

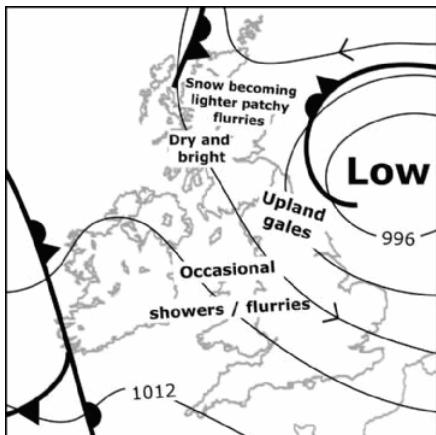
# Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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## General Summary for Wednesday, 7 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 7 January, 2026

Gale-force NW'ly winds England, Wales and S Scotland, slowly lessen from west. Areas of snow falling over N & E Scotland tends to ease and become patchy. A few showers or flurries elsewhere, but largely dry SW Highlands. Much terrain remains frozen, substantial snow depths much of Highlands.

### Headline for Southern Uplands

Windy, gales for longest east. Snow eastern hills, dry elsewhere.

## Detailed Forecast for Wednesday, 7 January, 2026

|   |   |
|---|---|
| <b>How windy? (On the summits)</b>                | Northwesterly 40 to 50mph from dawn, strongest for longest in east, easing gradually during day from west to 20-25mph, less by evening.   |
| <b>Effect of wind on you?</b>                     | <b>Significant wind chill and challenging conditions widely at first, into middle of day eastern high tops, tending to improve from the west, but still blustery much of daylight.</b>  |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Snow mostly eastern hills, dry west</b><br>Snow showers mostly eastern hills, locally frequent on hills nearest North Sea, sleet or rain lower slopes.<br>Into night, some snow flurries move onto western hills, rain lower slopes. |
| <b>Cloud on the hills?</b>                        | <b>Lifting to high tops or above</b><br>Cloud banks over higher slopes in east most of the day, more broken west toward the M74, often clear further westward, occasional patches graze tops in Galloway.                               |
| <b>Chance of cloud free summits?</b>              | <b>30% east, to 80% west.</b>   |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Cloudy east, mix of cloud and sun west.<br>Visibility mostly very good central-western areas, but poor where snow occurs east.  |
| <b>How Cold? (at 750m)</b>                        | -2 or -3C, or slightly higher after dark in west. Feeling like -10C, to -15C if exposed to stronger wind.   |
| <b>Freezing Level</b>                             | Much terrain frozen inland.<br>Up to 400-500m west coastal areas, slight rise into night west.  |

## Southern Uplands - Looking Ahead

|   | Thursday 8 January   | Friday 9 January  |
|---|--|---|
| <b>How windy? (On the summits)</b>                | Direction and speed likely to vary: 10 to 15mph or less.   | North-northeasterly 10 to 20mph, possibly over 30mph Cheviots.  |
| <b>Effect of wind on you?</b>                     | <b>Small.</b>  | <b>May be fairly small, but risk blustery with considerable wind chill eastern hills.</b>   |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Rare light snow</b><br>Often dry, but possible snow flurries mostly western hills, sleet or rain low-mid slopes.  | <b>Local flurries east</b><br>Possible snow flurries, greater risk over eastern hills, mostly sleet on lower slopes. Likely generally dry western areas.    |
| <b>Cloud on the hills?</b>                        | <b>Varied cloud and fog</b><br><br>Cloud banks around mid to higher slopes, but risk also areas of fog some valleys and coastal lower slopes. Some clearer hills toward the Pentlands and Borders. | <b>Patches mostly east</b><br><br>Patchy cloud moving over higher slopes, local fragments lower down, most common eastern hills, often clearer west of M74. |
| <b>Chance of cloud free summits?</b>              | <b>30%</b>   | <b>60%</b>  |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Varied cloud and sun, likely better east. Visibility very good in places, but risk misty or hazy lower areas.  | Any sun weak due to a veil of high cloud. Visibility very good over many hills, but reduced if snow occurs in east.   |
| <b>How Cold? (at 750m)</b>                        | -2C, up to 0C nearer coast.  | -1 or -2C.  |
| <b>Freezing Level</b>                             | Frost in many valleys, all day out of sunlight. Otherwise 400 to 600m, or slightly higher toward Solway.   | 300 to 600m, highest nearer to coasts, but some terrain frozen into the valleys.  |

## Planning Outlook

## All mountain areas of Britain from Thursday, 8 January, 2026

Terrain remaining widely frozen into the weekend, extensive deep snow cover for Highlands, less nearer the central belt. An additional substantial snowfall for Wales & Peak District on Thursday night, accompanied by gales. A fairly benign end to the week for Scotland, showers near some west coasts. By late Saturday into Sunday, southerly winds strengthen to gales - as a frontal system approaches, snow then freezing rain is likely, before at least a temporary rise of freezing level - some thawing develops on lower terrain, most pronounced in Wales toward higher slopes. Chilly patterns next week with some further hill snow, many mountains often sub-zero, but overall less cold.

## Forecast issued at 16:20 on Tuesday, 6 January, 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.