

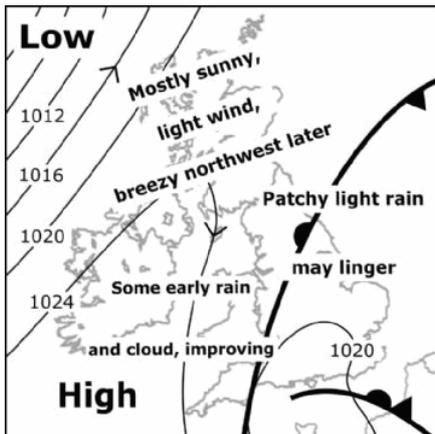
# Cairngorms NP and Monadhliath

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 Friday, 6 March, 2026



### British Mountain Summary: Based on forecast chart for noon 6 March, 2026

A dry and sunny day for the Highlands and Galloway with early mist banks dispersing. Southerly winds strengthening in northwest later. England and Wales: Colder; patchy precipitation, snow to lower slopes N England, eases into afternoon, but still with extensive low cloud over hills, clearer breaks forming west coast.

### Headline for Cairngorms NP and Monadhliath

A fine and dry day with sunshine and light winds.

## Detailed Forecast for Friday, 6 March, 2026

<b>How windy? (On the Munros)</b>	Variable 10mph or less. Trending southwesterly, rising with time to 15mph by evening, strengthening overnight.
<b>Effect of wind on you?</b>	<b>Negligible during daylight.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Precipitation not expected</b>
<b>Cloud on the hills?</b>	<b>Little or none</b> Some ragged cloud at various elevations lingering from before dawn, including mist in sheltered glens and corries. Cloud lifts and dissipates after daybreak for clear hills.
<b>Chance of cloud free Munros?</b>	<b>Greater than 90%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Some early high cloud, this clearing for extensive sunshine. Excellent visibility.
<b>How Cold? (at 900m)</b>	-1C, rising overnight.
<b>Freezing Level</b>	Lifting to 700-800m, though frosts to lower slopes and glens at dawn; slightly rising during daylight, above summits overnight.

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Saturday 7 March</b>	<b>Sunday 8 March</b>
<b>How windy? (On the Munros)</b>	Southerly 15 to 25mph, locally gusty in places, especially to north of Cairngorms.	Southerly 20 to 30mph
<b>Effect of wind on you?</b>	<b>Fairly small, but locally gusty spots may be more uncomfortable.</b>	<b>Blustery and rather gusty at times across higher terrain.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation not expected</b>	<b>Patchy rain, mainly south.</b> Patches of rain mainly affecting southern areas from Drumochter over to Ben Alder. Mostly dry further north.
<b>Cloud on the hills?</b>	<b>Hardly any</b>  Possible fragments around some south-facing slopes for a time, but most mountains likely clear.	<b>Mostly covering southern hills.</b>  Cloud banks covering higher terrain in fog across Drumochter over to Ben Alder. Northern areas seeing little more than occasional caps on tops.
<b>Chance of cloud free Munros?</b>	<b>90%</b>	<b>40% south, 70% north.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly sunny Visibility excellent.	Patchy sun, mostly N Cairngorms. Marked haze likely. Best visibility northern mountains.
<b>How Cold? (at 900m)</b>	4C, but some lower slopes colder in the morning; small change with added height.	3 to 5C, highest northern areas.
<b>Freezing Level</b>	Slight frost some glens and sheltered higher areas after dawn, but lifting above freezing to the tops.	Above the summits, but slight frost some glens at dawn.

**Planning Outlook****All mountain areas of Britain from Saturday, 7 March, 2026**

More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into parts of Scotland, hazy elsewhere. Patchy rain likely in the west at least early in the new week, likely dropping back just below freezing on the Munros for a time with some snowfall on higher areas. Winds fairly light early week, then a risk of strengthening southwesterly later in the week; changeable weather conditions with spells of rain coming in from the Atlantic. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only very patchy snow remains around highest tops in England and Wales.

**Forecast issued at 16:37 on Thursday, 5 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.