

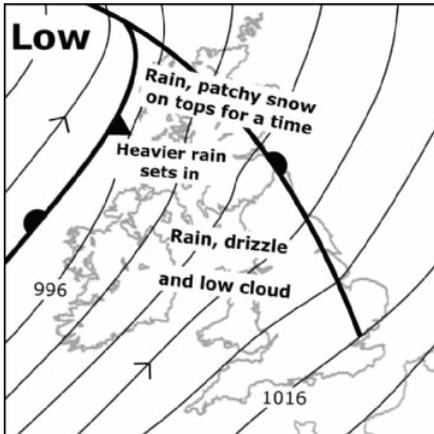
Cairngorms NP and Monadhliath

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, 1 March, 2026



British Mountain Summary:

Based on forecast chart for noon 1 March, 2026

South-southwesterly upland gales, strengthening further for Wales during the day, later extending northward. Early snow on hills in the Highlands, patchier northwards, turning increasingly to rain as temperature rises, heavier rain for West Highlands. Generally wet for western England & Wales with blanket low cloud.

Headline for Cairngorms NP and Monadhliath

Gales on tops. Hill snow becoming rain, most toward south.

Detailed Forecast for Sunday, 1 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Southerly 35 to 45mph, strong downslope gusts to the north, over 50mph in places around higher Cairngorm tops for a time. A brief lessening of speed early afternoon followed by rapidly increasing further later, 60-70mph later evening-night.</p> <p>Strenuous walking with chaotic gusts all day, in places difficult at times. Significant wind chill. Deteriorating further onward into the evening.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Patchy rain/snow, snowfall level lifting</p> <p>Patchy rain/snow in the morning, mostly south and west; snow falling to 700m or briefly lower at first, though this level rising. Easing off for a time, but rain on and off southern areas, becoming more persistent from southwest again later.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Most extensive south and west</p> <p>Variable banks of cloud affect Drumochter and nearby slopes, as well as eastward to Deeside, fairly consistently to 800m, sometimes lower, though odd higher breaks possible too. Best breaks higher up toward north & northeastern Cairngorms.</p> <p>20%, to 50% north.</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Largely cloudy, some occasional sun breaking through north of Cairngorms. Very good visibility away from fog/rain, but more often poorer southern hills.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>-2C early morning, lifting to +4C afternoon onward. Feeling as cold as -10C in direct wind.</p> <p>500-700m from dawn, local variability at first, also some frost in northern glens. Lifting with time to above the summits afternoon.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 2 March	Tuesday 3 March
How windy? (On the Munros) Effect of wind on you?	South turning southwest later westerly; speed likely to vary during day, mostly in range 20 to 35mph, risk stronger at first. Risk of blustery conditions affecting ease of walking on exposed higher areas, possibly more difficult around dawn.	Variable direction 10-15mph or less. Small.
How wet? (Precipitation and its impact)	Early rain fading, possible showers later A band of rain early in day, patchy in north, likely breaking up, some uncertainty of timing, to leave increasingly dry conditions. By late in day, risk another area of showery rain arriving from west, snow above 800m.	Precipitation unlikely
Cloud on the hills? Chance of cloud free Munros?	Lifting and breaking, best north Covering many higher areas for several hours, lowest southern Cairngorms NP. Lifting with time, best breaks forming toward tops near Glenmore and over Monadhliath, perhaps more widely. 40%	Little if any Rare if any fragments of cloud, or mist lower down at first, all clearing. 90%
Sunshine? Air clarity (below cloud)	Cloudy start, some sun breaking through, soonest in north. Visibility becoming very good or excellent.	Generally sunny. Visibility excellent.
How Cold? (at 900m) Freezing Level	2 or 3C, dropping later toward 0C. If exposed to stronger wind, risk feeling like -10C. Above summits from overnight into morning, likely to lower during day, toward 1000m afternoon, 800m after dark.	-1C rising to +2C. 800m plus frost in most glens and sheltered lower slopes from dawn, rising to 1100-1200m afternoon.

Planning Outlook

All mountain areas of Britain from Monday, 2 March, 2026

A drop of freezing level onto higher mountains develops during Monday into Monday night; weakening fronts bringing some precipitation, but fading. Higher pressure expands across the British Isles into Tuesday and stays nearby with commonly drier conditions and periods of light winds during early March, though mixed with pushes of strengthening south-southwesterlies bringing some occasional rain in from the west. Often milder air during the next couple of weeks, possibly briefly colder again by the end of the coming week.

Forecast issued at 16:00 on Saturday, 28 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.