

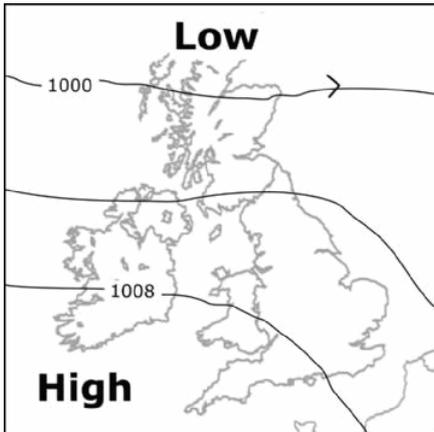
# Cairngorms NP and Monadhliath

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



**Tiso is Aviemore's specialist for Outdoor clothing, footwear, camping, cycling, skiing & equipment.  
Cafe, expert boot fitting, bike & ski servicing & equipment hire available - Visit [www.tiso.com](http://www.tiso.com)**

## General Summary for Saturday, 14 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 14 March, 2026**

Very much less windy, especially England and Wales in afternoon. But still cold day with hail and snow showers, and particularly Wales away from western hills spells of sun. The snow will penetrate to lower slopes in Scotland but be confined above 600m elsewhere.

### Headline for Cairngorms NP and Monadhliath

Wind easing; a few snow showers. Much higher cloud base.

## Detailed Forecast for Saturday, 14 March, 2026

<b>How windy? (On the Munros)</b>	Westerly, 35mph after dawn. Will during morning east to 20 or on higher tops 25mph, although gusty near showers.
<b>Effect of wind on you?</b>	<b>Becoming fairly small, although balance difficult and wind chill considerable in gusty winds in precipitation.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Hail and snow showers</b> Hail and above 300, later 600m snow showers. However, widely dry morning, and all day toward Deeside.
<b>Cloud on the hills?</b>	<b>Almost constantly covering highest mountains; highest cloud base Deeside</b> Varied cloud base: sometimes below 600m -800 near precipitation particularly west of A9 morning. otherwise as cloud base rises, by midday most cloud above 1000 to 1200m highest toward Deeside.
<b>Chance of cloud free Munros?</b>	<b>30% rising to 60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun west of A9 to patchwork of sun Deeside. Very good visibility or by afternoon mostly excellent visibility.
<b>How Cold? (at 900m)</b>	-2C; varying by a degree or two as showers come and go. Will feel as cold as minus 14C directly in the wind.
<b>Freezing Level</b>	600m post dawn; mostly 800m by mid afternoon

## Cairngorms NP and Monadhliath - Looking Ahead

	Sunday 15 March	Monday 16 March
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	Westerly typically between 35 and 45mph. Risk strengthening further later afternoon onwards.  <b>Continued difficult walking and wind chill significant on exposed higher areas. Expect balance, and in places general mobility to be difficult.</b>	West backing southwesterly; 50 to 65mph most of morning. Then gradually easing to around 40mph in a slight lull.  <b>Severe wind chill and difficult walking. Any mobility may well be a struggle at least in the morning - especially near precipitation.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Frequent snow and hail</b> After dawn; rain, or above 900m snow, on and off, very little eastern Cairngorms NP, will clear within a few hours. Then, often dry, particularly toward Deeside, but hail and snow showers will gradually extend eastwards.	<b>Hail and snow showers</b> Showers; sometimes frequent, particularly west of A9 morning. Expect hail and above 300, later 600m snow - may give whiteout. Precipitation may be more widespread toward dusk.
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Very extensive morning; cloud base then rising</b> Areas of very low cloud will break as precipitation clears. Then varying cloud base between occasionally 600m near precipitation and otherwise 900m (west of A9) to 1100m Cairngorm plateau and 1200m Deeside.  <b>30%</b>	<b>Very extensive on higher summits; cloud base highest toward the east</b> Cloud base will vary: near precipitation forming at around 600, occasionally below 450m west of A9. Otherwise, cloud base 750-900m morning, and 900 to 1100m into the afternoon. Highest cloud base will be across Deeside.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patches of sun developing, mainly toward Deeside. Varied visibility; very poor in precipitation but otherwise very good.	Occasional sun, most sun toward Deeside. Slight haze - but very poor visibility in precipitation.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	Soon -2C. Will feel as cold as minus 15C where exposed to the wind.  Soon between 400 and 600m.	-2C, rising toward 0C. Will feel as cold as minus 18C due to wind chill.  600m, rising toward 900m.

## Planning Outlook

### All mountain areas of Britain from Sunday, 15 March, 2026

Frequent upland gales until Tuesday - generally strongest Scottish Highlands. Precipitation will continue on most mountains, focussed in the west - lengthy periods of showery weather and occasional swathes of widespread rain. Freeze thaw cycles will continue: on the Scottish Highlands, thaw periods brief and snow widely accumulating. Further south, lying snow mostly confined to higher summits.

There is now high likelihood of an abrupt transition mid-week as pressure builds north of Britain: extensively fine; cloud often clearing, particularly western Britain and temperature levels more varied - fairly warm some afternoons but frost widely at night.

### Forecast issued at 12:32 on Friday, 13 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.