

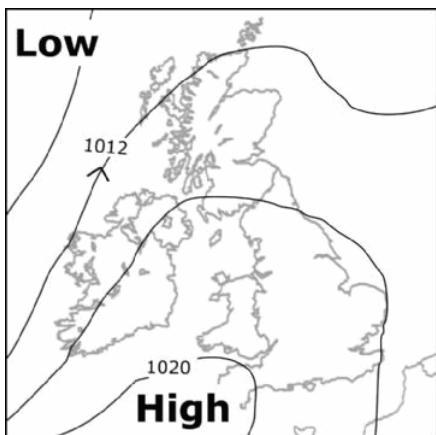
Cairngorms NP and Monadhliath

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

How windy? (On the Munros)	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.
Effect of wind on you?	Small or negligible but very difficult conditions quickly developing after dark.
How wet? (Precipitation and its impact)	Precipitation not expected
Cloud on the hills?	Little if any Most hills free of cloud. Here and there, cloud persisting higher slopes and corries.
Chance of cloud free Munros?	90%
Sunshine? Air clarity (below cloud)	Extensive bright sunshine before high level cloud spreads eastward afternoon. Excellent or superb visibility.
How Cold? (at 900m)	-4C.
Freezing Level	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
How windy? (On the Munros)	Mostly westerly 35mph.	Northwest veering northerly 30 to 40mph.
Effect of wind on you?	Significant wind chill and widely arduous walking on higher areas.	Considerable wind chill and walking arduous - or particularly near precipitation sometimes difficult.
How wet? (Precipitation and its impact)	Occasional hail and snow showers Overnight snow clearing at dawn. In afternoon, a few hail and snow showers - most frequent west of A9.	Frequent snow showers 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.
Cloud on the hills?	Almost persistently covering higher mountains; varied cloud base. Sometimes breaking to near or above 1000m at least fleetingly, but overall extensive cloud above 750m, and sometimes forming below 600m near precipitation.	Extensive; highest cloud base toward south 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.
Chance of cloud free Munros?	10%	20%
Sunshine? 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.
How Cold? (at 900m)	-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.
Freezing Level	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 7:43 on Saturday, 14 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.