

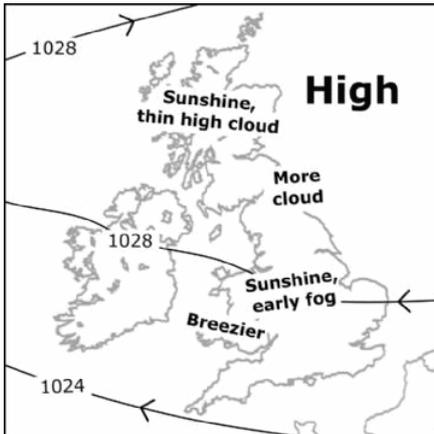
Cairngorms NP and Monadhliath

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, 19 March, 2026



British Mountain Summary:

Based on forecast chart for noon 19 March, 2026

Dry overall, clear hills and sunny, thin high cloud for Scotland. A zone of cloudier skies and some varied fog from the Borders to northeast Pennines. Warmer further southwards, sunny but hazy views, some early valley fog in Wales & Peak District. Light winds for most places, breezier in south Wales.

Headline for Cairngorms NP and Monadhliath

Dry, sunshine, local early fog, some cloud east. Light winds.

Detailed Forecast for Thursday, 19 March, 2026

How windy? (On the Munros)	Variable 10mph or less morning and middle of day. During afternoon becoming mainly southerly, increasing a little to 10-15mph in places.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	No precipitation expected
Cloud on the hills?	Little if any Patchy fog in glens from dawn and some fragments of cloud around hill slopes briefly in morning, but some areas clear. Any fog dissipating to leave hills generally clear, possibly brief patchy cloud at times Deeside tops.
Chance of cloud free Munros?	80% Deeside, above 90% most areas
Sunshine? Air clarity (below cloud)	Mostly sunny though some high cloud around. Excellent visibility.
How Cold? (at 900m)	1 or 2C to start, coolest on northern slopes, rising gradually, to 5C in places; least change around Deeside.
Freezing Level	1200m from dawn, plus patchy frost some glens at first; rising just above freezing to the highest tops.

Cairngorms NP and Monadhliath - Looking Ahead

	Friday 20 March	Saturday 21 March
How windy? (On the Munros) Effect of wind on you?	South to southwesterly 20mph, may increase a little and become gustier afternoon. Fairly small, but locally feeling more noticeable in exposure.	West to southwesterly 15 to 20mph, perhaps gustier 25mph for periods around higher Cairngorms. Fairly small, occasionally may feel more noticeably gusty higher areas.
How wet? (Precipitation and its impact)	Precipitation not expected	Precipitation rare if any Possible light spots in the wind mainly toward Monadhliath.
Cloud on the hills? Chance of cloud free Munros?	Mostly little Patchy fog in glens at first, lifting into patchy cloud on some slopes, mainly toward the southwest, but largely dispersing through middle of day. 90%	Mostly western tops Banks of cloud mostly 900m upward, most extensive western Cairngorms and Monadhliath. Cloud higher and well broken eastwards, may be very little and largely clear toward Deeside & Lochnagar. 60%
Sunshine? Air clarity (below cloud)	Mostly sunny, some thin cloud. Visibility excellent.	Sun and high cloud, may cloud over from west for a time. Visibility very good.
How Cold? (at 900m) Freezing Level	Around 6C, some cooler spots at first, then some slightly warmer spots by afternoon. Above the summits, but frost in glens and some sheltered higher areas at dawn.	3 to 5C, may rise slightly higher in east. Above the summits, but patchy frost in glens and some sheltered higher areas around dawn.

Planning Outlook

All mountain areas of Britain from Friday, 20 March, 2026

High pressure stays nearby toward the weekend, although retreats to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south may rebuild to settle things again.

Forecast issued at 16:15 on Wednesday, 18 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.