

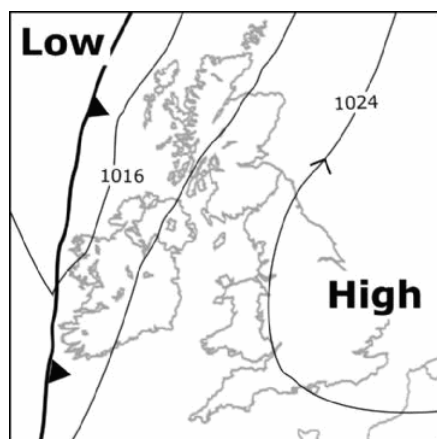
Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Erich and Loch Laggan.



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General Summary for Sunday, 8 March, 2026



British Mountain Summary:

Based on forecast chart for noon 8 March, 2026

A blanket of low cloud and haze (particularly Pennines) over England, Wales and SW Scotland will spread to the Borders and S Highlands later in day - albeit cloud breaks in places. The Scottish highlands mostly fine albeit windy in the NW with chance of a little rain.

Headline for Cairngorms NP and Monadhliath

Windy higher slopes. Cloud lifting off most summits.

Detailed Forecast for Sunday, 8 March, 2026

How windy? (On the Munros)	Southerly 20 to on higher areas and in gusts on lower slopes 30-35mph.
Effect of wind on you?	Blustery and gusty at times higher terrain - and local sudden gusts lower slopes north of major ridges and summits.
How wet? (Precipitation and its impact)	Rain very unlikely Isolated fine drizzle from Ben Alder area to summits east from Drumochter.
Cloud on the hills?	Mostly southern hills. Clearer in north. Patches from dawn above 500 to 800m (higher Munros may be above this cloud). Most or all clearing by midday or early afternoon.
Chance of cloud free Munros?	70% middle of day - dropping to 20% from south late in day.
Sunshine? Air clarity (below cloud)	Extensive sunshine, sometimes through high thin cloud. Excellent visibility.
How Cold? (at 900m)	0C. Little temperature change above 900m.
Freezing Level	Poorly defined: 900 to 1200m. Frost many glens at dawn.

Cairngorms NP and Monadhliath - Looking Ahead

	Monday 9 March	Tuesday 10 March
How windy? (On the Munros) Effect of wind on you?	Southwesterly 15mph. Small	South to on higher slopes southwesterly; increasingly markedly with height to a gusty 40mph on higher exposed areas. Markedly increasing buffeting and wind chill with height. Balance may well be difficult for periods on higher slopes.
How wet? (Precipitation and its impact)	Little or no rain Bursts, probably brief, of showery rain may occur here and there: total rainfall small.	Rain rarely Rain occasionally or rarely - very little in total.
Cloud on the hills? Chance of cloud free Munros?	Extensive morning; increasing chance clearing some areas afternoon Confidence in detail presently low: Areas of fog, widely across the hills from dawn, in some areas on lower slopes, in others only higher up. An improvement very likely, perhaps substantial as some or many higher areas clearing in afternoon. 20% rising to 40% north.	Persistent; lowest cloud base toward south Generally persistent cloud above 600m, but northwards across Monadhliath and Cairngorms and across Deeside cloud base rising to 900m to 1100m 20%
Sunshine? Air clarity (below cloud)	Cloud will tend to break, perhaps substantially in some areas (most likely Monadhliath east to Deeside) afternoon. Visibility mostly excellent.	Bursts of sun mainly lower slopes north of about Dalwhinnie and particularly Deeside. Very good visibility although slight haze.
How Cold? (at 900m) Freezing Level	4C, may drop marginally through day. Above the summits.	1C - little temperature drop above 900m. Will feel as cold as minus 10C directly in the wind. Above the summits - some terrain above 900m may be frozen.

Planning Outlook

All mountain areas of Britain from Monday, 9 March, 2026

Increasingly wet and windy, particularly western mountains through next week. From Wednesday, bouts of upland severe or storm force winds will reach the Scottish Highlands and the gales periodically affecting other mountain areas later in the week. Freeze thaw cycles will occur on higher areas south from S Scotland whilst the Scottish Highlands experience infrequent thaw, with fresh snow sometimes reaching lower slopes, whilst extensive higher up.

Forecast issued at 7:42 on Sunday, 8 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.