

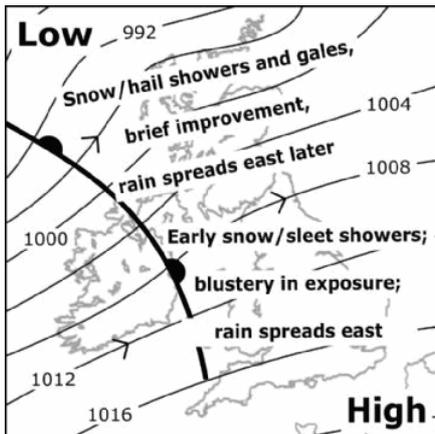
# Cairngorms NP and Monadhliath

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 Monday, 16 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 16 March, 2026**

Snow and hail showers affect most areas in the morning, frequent over western hills. A brief easing, then several hours of rain arrives to Wales, moving north and east into England and Scotland through afternoon and into evening. A notable rise in temperature with arrival of rain. Strong wind all day, a slight easing for a few hours.

### Headline for Cairngorms NP and Monadhliath

Snow/hail showers, least in the east; gales; rain arrives later

## Detailed Forecast for Monday, 16 March, 2026

<p><b>How windy? (On the Munros)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Westerly 50 to 60mph most of morning. Shifting southwesterly and gradually easing to around 35-40mph for several afternoon hours. Strengthening again into evening, notably gusty to lower slopes.</p> <p><b>Difficult walking with severe wind chill through morning. Conditions improve somewhat afternoon but walking remains arduous with balance challenging, then deteriorating again into evening.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Hail and snow showers, easing in strength</b></p> <p>Showers through the morning, most frequent west of A9, falling as snow above 300m, later 600m. Some hail mixed in. Showers may briefly ease for a time afternoon, then rain arrives from the southwest (risk some freezing rain at first), spreading widely into evening for several hours.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free Munros?</b></p>	<p><b>Clearest east in the morning, deteriorating afternoon into evening</b></p> <p>Variable cloud comes and goes above 600m over the Monadhliath range, bases nearer 700-800m Cairngorm plateau, the east plateau may be often clear of cloud through morning. Cloud begins filling in from 600-700m up around Drumochter afternoon, gradually spreading widely into evening.</p> <p><b>50% east for a time, lowering to 20%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Occasional sun, mostly east in the morning, gradually becoming weakened by high cloud.</p> <p>Very good visibility, variably very poor when in snow showers.</p>
<p><b>How Cold? (at 900m)</b></p> <p><b>Freezing Level</b></p>	<p>-2C, slowly rising to 0C afternoon, sharply rising towards 3C around or after dusk, likely rising further overnight.</p> <p>Will feel as cold as minus 18C due to wind chill.</p> <p>500m, gradually rising, 800m by afternoon, later sharply rising above the summits with the arrival of rain.</p>

## Cairngorms NP and Monadhliath - Looking Ahead

	<b>Tuesday 17 March</b>	<b>Wednesday 18 March</b>
<b>How windy? (On the Munros)</b>  <b>Effect of wind on you?</b>	South-southwesterly 50-70mph. Powerful gusts over high terrain and to some lower slopes too.  <b>Mobility widely difficult with significant wind chill; you could be blown over in powerful gusts, in places on lower slopes.</b>	Gusty west-southwesterly 20-35mph, easing to 15-25mph and shifting westerly.  <b>Strenuous walking with buffeting and wind chill to start, gradually easing to fairly small effects.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Some drizzle, driest N Cairngorms</b> Frequent/persistent drizzle from Ben Alder to summits near/east of Drumochter. Mostly just drizzle in the wind elsewhere, driest east of Ben Macdui. Rain approaches Monadhliath late in the day.	<b>No precipitation expected</b>
<b>Cloud on the hills?</b>  <b>Chance of cloud free Munros?</b>	<b>Blanket of fog - highest base N Cairngorms and Deeside</b> Persistent fog, in rain, patches from lower slopes up, but generally cloud base 400 to 600m. Into Deeside and toward Glen More, cloud breaking to around 1000m, and to 750-900m north across Monadhliath.  <b>Almost nil, but 30% northernmost hills</b>	<b>Early low cloud largely clears</b>  Banks of cloud early in the day, mostly below 900m, including into the glens. After sunrise, most cloud will lift upslope for a time, dissipating for largely clear hills.  <b>80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Dull and murky, although pockets of sun and very good visibility northern Monadhliath east to near Cairngorm ski-centre and Deeside.	Mostly sunny, some high cloud weakening the sunshine. Excellent visibility.
<b>How Cold? (at 900m)</b>  <b>Freezing Level</b>	5C most of the day, 6C north Cairngorms. Into evening, Monadhliath starts cooling. Feeling like -10C or colder in direct wind.  Above the summits	1C, lifting to 3 or 4C, approaching 5C hills accessed from Deeside. Feeling like -10 to -12C in early wind.  1000m from dawn, lifting to just high summits or above.

**Planning Outlook****All mountain areas of Britain from Tuesday, 17 March, 2026**

Areas of low cloud, drizzly rain and strong winds will continue to affect mainly western mountains until Wednesday, the rain at times heavy in western Scotland. Pressure begins to quickly rise on Wednesday, providing fairly widely settled conditions across the country. Some cloud and spotty light rain lingers in north England/south Scotland for a few days, elsewhere becoming mostly sunny. England, Wales, and southwest Scotland seeing milder temperatures, mostly light wind but the occasional stronger breeze. Elsewhere in Scotland stays cooler, some overnight frosts possible under clear-sky nights. Over the weekend, first indications of a cool easterly wind building across all areas, perhaps some periods of rain south, but further detail currently uncertain.

**Forecast issued at 16:21 on Sunday, 15 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.