

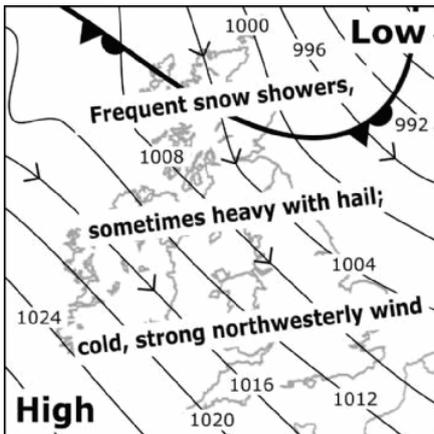
Cairngorms NP and Monadhliath

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 Wednesday, 25 March, 2026



British Mountain Summary:

Based on forecast chart for noon 25 March, 2026

Widespread hail and snow showers, at times heavy with a risk of isolated lightning. Fewer showers in the N Pennines and southeast Scotland for a few morning hours, but returning afternoon. Gales widespread as well with sudden strong gusts, easing only slightly in Scotland. Cold, staying below freezing above 500-600m.

Headline for Cairngorms NP and Monadhliath

Frequent snow and hail showers; gales, easing somewhat

Detailed Forecast for Wednesday, 25 March, 2026

<p>How windy? (On the Munros)</p> <p>Effect of wind on you?</p>	<p>Northwesterly 40 to 50mph, varying speeds with squally gusts around showers up to 50mph. With time, tending to ease and trending northwesterly, at times lowering to 35mph in the far west.</p> <p>Walking arduous with frequent buffeting, in places more challenging over higher exposed terrain with severe wind chill. Beware sudden strong gusts, necessitating additional effort to maintain stability.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Frequent hail and snow, at times persistent</p> <p>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. Staying showery later but easing in strength.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free Munros?</p>	<p>Varying over tops, lowest north slopes</p> <p>Cloud base constantly changing, will come and go all day above 900m, frequently capping high tops toward north, patches at times to 700m during showers, but also clearing tops for periods between showers. A risk of more extensive high terrain cloud for several hours in the morning.</p> <p>30%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Bursts of bright sunshine, most widely south of Cairngorm plateau afternoon. Visibility intermittently very good, but appalling at times in showers with brief whiteout over tops.</p>
<p>How Cold? (at 900m)</p> <p>Freezing Level</p>	<p>-3 or -4C, a slight rise into afternoon. Wind chill often feeling as cold as -20C high tops.</p> <p>400m from dawn, lifting to 500m, slightly higher away from showers.</p>

Cairngorms NP and Monadhliath - Looking Ahead

	Thursday 26 March	Friday 27 March
How windy? (On the Munros) Effect of wind on you?	Northwesterly 25-40mph, strongest high eastern hills. Easing, shifting westerly, 15mph, later SW'ly and restrengthening. Strenuous walking in exposure with wind chill, stability challenged in the east. Effects easing to fairly small.	Westerly 30-40mph, trending towards higher speeds with time, 45mph into evening. Walking increasingly arduous in exposure with significant wind chill, conditions deteriorating as dusk approaches.
How wet? (Precipitation and its impact)	Substantially dry during daylight Risk of a few early light snow showers, but likely dry. Through afternoon, some snow/refrozen rain arrives to westernmost mountains, turning to rain and spreading eastward into nighttime, most extensive falls south and west hills.	Snow showers, mostly west Likely dry at daybreak. Showers soon arrive from the west, snow to 600m, and largely confined to Monadhliath/Drumochter area. Showers push further east in afternoon, some heavier falls possible too.
Cloud on the hills?	Largely clear, then lowering through afternoon At dawn, patchy cloud may cling to the high tops, this soon lifting for cloud-free hills. Through afternoon, cloud will lower to the tops, first in the west, further lowering, extensive to middle slopes after dark; higher bases northeast.	Mostly high western terrain, often broken Some ragged patches of cloud at several elevations at dawn but these dissipating after sunrise. Banks of cloud occasionally drift over the high tops, most often west during showers, as low as 800-900m afternoon.
Chance of cloud free Munros?	90%, lowering to 30% or lower by evening	70%, lowering to 50% west afternoon
Sunshine? Air clarity (below cloud)	Bright sunshine in the morning, gradually weakened by high cloud, overcast by evening. Excellent visibility.	Frequent bright sunshine, turning to a patchwork afternoon, most cloud west. Very good visibility, though suddenly poor in showers.
How Cold? (at 900m) Freezing Level	-5C, rising to -3 or -2C, sharply rising overnight, several degrees above freezing. Feeling like -15C in early wind. Fairly widespread frost at dawn. A slight rise, then sharply lifting above the summits around and after dusk.	-1C early, sunny slopes may briefly rise a degree; lowering, -3 or -2C into night. Feeling like -13 to -15C in direct wind. Lowering from overnight, 800m at dawn, lowering to 600-700m through the day.

Planning Outlook

All mountain areas of Britain from Thursday, 26 March, 2026

Thursday starts chilly with clear skies for many, snow then rain moves into western areas with time. Strong northwesterly winds prevail as the weekend starts, brining cooler temperatures and a mix of showers and sun across most areas, the showers likely snowy to middle elevations with some hail mixed in. The cool, spring-like conditions will allow showers to become heavier and more widespread in the afternoon. Sunday into next week sees high pressure southwest of the country, producing drier weather with sun breaks, a trend towards milder temperatures too, but several low pressure systems to the north draw bands of rain eastward, mostly affecting Scotland, occasionally northern England and Wales. A risk of cooler northerly winds re-establishing later in the week, though detail is uncertain.

Forecast issued at 15:40 on Tuesday, 24 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.