

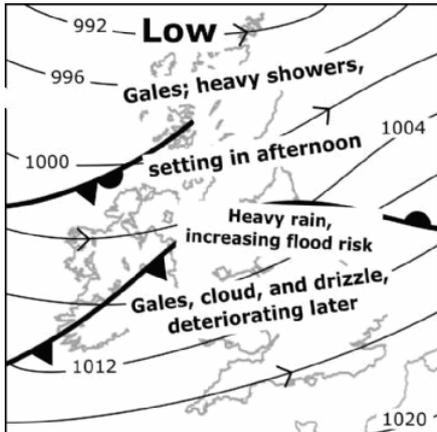
Cairngorms NP and Monadhliath

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 Tuesday, 24 March, 2026



British Mountain Summary:

Based on forecast chart for noon 24 March, 2026

Widespread gales, severe early in Scotland. Showers in west Scotland, pushing east, turning snowy and setting in for a time. Near constant rain for Lakeland and Yorks Dales, becoming heavy with a rising flood risk. Rain spreads widely across England and Wales later, wind strengthens in Wales.

Headline for Cairngorms NP and Monadhliath

Gales, severe early; showers, increasingly as snow

Detailed Forecast for Tuesday, 24 March, 2026

How windy? (On the Munros)	West to southwesterly 50 to 70mph, peak speeds in morning over high tops. A general easing trend, possibly to 20-30mph for a time afternoon, but always the risk of powerful gusts and returning higher speeds.
Effect of wind on you?	Difficult conditions widely in the morning, mobility very challenging on higher terrain in exposure with severe wind chill. Effects will ease, though walking remains impeded in exposure; always the risk of powerful gusts.
How wet? (Precipitation and its impact)	Snow and hail showers, most frequent west A scattering of showers spreading from the west, becoming more frequent and heavy during afternoon, falling as snow toward lowering elevations; some hail may mix in too. For several afternoon hours, snow setting in more persistently from Drumochter eastward towards Braemar, southern Monadhliath too (rain below 600m).
Cloud on the hills?	Varied over tops, more extensive south and west afternoon Cloud base varying above 800-1000m, base tending to rise for a time, but then lowering again, more often capping tops in showers. Clearer tops more often east of Ben Macdui. Cloud will be more extensive from 800m upward south and west afternoon.
Chance of cloud free Munros?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun in the morning, best in the northeast. Trending overcast afternoon. Visibility very poor at times, appalling in snow and cloud; intermittently good.
How Cold? (at 900m)	+1C at first, lowering to -2C afternoon, lowering another degree or two evening into nighttime. Feeling as cold as -15 to -18C in strongest wind.
Freezing Level	Dropping overnight from northwest to 1000m early in day, to around 800m by noontime, lowering 500-600m into nighttime.

Cairngorms NP and Monadhliath - Looking Ahead

	Wednesday 25 March	Thursday 26 March
How windy? (On the Munros) Effect of wind on you?	Northwesterly 40 to 50mph, varying speeds with squally gusts around showers. Challenging walking conditions, frequent buffeting, often arduous over higher exposed terrain. Severe wind chill.	Northwesterly 25-40mph, strongest wind high eastern Cairngorms. Easing, shifting westerly, 15mph later afternoon. Strenuous walking in exposure with wind chill, stability challenged in the east. Effects easing to fairly small.
How wet? (Precipitation and its impact)	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.	Substantially dry Risk of a few early light snow showers, but likely dry. Late in the day, some snow/refrozen rain arrives to westernmost mountains, turning to rain and spreading eastward into nighttime.
Cloud on the hills?	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.	Little cloud expected At dawn, patchy cloud may cling to the high tops, this soon lifting for cloud-free hills. Late in the day into night, cloud will lower to the tops again, further lowering.
Chance of cloud free Munros?	30%	90%
Sunshine? Air clarity (below cloud)	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.	Bright sunshine in the morning, gradually weakened by high cloud, overcast by evening. Excellent visibility.
How Cold? (at 900m) Freezing Level	-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.	-5C, rising to -3 or -2C, then to several degrees above freezing overnight. Feeling like -15C in early wind. 300-400m, some lower frosts likely too. A slight rise, then sharply lifting above the summits for several overnight hours.

Planning Outlook

All mountain areas of Britain from Wednesday, 25 March, 2026

Cold, wintry conditions across all mountains into midweek - significant chill factor from gale force west then northwesterly winds. 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 15:55 on Monday, 23 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.