

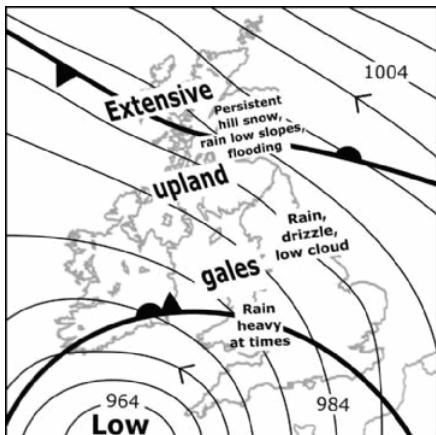
# Southern Uplands

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?	<b>Arduous conditions, challenging in exposure, gusts knocking you off balance (not just on tops). Significant wind chill.</b>
How wet? (Precipitation and its impact)	<b>Rain mostly east, fades west</b> 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?	<b>Varied over tops</b> 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?	<b>20% east, to 40% northwest.</b>
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.

## Southern Uplands - Looking Ahead

	Saturday 24 January	Sunday 25 January
<b>How windy? (On the summits)</b>	East to southeasterly 35 to 50mph, very gusty downslope west of major tops.	East to southeasterly, speed may vary, possibly tending to lessen during day, in range 25 to 40mph, gusty downslope.
<b>Effect of wind on you?</b>	<b>Strenuous walking in exposure, frequent buffeting gusts not just on highest terrain; significant wind chill.</b>	<b>Very blustery, frequent buffeting over higher terrain and in places lower down. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain, snow tops mostly east</b> Fairly persistent rain, sleet or hill snow above 600m Cheviots and Border hills, patchier amounts westwards, though showery rain may run onto Galloway coast.	<b>Rain mostly east</b> Rain most frequent over eastern hills, some sleet or snow above 600-700m. Patchy small amounts west of M74.
<b>Cloud on the hills?</b>	<b>Fairly extensive over tops</b> 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.	<b>Fairly extensive</b> Covering most hills all day, lowest base in south and eastern areas, to mid-slopes, or lower near the Solway coast. Highest breaks toward the central belt.
<b>Chance of cloud free summits?</b>	<b>20%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast, dull. Poor visibility in rain, very poor if in snow and cloud on tops.	Largely cloudy, hazy. Poor visibility over many hills.
<b>How Cold? (at 750m)</b>	0 or 1C. Directly in the wind feeling like -12 to -15C.	0 or 1C. Feeling like -8 to -12C in the wind.
<b>Freezing Level</b>	700 to 800m, lowest in east, whilst some western hills may be above freezing to higher tops.	700 to 800m eastern hills, may drop further, but above 800m western areas, above freezing to some higher slopes.

## Planning Outlook

## 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.

## Forecast issued at 16:01 on Thursday, 22 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.