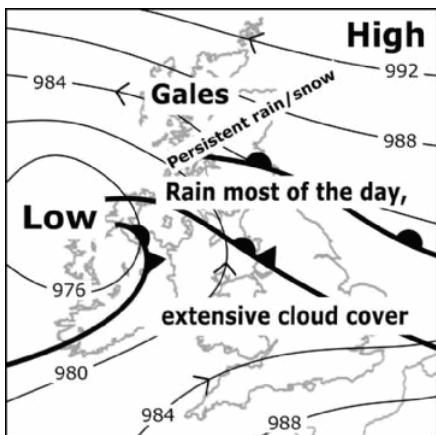
Cairngorms NP and Monadhliath

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, 11 February, 2026



British Mountain Summary:

Based on forecast chart for noon 11 February, 2026

Windy for many, gale force gusts in Scotland, most powerful west. Snowing south and east Highlands (whiteout on high terrain), only patchy west; rain to lower slopes at first. Extensive cloud from southern Scotland through England and Wales and often raining, heaviest south and west slopes. Lighter wind southern Pennines.

Headline for Cairngorms NP and Monadhliath

Windy, gale force gusts; near-constant snow, whiteout over snow cover

Detailed Forecast for Wednesday, 11 February, 2026

How windy? (On the Munros)	Easterly 35-40mph sustained speeds, but also gusty on high terrain, strongest gusts reaching up to 50mph.
Effect of wind on you?	Walking widely strenuous, arduous on high terrain where buffeting gusts may require bracing to maintain balance. Significant wind chill.
How wet? (Precipitation and its impact)	Snow; most persistent to the east Frequent snow much of region, most constant around Deeside/east Cairngorms; mostly rain into glens and lower slopes. Only patchy snow further east, generally lightest and most patchy west of Aviemore. Falling as rain into glens and low slopes at first.
Cloud on the hills?	Blanket of fog across most mountains Most hills persistently cloud covered above 500 to 600m - or lower Deeside. Some higher bases west of Strathspey, may reach up to 800m.
Chance of cloud free Munros?	10% Monadhliath, almost nil elsewhere
Sunshine? Air clarity (below cloud)	Overcast, dull or murky. Very poor or appalling visibility in snow, whiteout where over snow cover.
How Cold? (at 900m)	-2 or -3C from dawn, dropping a degree by nightfall, locally lowering further overnight. Will feel as cold as -15 to -18C directly in the wind.
Freezing Level	500-600m from dawn, lowering to 400m fairly widely by dark, lowering further overnight.

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 12 February	Friday 13 February
How windy? (On the Munros)	East-northeasterly 30-40mph, trending northeasterly and easing, 25-30mph, though may remain gusty over high tops.	North-northeasterly 15-30mph, though some stronger speeds possible in highest exposure.
Effect of wind on you?	Arduous walking with severe wind chill early, slowly easing with time, though always blustery in exposure.	Fairly small in places, but often blustery with strenuous walking in high exposure with significant wind chill.
How wet? (Precipitation and its impact)	Snow, turning showery Morning snow, most over the high Cairngorms and eastern hills/Deeside. The snow breaks into showers from the north, some reaching towards Strathspey/Monadhliath, occasionally slipping to southern slopes.	Some snow showers from the north Snow showers drift inland from the north, mostly affecting the Cairngorm plateau and northern slopes. Southern slopes stay largely dry.
Cloud on the hills?	Lifting to high terrain/northern slopes Fairly extensive across most hills down to middle slopes from dawn, soon lifting and becoming more broken, mostly lingering on the Cairngorm plateau and northern slopes, some bases quite low in snow.	Cloud banks on high northern slopes Cloud banks often clinging to the northern slopes, mostly 900m or higher, a few breaks. South of the Cairngorm plateau and towards Drumochter largely clear.
Chance of cloud free Munros?	30%	50%
Sunshine? Air clarity (below cloud)	Some glimpses of weak sun possible later but mostly cloudy. Visibility becoming very good where away from snow showers.	Patchwork of sunshine on high northern slopes, more consistent to the south. Excellent visibility.
How Cold? (at 900m)	-4 or -5C (to -8C on highest summits). Feeling like -20C or colder in direct wind.	-6 or -7C (to -11C Ben Macdui summit at dawn), rising a degree or two in sun. Feeling as cold as -20C in strongest wind.
Freezing Level	Frost to glen level likely widespread from dawn.	Terrain widely frozen, though sun-exposed glens and low slopes may thaw.

Planning Outlook**All mountain areas of Britain from Thursday, 12 February, 2026**

Becoming colder for all areas during the transition into the weekend, with much mountain terrain frozen again to increasingly lower elevations - soonest toward the north and east of Scotland. A widespread frost is likely early on Saturday. Northeasterly wind will be dominant - the distribution of snow showers shifting with time from eastern hills to more north-facing mountains, particularly Scotland. Away from showers later in the week, brighter than recently with sunshine and clearer hills, most likely later Friday and Saturday.

Unsettled weather returns on Sunday, with a more active week likely to follow, dominated by west-to-northwesterly winds - most precipitation in the west with some freeze-thaw cycles in central and southern areas.

Forecast issued at 16:20 on Tuesday, 10 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.