

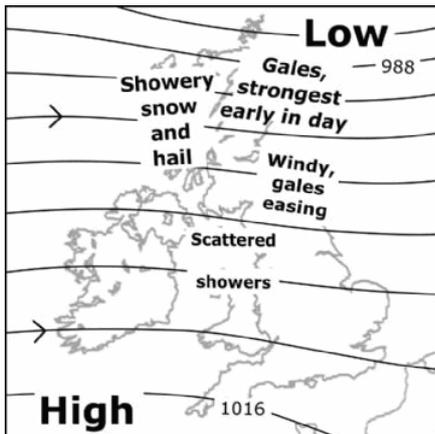
Cairngorms NP and Monadhliath

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 Wednesday, 11 March, 2026



British Mountain Summary:

Based on forecast chart for noon 11 March, 2026

Cold strong westerly winds, gales over Scottish mountains and more widely early in day, significant chill factor over mountains. Showery snow and hail most frequent W & NW Highlands, more scattered elsewhere. Cloud base varying, occasional sun.

Headline for Cairngorms NP and Monadhliath

Upland gales, strongest in morning. Local snow & hail showers.

Detailed Forecast for Wednesday, 11 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Westerly 60-70mph post dawn; dropping to 40-50mph middle of day, strongest north Cairngorms. Increasing again into night, reaching 80mph, stronger gusts.</p> <p>Expect significant or severe wind chill and walking to be very difficult across the hills, any mobility challenging at first. Deteriorating to stormy conditions again into night.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Hail and snow showers Showers of hail and above 600m snow. Overall very few (and brief) reaching or east of Braemar, whilst most frequent west of A9 in morning. Risk whiteout. Into night, more persistent rain, snow becoming confined to higher tops.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Extensively covering higher areas. In precipitation, cloud forming below 500 to 700m (generally lowest morning west of A9). Otherwise, by midday (as average cloud base tends to rise) between 800 and 1100m, highest eastern Cairngorms NP.</p> <p>30%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Patchwork of sunshine, particularly lower slopes toward eastern Cairngorms NP. Poor visibility in snow; otherwise slight haze, but frequently very good visibility.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>-1C during day, then up to +1 or 2C into night. Will feel like -15C directly in the wind.</p> <p>750m, then rising after dark, briefly toward 1000-1100m into night.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 12 March	Friday 13 March
How windy? (On the Munros) Effect of wind on you?	Southwesterly 50 to 70mph, gusts over 80mph on higher Cairngorms. Difficult conditions, mobility challenging over exposed terrain from mid-elevations upward. Severe wind chill.	Southwesterly, risk 60mph at dawn, then shifting westerly 35 to 45mph, squally gusts around showers. Challenging walking conditions over the mountains, considerable buffeting and severe wind chill.
How wet? (Precipitation and its impact)	Early rain, then showery snow and hail Heavy rain to upper slopes from before dawn finishing as snow as low as 700m. Then showers, most frequent toward Drumochter and southwestern Cairngorms, of snow above 600m, also hail.	Hail and snow showers Showers with hail most frequent near and west of the A9, locally may cluster together for an hour or more; also snow falling toward lower elevations in morning, then mostly rain below 400m.
Cloud on the hills? Chance of cloud free Munros?	Most persistent southwest Banks of cloud often covering higher Cairngorms, more extensive with patches to 600-700m Ben Alder to Glen Garry. Some breaks to upper slopes to northeast. 30%	Mostly higher tops, clearer east Often capping western areas toward Ben Alder above 800-1000m, some breaks higher up. Patchy cloud likely to come and go above 1000m elsewhere, briefly lower in showers, but frequently above tops east. 50%
Sunshine? Air clarity (below cloud)	Sun breaking through mostly north of Cairngorms where visibility very good where dry. Poor in rain and cloud, especially southwest.	Bursts of sun west, or more frequent bright sun toward Deeside. Visibility often excellent eastern areas, but further west at times very poor in snow.
How Cold? (at 900m) Freezing Level	0C or 1C early morning, lowering, to -2C by evening, further lowering overnight. Wind chill feeling like -15 to -18C. 1100m or above up to dawn, lowering to 800m in the morning, later in day nearer 600m.	-3C, lifting slightly, -1C by afternoon. Feeling like -15 to -18C directly in the wind. Near freezing from lower slopes up at first, becoming typically 600-700m by early afternoon.

Planning Outlook

All mountain areas of Britain from Thursday, 12 March, 2026

Generally unsettled onward into the upcoming weekend and start of next week as low pressure systems pass near and north of Britain - strong west or southwesterly winds prevail, often gale-force to at times storm-force over the mountains. Some fluctuation of temperature and freezing level, but mostly below freezing over Scottish mountains, at times snow falling to lower elevations. Colder for all by the end of this week with widely lowering freezing level by Friday. Frequent precipitation most western mountains, accumulations of snow across the mountains, most substantial in western Scotland from Glencoe northwards. Quieter weather patterns indicated beyond mid-month as higher pressure builds.

Forecast issued at 16:00 on Tuesday, 10 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.