

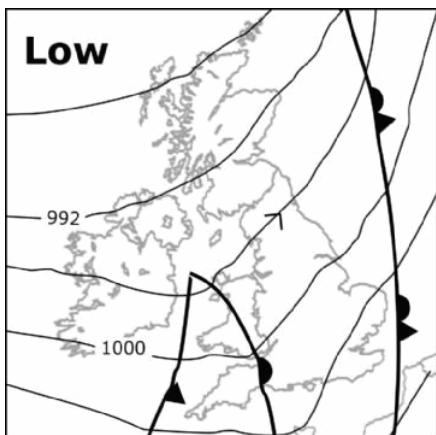
# Cairngorms NP and Monadhliath

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 Sunday, 15 February, 2026



### British Mountain Summary:

Based on forecast chart for noon 15 February, 2026

Overnight snow (considerable western Scotland north to Skye) will have cleared, leaving snow (rain lower slopes) showers in Scotland (driest toward east), whilst further south rain and snow on and off. Most mountain terrain will be frozen although thawing lower slopes.

### Headline for Cairngorms NP and Monadhliath

Terrain largely frozen. Frequent snow. Wind near gale morning.

## Detailed Forecast for Sunday, 15 February, 2026

How windy? (On the Munros)	Southwest to westerly, mostly 35mph morning. Will ease toward 25 through daylight day.
Effect of wind on you?	<b>Expect significant wind chill and widely arduous walking on higher areas.</b>
How wet? (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.
Cloud on the hills?	<b>Almost persistently covering higher mountains; varied cloud base.</b> Sometimes breaking to near or above 1000m at least fleetingly - most often Deeside. But overall, extensive cloud above 750m, and sometimes forming below 600m near precipitation.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Bursts of bright sunshine soon; most sun eastern Cairngorms NP. Sometimes excellent visibility, but abruptly appalling in snow.
How Cold? (at 900m)	-3 rising to -1C. Will feel as close to minus 14C where exposed to the wind in morning.
Freezing Level	Nearly all terrain frozen, albeit freezing level rising from 300m or lower at dawn erratically toward 600 to 800m.

## Cairngorms NP and Monadhliath - Looking Ahead

	Monday 16 February	Tuesday 17 February
<b>How windy? (On the Munros)</b>	Northerly; there may well be a lull to below 20mph for a few hours before strengthening to 25 or 30mph.	Northerly high confidence in dropping to less than 15mph in a lull, but for a few hours from dawn 25, possibly 35mph.
<b>Effect of wind on you?</b>	<b>Considerable wind chill and walking impeded by the wind, perhaps arduous at times.</b>	<b>Becoming negligible</b>
<b>How wet?</b> (Precipitation and its impact)	<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>Snow showers or flurries dying out</b> Snow and hail showers Sutherland and near the coast elsewhere will through morning become isolated.
<b>Cloud on the hills?</b>	<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>Becoming confined to higher areas and increasingly clearing</b> By afternoon patches above 750 to 900m, but increasingly only fragments, mostly confined above 1150m.. Earlier in day cloud extensive Cairngorms and Deeside but patchy elsewhere.
<b>Chance of cloud free Munros?</b>	<b>20%</b>	<b>70% by afternoon</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sunshine mainly Ben Alder to and east of Drumochter. Very varied visibility; intermittently appalling or near zero in snow, but otherwise excellent.	Bright sunshine increasingly. Superb visibility.
<b>How Cold? (at 900m)</b>	-4C. Will feel around minus 15C directly in the wind.	-5C
<b>Freezing Level</b>	700m, dropping toward 450m. Some valleys frozen after a frost.	300m but most terrain frozen: partial thawing lowest particularly sunlit slopes.

**Planning Outlook****All mountain areas of Britain from Monday, 16 February, 2026**

Persistently 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 12:12 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.