

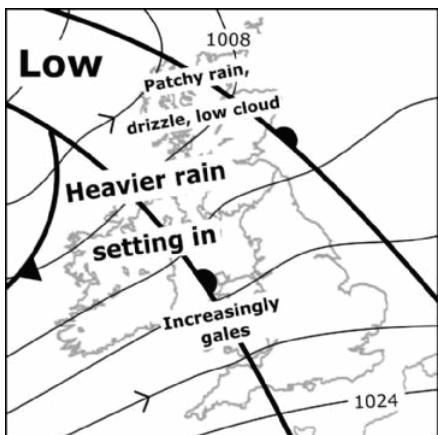
Cairngorms NP and Monadhliath

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, 21 February, 2026



British Mountain Summary:

Based on forecast chart for noon 21 February, 2026

Southwesterly winds strengthening during the day, becoming upland gales more widely later. Milder overall, soon rising above freezing to the highest summits in Scotland. Rain, drizzle and low cloud extensive, developing into more prolonged heavy rain from the west in the afternoon.

Headline for Cairngorms NP and Monadhliath

Increasingly windy, gales later. Periods of rain.

Detailed Forecast for Saturday, 21 February, 2026

How windy? (On the Munros)	West soon southwesterly, 25mph or less possibly for a few hours in morning, but strengthening, to 35-40mph, gusty around higher tops. Toward dusk and onward into evening sustained speeds reaching 50mph.
Effect of wind on you?	A relative lull early in the day, but increasingly blustery over the mountains affecting comfortable walking. Conditions become more arduous later in day, difficult toward dark.
How wet? (Precipitation and its impact)	Rain frequent or persistent Rain on and off, most persistent toward and west of the A9, starting as sleet or wet snow on high tops. Smaller amounts northeast areas. Widely persistent rain developing later in day, heaviest west. Wet underfoot, particularly south/western areas where snow melts on upper-mid slopes.
Cloud on the hills?	Extensive Covering higher terrain all day, bases 600 to 800m, most persistently low Ben Alder to Glen Garry, briefly higher breaks toward northeast Cairngorms in the morning.
Chance of cloud free Munros?	10%
Sunshine? Air clarity (below cloud)	Overcast, mostly dull, locally brighter skies for a time north/east Cairngorms, weak glimpses of sun. Hazy, visibility widely poor in rain.
How Cold? (at 900m)	2C at first, rising to 4C. Where exposed to stronger winds on tops, feeling like -10C.
Freezing Level	1100-1200m from dawn, rising above all summits. Dropping to 1100-1200m into night. Snow cover will remain on higher mountains, but a period of thaw.

Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 22 February	Monday 23 February
How windy? (On the Munros)	Southwesterly 40 to 55mph, squally gusts in showers, over 60mph on higher Cairngorms.	Southwest turning westerly 50 to 60mph, gusts 70mph+ higher Cairngorms in the morning, easing slightly afternoon.
Effect of wind on you?	Challenging conditions over the mountains, frequent buffeting making walking arduous in exposure. Significant wind chill.	Any mobility challenging on high terrain much of the day, gusts can knock you over. Significant to severe wind chill.
How wet? (Precipitation and its impact)	Showery rain and hail, snow high tops Showers spreading in from the west, frequent at times west of the A9, fewer toward Deeside, locally heavy with hail, snow falling above 900-1000m.	Showers mostly west in morning Showery precipitation from overnight into early morning, mostly near and west of the A9, possible hail, snow above 900m. Fading during morning to lighter showers, drier afternoon. Then rain develops from southwest into night.
Cloud on the hills?	Varied over tops Most cloud often above 900m, most persistent western Cairngorms, but widely frequently capping higher slopes above 1100m. Some breaks best toward east.	Patches higher and western tops Broken cloud drifting over higher tops in the morning, most common toward west of Cairngorm plateau, mostly above 900m. Good breaks higher up eastward. Many hills may clear for several hours.
Chance of cloud free Munros?	40%	60%
Sunshine? Air clarity (below cloud)	Glimpses of sun, mostly toward east. Visibility often very good, but reduced to occasionally poor in showers in west.	Occasional sun, best in east. Visibility mostly very good.
How Cold? (at 900m)	1 or 2C. Wind chill feeling like -12 to -15C on tops.	1 or 2C, then rising slightly into night. Feeling like -15 to -18C directly in the wind.
Freezing Level	1000 to 1200m, highest toward east.	1000 to 1100m, marginal rise during day, then lifting above the summits into night.

Planning Outlook**All mountain areas of Britain from Sunday, 22 February, 2026**

West to southwesterly winds prevail during the week ahead as areas of low pressure move toward northwest Scotland whilst ridges of higher pressure occasionally nudge across southern Britain. Sustained gales over the mountains, only brief lulls. Temperatures will fluctuate above and below freezing on higher Scottish mountains, with periods of thaw and refreezing. England and Wales generally above freezing to tops with a substantial thaw of most upland snow. Frequent rainfall, often heavy over western mountains, at times showery with hail, some snow on Scottish Munros. The final days of February favour colder northwesterly air and a drop of freezing level.

Forecast issued at 15:30 on Friday, 20 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.