

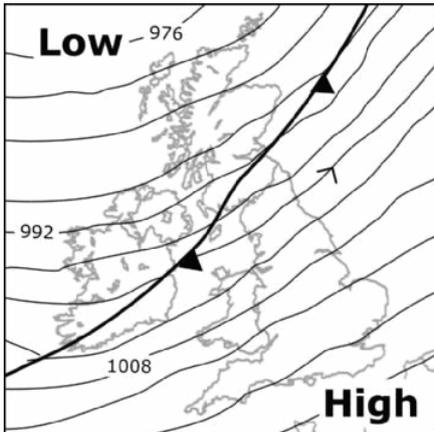
Cairngorms NP and Monadhliath

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 Thursday, 12 March, 2026



British Mountain Summary:

Based on forecast chart for noon 12 March, 2026

Severe gale or storm force upland winds ahead of an active slowly southeastward moving front, which will bring widespread heavy rain and fog to almost all mountain areas. Across Scotland, behind the front, squally hail and snow showers.

Headline for Cairngorms NP and Monadhliath

Upland severe gales; snow and hail showers.

Detailed Forecast for Thursday, 12 March, 2026

How windy? (On the Munros)	Storm force winds overnight. After dawn, soon southwesterly 50 to 65mph; gusty near showers.
Effect of wind on you?	Difficult conditions, mobility challenging over exposed terrain. Severe wind chill.
How wet? (Precipitation and its impact)	Persistent rain clearing to snow and hail showers Very wet underfoot (least wet toward Deeside) from heavy rain, finishing as snow from west to 600m late morning. Then showers, sometimes frequent with, hail and above 500m snow.
Cloud on the hills?	Nearly always covering higher mountains: quickly varying cloud base Rapidly varying cloud base: typically between 750 and 1000m, or in afternoon near and east of Braemar 1100m. Near precipitation, abruptly 700m, sometimes patches at 500m.
Chance of cloud free Munros?	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun - sometimes more frequent bursts of sun toward Deeside. Visibility intermittently very good, but abruptly poor or appalling in precipitation.
How Cold? (at 900m)	Soon -1C. Will feel as cold as minus -18C directly in wind.
Freezing Level	Above 1000m before dawn, soon 750m.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 13 March	Saturday 14 March
How windy? (On the Munros) Effect of wind on you?	Westerly varying through day between 35 and 55mph. Challenging walking conditions over the mountains, sometimes general mobility may be a struggle. Significant wind chill.	Southwesterly, strengthening through day from around 40 to 55mph. May strengthen further toward dusk. Arduous or on higher areas difficult walking all day. Significant wind chill.
How wet? (Precipitation and its impact)	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.	Hail and snow showers Hail and snow showers, although often dry toward Deeside.
Cloud on the hills? Chance of cloud free Munros?	Very extensive on higher areas; cloud base varying 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. 20%	Almost constantly covering higher mountains Varied cloud base: sometimes below 600m near precipitation but periods when most cloud above 900 to 1100m. Highest cloud bases will be on N Cairngorms and Deeside. 30%
Sunshine? Air clarity (below cloud)	Bursts of sun west, or more frequent bright sun toward Deeside. Visibility often excellent eastern areas, but most often west A9, at times very poor in snow.	Occasional sun, perhaps patchwork of sun Deeside. Mostly very good visibility although slight haze.
How Cold? (at 900m) Freezing Level	Around -2C. Will feel as cold as minus 16C directly in the wind. Typically 600-700m.	-2C. Will feel as cold as minus 14C directly in the wind. 600m

Planning Outlook**All mountain areas of Britain from Friday, 13 March, 2026**

Further bouts of upland gales over the next few days. Precipitation on most mountains almost daily, focussed on western mountains. Freeze thaw cycles will occur: on the Scottish Highlands, thaw periods fairly brief and snow accumulating on many slopes. Further south, lying snow more intermittent as periods of thaw will be lengthier. Temperature levels will rise from about next Tuesday.

Forecast issued at 12:53 on Wednesday, 11 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.