

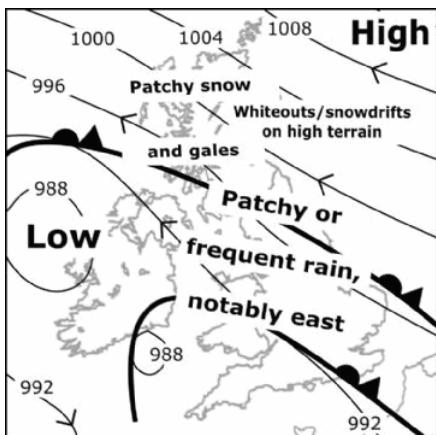
Southern Uplands

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 Sunday, 25 January, 2026



British Mountain Summary:

Based on forecast chart for noon 25 January, 2026

Blustery for most, gales in Scotland which will be severe on high tops early. Continued snow and local whiteout conditions on high terrain in east Scotland, snowdrifts build here. Often raining over the Pennines and south Wales, more intermittent in north Wales and Lakeland (sleet or snow on high summits).

Headline for Southern Uplands

Gales, tending to ease; rain at times for most hills

Detailed Forecast for Sunday, 25 January, 2026

How windy? (On the summits)	East to southeasterly 40-50mph from dawn, some stronger speeds just at and before dawn over Galloway hills. Gradually easing with time to 30-40mph, strongest speeds always west.
Effect of wind on you?	Very blustery, frequent buffeting over higher terrain and in places lower down. Walking more challenging at the start of the day in the west. Considerable wind chill.
How wet?	Intermittent rain for most
(Precipitation and its impact)	Most hills will see periods of rain through the day, most frequent with a risk of heavier falls on southern slopes, particularly early in Galloway. Rain mostly east later, with sleet or snow on high terrain.
Cloud on the hills?	Fairly extensive 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, to 700-800m Ayrshire.
Chance of cloud free summits?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy. Haze, fog, and rain making visibility poor fairly widely.
How Cold? (at 750m)	0C on most hills, locally +1C western slopes. Turning cooler from the east afternoon, around -1C. Feeling like -8 to -12C in the wind.
Freezing Level	700 to 800m most areas, highest levels in the west. Lowering with time, approaching 600m by nightfall and further dropping.

Southern Uplands - Looking Ahead

	Monday 26 January	Tuesday 27 January
How windy? (On the summits)	Southeasterly 30-35mph, gusts reaching 40mph or higher over tops, strengthening around/after dusk.	East-southeasterly 50-60mph. Gusty, most powerful gusts reaching up to 70mph in direct exposure.
Effect of wind on you?	Walking strenuous with notable buffeting in exposure frequently challenging stability. Significant wind chill.	Mobility tortuous on most terrain, likely requires crouching or crawling in strongest gusts. Severe wind chill.
How wet? (Precipitation and its impact)	Periods of sleet/snow, mostly east Showery sleet and snow affecting the Cheviots and eastern Borders through the day, patches further east as well but amounting to little. Drier towards Ayrshire/Central Belt.	Snow sets in fairly widely Patchy snow in the morning, mostly high tops, setting in more widely with time, possibly for much of afternoon. Heaviest falls on southern and eastern slopes.
Cloud on the hills?	Shrouding high terrain, middle slopes east High terrain under fog most or all day, lowest bases in the eastern Borders and Cheviots, 300-500m, lowest in precipitation. Bases lowering too in Galloway at times. May lift towards 700m on northern slopes.	Fairly extensive Summits likely in cloud most or all day, the lowest bases on southern and eastern hills early, then more widely to middle slopes as snow sets in. Slopes towards the Central Belt may see odd higher breaks.
Chance of cloud free summits?	20%	10%
Sunshine? Air clarity (below cloud)	Bright moments towards Ayrshire where visibility good, but otherwise cloudy. Visibility moderate or poor elsewhere due to snow and haze.	No sunshine expected. Visibility becoming very poor, appalling on high terrain in blowing snow.
How Cold? (at 750m)	-2C. Feeling as cold as -13C, later -18C in direct wind.	-2 or -1C. Feeling like -20C or colder in strongest wind.
Freezing Level	400-600m, highest level in the west.	400-500m

Planning Outlook

All mountain areas of Britain from Monday, 26 January, 2026

An unsettled week ahead: a dominance of low pressure will bring periods of wet weather and gales (at times severe), to all areas. Winds will be predominantly east-southeasterly, particularly in Scotland, maintaining the cold air with freezing levels consistently to middle or lower slopes - wind chills will be severe. A near-term risk of flooding in the eastern highlands.

Wind direction will be more variable in England and Wales, at times shifting south-southwesterly and drawing in milder air, bringing freezing levels to upper slopes or even above the high summits.

Low cloud often covering many hills with only local sunny breaks here and there.

Forecast issued at 16:05 on Saturday, 24 January, 2026

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