

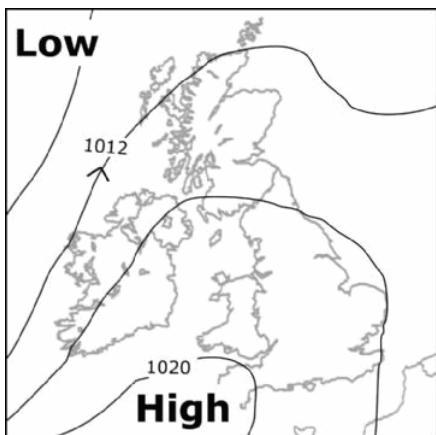
# Cairngorms NP and Monadhliath

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 Saturday, 14 February, 2026



### British Mountain Summary:

**Based on forecast chart for noon 14 February, 2026**

A transient ridge of high pressure will bring a cold but mostly sunny day although a few snow flurries on some western hills. Nearly all terrain frozen. Toward dusk, initially near the west coast the wind will increase quickly - ahead of severe upland gales and snow overnight.

### Headline for Cairngorms NP and Monadhliath

Terrain frozen. Light wind; extensive sun.

## Detailed Forecast for Saturday, 14 February, 2026

<b>How windy? (On the Munros)</b>	Northwesterly 10 or 15mph at dawn. Will drop through morning to or perhaps below 10mph in a prolonged lull. Southerly wind strengthening again toward dusk.
<b>Effect of wind on you?</b>	<b>Small or negligible but very difficult conditions quickly developing after dark.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation not expected</b>
<b>Cloud on the hills?</b>	<b>Little if any</b> Most hills free of cloud,. Here and there, cloud persisting higher slopes and corries.
<b>Chance of cloud free Munros?</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Extensive bright sunshine before high level cloud spreads eastward afternoon. Excellent or superb visibility.
<b>How Cold? (at 900m)</b>	-4C.
<b>Freezing Level</b>	Terrain frozen from valleys up. Through day freezing level becoming 300 to 600m, highest sunlit slopes.

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 15 February	Monday 16 February
<b>How windy? (On the Munros)</b>	Mostly westerly 35mph.	Northwest veering northerly 30 to 40mph.
<b>Effect of wind on you?</b>	<b>Significant wind chill and widely arduous walking on higher areas.</b>	<b>Considerable wind chill and walking arduous - or particularly near precipitation sometimes difficult.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional hail and snow showers</b> Overnight snow clearing at dawn. In afternoon, a few hail and snow showers - most frequent west of A9.	<b>Frequent snow showers</b> Confidence low: Snow and hail showers, sometimes one after another, giving whiteout and risk of the precipitation almost constant for a few hours. It may be extensively dry east from Ben Alder to and east of Drumochter.
<b>Cloud on the hills?</b>	<b>Almost persistently covering higher mountains; varied cloud base.</b> Sometimes breaking to near or above 1000m at least fleetingly, but overall extensive cloud above 750m, and sometimes forming below 600m near precipitation.	<b>Extensive; highest cloud base toward south</b> Cloud base varying, sometimes quickly, between 450m near precipitation and otherwise 700 to 900m. Toward Ben Alder to and east of Drumochter, cloud rarely below 600m and breaks toward 1000m.
<b>Chance of cloud free Munros?</b>	<b>10%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bursts of bright sunshine by mid to late morning; most sun eastern Cairngorms NP. Sometimes excellent visibility, but abruptly appalling in snow.	Occasional sunshine mainly Ben Alder to and east of Drumochter. Very varied visibility; intermittently appalling or near zero in snow, but otherwise excellent.
<b>How Cold? (at 900m)</b>	-3 rising to -1C. Will feel as close to minus 14C where exposed to the wind in morning.	-4C to -6C. Will feel around minus 15C directly in the wind.
<b>Freezing Level</b>	Nearly all terrain frozen, albeit freezing level rising from 300m or lower at dawn erratically toward 600 to 800m.	700m, dropping toward 450m. Some valleys frozen after a frost.

**Planning Outlook****All mountain areas of Britain from Sunday, 15 February, 2026**

Persistent cold most mountain areas, particularly across Scotland next week. Further snow from time to time. England and particularly Wales will have intermittently higher freezing levels resulting in freeze-thaw cycles.

**Forecast issued at 12:24 on Friday, 13 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.