

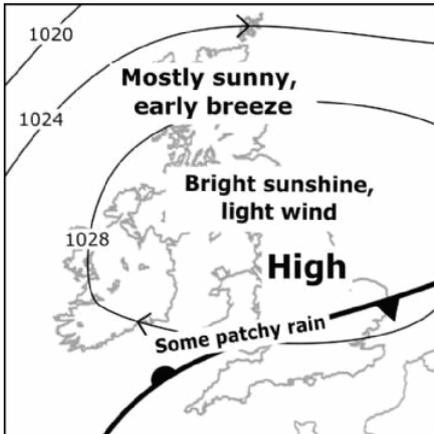
Cairngorms NP and Monadhliath

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 Tuesday, 3 March, 2026



British Mountain Summary:

Based on forecast chart for noon 3 March, 2026

A breezy start in Scotland, particularly in the north, the wind easing to fairly small effects; light wind England and Wales. Dry and sunny for most hills, chilly temperatures. Some light rain affecting south Wales through the day, the associated cloud drifting into north Wales and the south Pennines with time.

Headline for Cairngorms NP and Monadhliath

Blustery early, easing; mostly sunny

Detailed Forecast for Tuesday, 3 March, 2026

How windy? (On the Munros)	Westerly 25-35mph from dawn, soon starting to ease with a southwesterly shift, 15-20mph or less. Greatest chance of low speeds towards the south.
Effect of wind on you?	Fairly small, though the breeze impedes walking on high terrain early in the day.
How wet? (Precipitation and its impact)	Precipitation not expected
Cloud on the hills?	Little if any Rare if any fragments of cloud, or mist lower down at first, all clearing.
Chance of cloud free Munros?	90%
Sunshine? Air clarity (below cloud)	Largely sunny, at times weakened by variable high cloud. Visibility excellent.
How Cold? (at 900m)	-1C rising to +2C or locally 3C in strongest sun exposure.
Freezing Level	700-800m plus frost in most glens and sheltered lower slopes from dawn, rising to 1100-1200m afternoon.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 4 March	Thursday 5 March
How windy? (On the Munros) Effect of wind on you?	Southerly 30 to 40mph, strongest over higher Cairngorms and very gusty in places including downslope toward north. Strenuous walking and balance affected on exposed ridges, more challenging in places. Significant wind chill.	South-southwesterly 35-45mph, with strong gusts early. Easing slightly with time, 30-35mph into evening. Walking strenuous-to-arduous in exposure most of the day with significant wind chill. Strong buffeting gusts early in the day.
How wet? (Precipitation and its impact)	Chance light rain afternoon The morning will be dry. A chance of light patchy rain from the south afternoon, mostly confined to hills near Drumochter.	Drizzle early, more rain with time Some fine drizzle in cloud on high terrain from before dawn (starting damp on exposed rocks), then rain arriving from the west, though often light with dry breaks. Turning to snow on tops with time.
Cloud on the hills?	Mostly southern areas Cloud banks drifting over some southern slopes above 800-900m, may persist for several hours at least. Much less cloud northern Cairngorms and Monadhliath.	Fairly extensive, particularly south Cloud shrouds most terrain above 900m all day, lower on the southern slopes, often down to at least 600m. Slopes north of Cairngorm plateau will see the highest breaks, but through afternoon, cloud reaching middle slopes here too.
Chance of cloud free Munros?	40% south, to 70% north.	20%
Sunshine? Air clarity (below cloud)	Sunshine most common toward the north of the Cairngorms where visibility very good; hazier southwards.	Some glimpses of sun on lower northern slopes of the Cairngorms. Variable visibility though often poor due to fog, rain, and haze to the east.
How Cold? (at 900m) Freezing Level	1 or 2C, locally higher northern Cairngorms; rising a degree. Directly in the wind feeling like -10C. Patchy frost in glens and sheltered higher areas from dawn, thawing largely above the summits, locally freezing highest tops.	3C lowering to 0C. Feeling like -8 to -12C in the wind. Above the summits. Lowering with time to touch high summits, down to 900m into evening.

Planning Outlook**All mountain areas of Britain from Wednesday, 4 March, 2026**

Varying conditions over the next couple of weeks as areas of high pressure build across the British Isles then slip eastwards. Some dry and bright days with light winds mixed with periods of strengthening southerly winds bringing occasional rain coming in from the west - Thursday this week sees rain move increasingly onto northwestern hills. Temperatures will vary, often lifting just above freezing to higher tops, but occasionally dropping back below freezing - chillier air briefly later this week. Some frosts into valleys during clear-sky nights. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only patchy around highest tops in England and Wales with little impact on walking.

Forecast issued at 15:56 on Monday, 2 March, 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.