

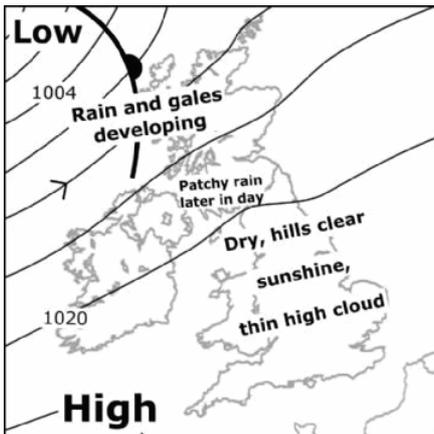
Cairngorms NP and Monadhliath

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, 23 March, 2026



British Mountain Summary:

Based on forecast chart for noon 23 March, 2026

Wind speed increasing significantly across Scotland, becoming severe-gale force over mountains into afternoon. Rain and briefly some snow on tops moving in from the west. England and Wales dry, with sun through a veil of high cloud, also increasingly windy - upland gales evening into night.

Headline for Cairngorms NP and Monadhliath

Gales develop, severe on tops later. Rain mostly in west afternoon.

Detailed Forecast for Monday, 23 March, 2026

How windy? (On the Munros)	West soon southwesterly, 20-25mph early morning, starting to increase with time. Then into afternoon strengthening rapidly over 50mph, by later afternoon 70mph gusts 80mph higher Cairngorms.
Effect of wind on you?	Moderate conditions for a few hours from dawn, but then rapidly deteriorating middle of day onward into afternoon, walking increasingly difficult. Becoming very gusty downslope around northern corries.
How wet? (Precipitation and its impact)	Patchy rain develops afternoon, most persistent southwest Dry morning and middle of day. During afternoon toward / west of A9, patchy rain arriving, then becoming more persistent from west, briefly snow falling on tops. Small amounts reach Deeside and northeast of Cairngorms.
Cloud on the hills?	Little if any until late, starting to develop afternoon west Hills generally clear up to early afternoon, then later as rain develops, cloud starting to form over higher tops near Drumochter, toward evening filling in more widely above 900-1000m, locally 800m southwestern areas.
Chance of cloud free Munros?	90%, later afternoon 60%, or 30% Ben Alder area.
Sunshine? Air clarity (below cloud)	Early sun weakening as high cloud thickens, becoming overcast. Visibility excellent, later a little hazier.
How Cold? (at 900m)	-2C rising to +2C by late afternoon. As wind increases, chill factor later afternoon feeling like -12 to -15C in exposure.
Freezing Level	700m plus frost in glens around dawn. Tending to rise, by late afternoon lifting just above freezing to highest tops. Starting to drop again overnight to 1100m.

Cairngorms NP and Monadhliath - Looking Ahead

	Tuesday 24 March	Wednesday 25 March
How windy? (On the Munros) Effect of wind on you?	West to southwesterly 50 to 70mph, peak speeds likely in morning, but powerful squally gusts all day. Difficult conditions across the mountains, any mobility very challenging on higher terrain in exposure. Severe wind chill.	Northwesterly 40 to 55mph, varying speeds with squally gusts around showers. Challenging walking conditions, frequent buffeting, often arduous over higher exposed terrain. Severe wind chill.
How wet? (Precipitation and its impact)	Snow and hail showers A scattering of showers spreading from the west, becoming more frequent and heavy during afternoon, falling as snow toward lowering elevations, also hail.	Frequent hail and snow Showery snow and hail falling to lower slopes, most frequent toward the north and west, but extending increasingly across all the region. Risk of isolated thunder & lightning.
Cloud on the hills?	Varied over tops Cloud base varying above 800-1000m, base tending to rise, but then lowering again more often capping tops in showers. Clearer tops more often toward east.	Varying over tops Cloud base constantly changing, will come and go all day above 900m, frequently capping high tops toward north, patches at times to 700m. Briefly clearing tops.
Chance of cloud free Munros?	30%	30%
Sunshine? Air clarity (below cloud)	Brief glimpses of sun develop. Visibility very poor at times, appalling in snow and cloud; intermittently good.	Bursts of bright sun, most common toward Deeside in morning. Visibility intermittently very good, but appalling at times in showers with brief whiteout over tops.
How Cold? (at 900m) Freezing Level	0 or +1C at first, lowering to -2C afternoon. Feeling like -15 to -18C in the wind. Dropping from northwest to 1000m early in day, then 800m before noon, 500-600m later.	-3 or -4C, slight rise into afternoon. Wind chill often feeling like -20C high tops. 400m from dawn, lifting to 600m, slightly higher away from showers.

Planning Outlook**All mountain areas of Britain from Tuesday, 24 March, 2026**

Cold, wintry conditions across all mountains into midweek - significant chill factor from gale force west then northwesterly winds. Showery hail and snow falling to increasingly lower elevations in the Highlands on Tuesday, whilst a band of heavy rain moves slowly southward over England & Wales. Hail and snow showers extend southwards into Wednesday, by then below freezing on all tops above 600-700m. Fewer showers by Thursday for many, though further snow then rain moves into western Scotland. Temperature and freezing level then varying as changeable westerlies prevail for Scotland through the weekend into early next week with periods of upland gales widely, accompanied by spells of rain, hill snow and hail showers; some windows of drier weather more often affect England & Wales.

Forecast issued at 16:07 on Sunday, 22 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.