

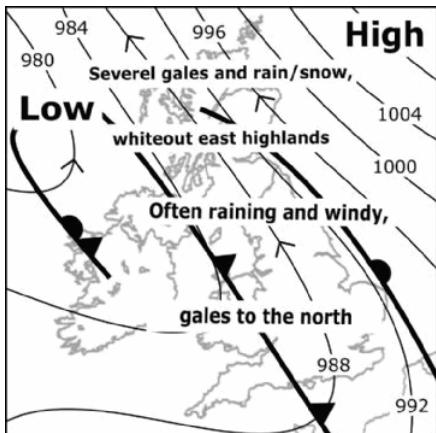
Southern Uplands

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 Thursday, 22 January, 2026



British Mountain Summary:

Based on forecast chart for noon 22 January, 2026

Gales in north England and Scotland, severe on the high Munros, gusting to storm force in the north; severe wind chills. Frequent or persistent rain across most mountains, falling as snow onto the high Munros from dawn, the snow level lowering with time; snow will be heavy with whiteout conditions in east Scotland.

Headline for Southern Uplands

Rainy and dull; gale force wind

Detailed Forecast for Thursday, 22 January, 2026

How windy? (On the summits)	East-southeasterly 40 to 50mph, stronger gusts in places near and west of higher tops, and may strengthen further overnight.
Effect of wind on you?	Challenging conditions across the hills, difficult in exposure and gusts potentially knocking you off balance, not just on the tops. Significant wind chill.
How wet?	Persistent rain, heavy in the west
(Precipitation and its impact)	Persistent rain over the Borders and Galloway, heavy falls on slopes facing the Solway. Less persistent but still frequent to the east, with precipitation turning to sleet then snow on the high tops.
Cloud on the hills?	Fairly extensive Shrouding high terrain, bases around 500-600m, locally lower in southern Galloway and around the Cheviot as well. Some breaks higher up west of Beattock summit.
Chance of cloud free summits?	10%
Sunshine?	Overcast.
Air clarity (below cloud)	Visibility poor in precipitation, a general haze, locally better west.
How Cold? (at 750m)	2C to start the day, slightly warmer on western Galloway slopes. Cooling with time to 0C for most hills. Wind chill feels as cold as -15C later in the day.
Freezing Level	Above freezing on most tops, but may drop just below freezing on central and eastern summits with time.

Southern Uplands - Looking Ahead

	Friday 23 January	Saturday 24 January
How windy? (On the summits)	Easterly 40 to 45mph, stronger gusts in places near and west of higher tops.	East to southeasterly 35 to 50mph, very gusty downslope west of major tops; may start to lessen with time - uncertain.
Effect of wind on you?	Arduous conditions, challenging in exposure, gusts knocking you off balance (not just on tops). Significant wind chill.	Strenuous walking in exposure, frequent buffeting gusts not just on highest terrain; significant wind chill.
How wet? (Precipitation and its impact)	Rain and hill snow east, patchier west Often snowing above 600m in the east, rain/sleet below this level. Rain on and off west with snow flurries on high tops, though a greater chance of precipitation in the early morning.	Rain, snow tops mostly east Fairly persistent rain, sleet or hill snow above 600m Cheviots and Border hills, patchier amounts westwards, though showery rain may run onto Galloway coast.
Cloud on the hills?	Varied over tops Often covering higher slopes, bases around 400-500m, at times lower in Cheviots, also nearest the Solway, but some breaks higher up toward and west of Beattock summit.	Fairly extensive over tops Covering much higher terrain all day above 500 to 700m, base lowest in Cheviots. Some breaks in the cloud near and west from Beattock summit.
Chance of cloud free summits?	30%	20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, some brighter moments toward Ayrshire. Visibility poor in precipitation, a general haze, locally better west.	Overcast, dull. Poor visibility in rain, very poor if in snow and cloud on tops.
How Cold? (at 750m)	0 to +1C, mildest temperatures west of the M74, locally 2C Ayrshire slopes. Wind chill feels as cold as -15C.	0 or 1C. Directly in the wind feeling like -12 to -15C.
Freezing Level	At or above the summits west of the M74, lower east, around 700-800m, though perhaps lower Lothians/Cheviots.	700 to 800m, lowest in east, whilst some western hills may be above freezing to higher tops.

Planning Outlook

All mountain areas of Britain from Friday, 23 January, 2026

Sustained gale force easterlies over most mountains into the weekend, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland on Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow, turning colder further south over the weekend, with freezing level dropping to the southern Pennines summits next week. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

Forecast issued at 16:19 on Wednesday, 21 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.