

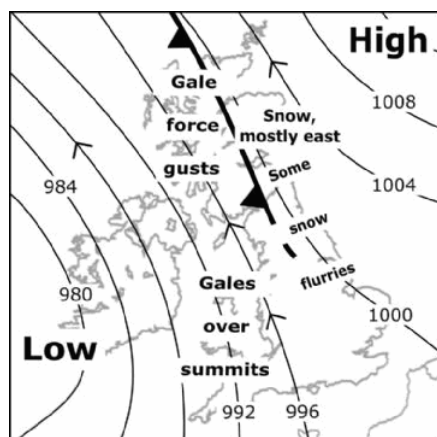
Southern Uplands

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, 29 January, 2026



British Mountain Summary:

Based on forecast chart for noon 29 January, 2026

Freezing temperatures in Scotland and England; freezing level lowering with time to middle slopes, first in eastern hill groups. Blustery as well, gale force gusts on high terrain of Scotland and Wales. Snow flurries affecting eastern Scotland and the Pennines, mostly dry Lakeland to west Scottish Highlands.

Headline for Southern Uplands

Blustery; snow flurries east, bright morning west

Detailed Forecast for Thursday, 29 January, 2026

How windy? (On the summits)	Southeasterly 25 to 30mph, soon strengthening, most significantly in the west, sustained speeds of 40mph over high tops by dusk. A slight easterly shift with time.
Effect of wind on you?	Strenuous walking increasingly arduous on high terrain in the west, buffeting gusts in places not just on tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Patchy flurries eastern hills Occasional light snow flurries Borders and Cheviots, sleet or rain below 400-500m. Very little if any toward and west of M74, though later in the day, some very light snow flurries may reach the Moffat hills.
Cloud on the hills?	Most persistent east, breaks west for a time Cloud banks often covering eastern hills above 500-600m. Higher base westward, breaks to tops in Galloway for a time, more likely shrouded in the afternoon.
Chance of cloud free summits?	30%
Sunshine? Air clarity (below cloud)	Cloudy in east, hazy and poor visibility if in snow. Some sun breaking through in west in the morning, where visibility mostly good.
How Cold? (at 750m)	0 or -1C to start the day, coolest in the east. Lowering with time to -2 or -3C into nighttime. Wind chill feeling like -10 to -12C.
Freezing Level	700-800m to start the day, lowering to 400-500m with time.

All mountain areas of Britain from Friday, 30 January, 2026

Slow-moving weather patterns and a broadly similar regime to recent times over the next week or so: periods of precipitation will affect most mountains at least every few days. Scottish Munros generally below freezing point, with snow cover and drifts most substantial from the Cairngorms to central and southern Highlands, some additional falls in the week ahead (with continued flooding risk too); much less northwestward. Hills in England and Wales will see varying freezing levels, at times dropping sub-zero to middle slopes, but largely isolated to the high terrain of Lakeland and Eryri NP (Snowdonia). Wind speed will vary, some periods of lower speeds than recently, though gusty SE'ly winds remain common in the Highlands. Scope for widely colder conditions toward mid February.

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