

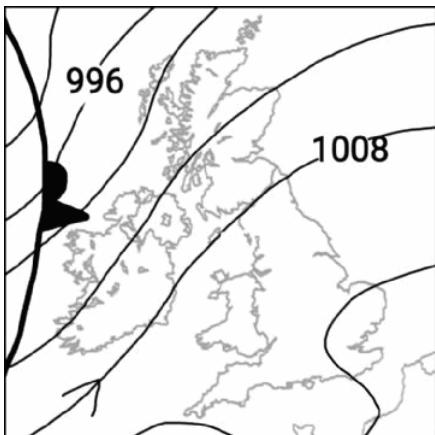
Southern Uplands

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, 14 January, 2026



British Mountain Summary:

Based on forecast chart for noon 14 January, 2026

Cold westerly winds, backing southerly and strengthening ahead of a front which will move into western Scotland during the afternoon, with snow setting in for western mountains, patchier further east. Ahead of this front, scattered snow showers. Mostly dry for England and Wales until front edges precipitation into west later.

Headline for Southern Uplands

Mostly dry morning. Then strong south winds with rain/snow moving into west.

Detailed Forecast for Wednesday, 14 January, 2026

How windy? (On the summits)	Westerly 25mph morning. Then backing southerly and strengthening to 40, or west of M74 perhaps 50mph.
Effect of wind on you?	May well be fairly small for several hours before walking.becomes increasingly difficult and wind chill significant.
How wet? (Precipitation and its impact)	Rain and snow spreading east afternoon Mostly or completely dry until well into afternoon when snow, or below 400m rain spreads east. Very little if any reaching Borders until after dusk.
Cloud on the hills?	Probably remaining extensive on most or all higher areas Cloud generally widespread above 600 to 750m - possibly breaking from higher summits temporarily. Cloud base dropping markedly Dumfries and Galloway afternoon in rain and toward dusk into the Borders.
Chance of cloud free summits?	30%
Sunshine? Air clarity (below cloud)	Occasional sunshine, particularly Borders morning. Becoming overcast from west. Visibility often very good but later very poor or appalling in precipitation .
How Cold? (at 750m)	0 or -1C. Directly in wind will feel as cold as minus 12C.
Freezing Level	750m Galloway; otherwise 600m. Frost many valleys after dawn.

Southern Uplands - Looking Ahead

	Thursday 15 January	Friday 16 January
How windy? (On the summits)	Southwesterly 25 to perhaps in morning 35mph. There may be a lull afternoon.	Low confidence in track of small scale low. Risk northwesterly 40 to 60mph for a time, before becoming southerly 25mph.
Effect of wind on you?	Strong enough to make walking arduous where exposed and balance at times difficult. Considerable wind chill.	High uncertainty over track of small scale low. Risk for a few hours of difficult conditions with significant wind chill, then easing.
How wet? (Precipitation and its impact)	Showers Showers, mainly morning, snow highest tops.	Risk morning heavy snow, then drier. High uncertainty: Risk of a spell of heavy rain, and above 500 to 600m, heavy snow for a few hours should low track overhead. Most likely eastern areas.
Cloud on the hills?	Confined to highest tops Cloud base typically 400 to 700m Dumfries and Galloway whilst elsewhere cloud may well intermittently lift off the summits, particularly afternoon.	Risk extensive for many hours Risk of extensive hill fog for several hours should widespread precipitation develop. Otherwise, would most likely be ragged patches mainly across the tops.
Chance of cloud free summits?	40%	40%
Sunshine? Air clarity (below cloud)	The sun in and out Borders/Cheviots; glimpses of sunshine elsewhere. Very varied visibility: sometimes excellent, but very poor in snow.	Mostly overcast. Visibility would be widely very poor should rain and snow develop.
How Cold? (at 750m)	1C	1C
Freezing Level	Above the summits	May well be above summits, but should persistent precipitation develop, would lower to 600m.

Planning Outlook

All mountain areas of Britain from Thursday, 15 January, 2026

Very uncertain forecast late Thursday and into Friday, as a small scale and rather potent low pressure system edges northwards across the country on a very uncertain track. May bring a spell of strong winds and upland heavy snowfall overnight and into Friday morning before pulling away to the east. Thereafter, a drier and chilly weekend will follow. Looking further ahead, a colder continental influence may be drawn in on south to east winds, with the snow pack across the Scottish Highlands being enhanced by further spells of snowfall where fronts edge in from the west, whilst further south snow accumulates on higher areas, and occasional falls reach lower slopes.

Forecast issued at 15:58 on Tuesday, 13 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.