

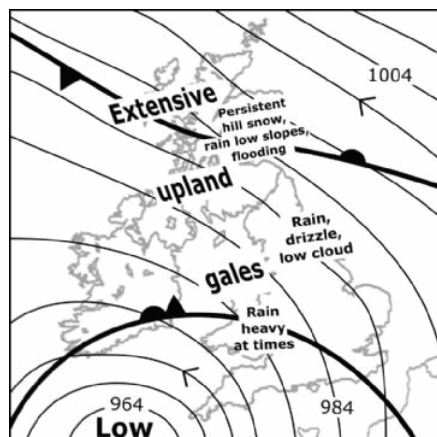
Southern Uplands

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 Friday, 23 January, 2026



British Mountain Summary:

Based on forecast chart for noon 23 January, 2026

Gales widespread across all mountain areas, powerful turbulent gusts downslope toward the west in places. Prolonged upland snow southeastern Highlands into southern Cairngorms, increasingly rain to mid-heights. Further rain also spreads north across Wales then the Pennines. Low cloud widely.

Headline for Southern Uplands

Windy, gales on hills. Rain and low cloud east, drier west.

Detailed Forecast for Friday, 23 January, 2026

How windy? (On the summits)	Easterly 40 to 45mph, stronger gusts in places near and west of higher tops.
Effect of wind on you?	Arduous conditions, challenging in exposure, gusts knocking you off balance (not just on tops). Significant wind chill.
How wet? (Precipitation and its impact)	Rain mostly east, fades west Rain most widely from dawn into early morning, for a time sleet or wet snow on higher tops, turning more to rain, remaining frequent eastern hills, patchier westward, though often damp near Solway.
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/northwest of Beattock summit.
Chance of cloud free summits?	20% east, to 40% northwest.
Sunshine? Air clarity (below cloud)	Mostly cloudy, some brighter moments toward Ayrshire. Visibility poor in precipitation, a general haze, locally better west.
How Cold? (at 750m)	0 to +1C, mildest temperatures west of the M74, locally 2C Ayrshire slopes. Wind chill feels as cold as -15C.
Freezing Level	At or above the summits west of the M74, lower east, around 700-800m, though perhaps lower Lothians/Cheviots.

All mountain areas of Britain from Saturday, 24 January, 2026

East to southeasterlies continue through the weekend and onward into next week, frequently strong to gale-force over the mountains, giving severe chill factor. Below freezing across high terrain in Scotland, and into early next week a lowering freezing level over hills in England and Wales. Frequent or persistent snowfall over east and southern Scottish mountains, rain on lower slopes causing flooding in the short term. Patchier and small amounts reaching coastal regions in west-northwest Scotland. Areas of rain and increasingly hill snow push across England and Wales as low pressure remains dominant. Low cloud often covering many hills.

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