

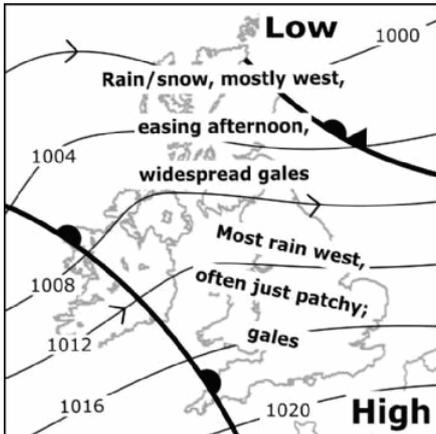
Cairngorms NP and Monadhliath

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 Monday, 23 February, 2026



British Mountain Summary:

Based on forecast chart for noon 23 February, 2026

Widespread gales, severe for several hours on higher terrain. Early showers from the west affect many hills, particularly Scotland where rain will be frequent; snow on high terrain. Rain slowly eases afternoon, then a warm front approaches Wales, bringing more rain and rising temperatures here, spreading widely overnight.

Headline for Cairngorms NP and Monadhliath

Gales, risk severe for a time; showers west, fading afternoon

Detailed Forecast for Monday, 23 February, 2026

How windy? (On the Munros)	Westerly 40mph early, rising into midday, reaching 50mph, locally higher on southern tops. Easing later afternoon, to 30mph or less by dusk, lowering further into night but deteriorating in the later hours.
Effect of wind on you?	Conditions soon becoming challenging on high terrain with severe wind chill. These conditions persist until the afternoon when improvement starts, but walking remains strenuous all the way into nighttime.
How wet? (Precipitation and its impact)	Morning showers, mostly west, fading Showery precipitation from overnight into morning, mostly near and west of the A9, possible hail, snow above 900m. Some patches drift further east towards Deeside. Fading into afternoon morning to lighter showers, mostly just west, and increasingly dry. Rain returns later overnight.
Cloud on the hills?	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?	50%
Sunshine? Air clarity (below cloud)	Mixed cloud and sun, best in the east, more sunshine breaking out with time, but some high cloud approaches later in the day. Visibility mostly very good.
How Cold? (at 900m)	0 or 1C from dawn, rising to 2C during daylight, rising a few more degrees overnight. Feeling like -15C or colder directly in the wind.
Freezing Level	1000 to 1100m, may locally reach 900m some west slopes. Marginal rise during day, then lifting above the summits overnight.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 24 February	Wednesday 25 February
How windy? (On the Munros) Effect of wind on you?	Southwesterly 35 to 45mph, though gusty, particularly over high Cairngorms to the north, up to 55mph. Arduous walking over the mountains, difficult in places higher up. Significant wind chill despite milder air.	Southwesterly 25-35mph; gusty, including to lower slopes. Walking at times strenuous and feeling chilly. Notable buffeting at times affecting stability.
How wet? (Precipitation and its impact)	Some drizzly rain Some drizzle and light rain affecting hills from Ben Alder to southern Cairngorms, dry periods likely too. Only small amounts northeastward as spots in the wind, if any. Wet underfoot where snow melts.	Rain on-and-off Periods of rain affect most mountains on-and-off throughout the day. Northern Cairngorm slopes may only see spotty light rain at least for a time.
Cloud on the hills? Chance of cloud free Munros?	Fairly extensive higher areas and south Covering most higher terrain, lowest cloud base near Drumochter, 600 to 800m, higher northward with some breaks to upper slopes north and east of Ben Macdui. 20%	Fairly extensive, higher bases north Extensive cloud from middle slopes upward along the southern Cairngorms and much of the Monadhliath hills, reaching the lower slopes during rain. North and east of Ben Macdui may see breaks up towards 800m 20%
Sunshine? Air clarity (below cloud)	Largely cloudy, some brighter skies with sun through high cloud north of Cairngorms where visibility good. Hazier south, misty around some hills.	A few brighter moments towards the northeast, where visibility locally good. Otherwise overcast and dull with poor visibility.
How Cold? (at 900m) Freezing Level	3 to 5C. In exposure to wind, feeling like -8 to -10C. Above all summits with thawing toward upper slopes.	5C; little change with added height. Feeling as cold as -5C in direct wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 24 February, 2026**

West to southwesterly winds prevail during the week ahead as areas of low pressure move toward northwest Scotland ; regular rainfall here, most frequent and heavy over western mountains. Weak high pressure keeps the weather drier to the south and east early in the week. Sustained gales over the mountains, only brief lulls around mid-week. Temperatures rising into mid-week with freezing levels soon lifting off summits in England and Wales for substantial snow thaws . Some thawing in Scotland too. Later in the week, becoming more widely unsettled again with cooler temperatures, 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; a dry and bright spell is possible early weekend.

Forecast issued at 16:28 on Sunday, 22 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.