

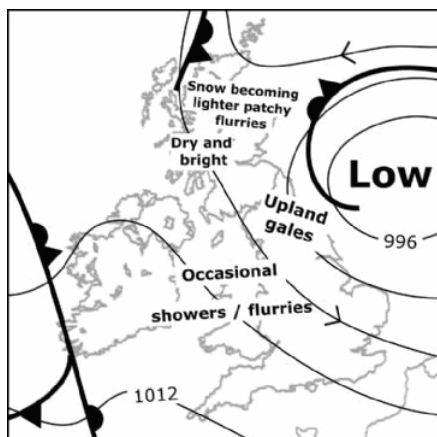
Southern Uplands

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



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

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

How windy? (On the summits)	Northwesterly 40 to 50mph from dawn, strongest for longest in east, easing gradually during day from west to 20-25mph, less by evening.
Effect of wind on you?	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.
How wet? (Precipitation and its impact)	Snow mostly eastern hills, dry west Snow showers mostly eastern hills, locally frequent on hills nearest North Sea, sleet or rain lower slopes. Into night, some snow flurries move onto western hills, rain lower slopes.
Cloud on the hills?	Lifting to high tops or above 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.
Chance of cloud free summits?	30% east, to 80% west.
Sunshine? Air clarity (below cloud)	Cloudy east, mix of cloud and sun west. Visibility mostly very good central-western areas, but poor where snow occurs east.
How Cold? (at 750m)	-2 or -3C, or slightly higher after dark in west. Feeling like -10C, to -15C if exposed to stronger wind.
Freezing Level	Much terrain frozen inland. Up to 400-500m west coastal areas, slight rise into night west.

Southern Uplands - Looking Ahead

	Thursday 8 January	Friday 9 January
How windy? (On the summits)	Direction and speed likely to vary: 10 to 15mph or less.	North-northeasterly 10 to 20mph, possibly over 30mph Cheviots.
Effect of wind on you?	Small.	May be fairly small, but risk blustery with considerable wind chill eastern hills.
How wet? (Precipitation and its impact)	Rare light snow Often dry, but possible snow flurries mostly western hills, sleet or rain low-mid slopes.	Local flurries east Possible snow flurries, greater risk over eastern hills, mostly sleet on lower slopes. Likely generally dry western areas.
Cloud on the hills?	Varied cloud and fog 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.	Patches mostly east Patchy cloud moving over higher slopes, local fragments lower down, most common eastern hills, often clearer west of M74.
Chance of cloud free summits?	30%	60%
Sunshine? 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.
How Cold? (at 750m)	-2C, up to 0C nearer coast.	-1 or -2C.
Freezing Level	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.