

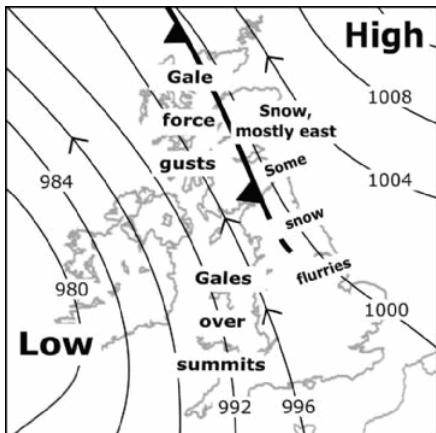
# Southern Uplands

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?	<b>Strenuous walking increasingly arduous on high terrain in the west, buffeting gusts in places not just on tops. Considerable wind chill.</b>
How wet? (Precipitation and its impact)	<b>Patchy flurries eastern hills</b> 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?	<b>Most persistent east, breaks west for a time</b> 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.

## Southern Uplands - Looking Ahead

	Friday 30 January	Saturday 31 January
<b>How windy? (On the summits)</b>	Southeasterly 30 to 40mph, in places gusty 40mph around some higher tops. A risk of more powerful winds west	Detail uncertain: starting easterly 25-35mph, though risk stronger. Trending lighter and may become variable.
<b>Effect of wind on you?</b>	<b>Strenuous walking, arduous in exposure and elevated passes where buffeting will challenge balance.</b> <b>Significant wind chill.</b>	<b>Strenuous walking in exposure with significant wind chill to start the day; effects tending to ease, though timing uncertain.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Hill snow and rain mostly south</b> Risk of frequent or more persistent rain from dawn near Solway, snow above 400m, later 600m. Patchier east to start, but becoming more frequent with time.	<b>Often raining, most east</b> More often raining than not on hills near and east of the M74. Rain patchier to the west, most frequent on southern Galloway hills.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b>  Shrouding most higher terrain, local variations, best of any breaks above 600m further toward north and northwest.	<b>Most in the east, breaks to tops west</b>  High terrain around and east of the M74 stays in cloud most of the day, bases as low as 600m in rain. Best breaks west, perhaps briefly off tops, though returning, with lowest bases on south Galloway slopes.
<b>Chance of cloud free summits?</b>	<b>20%</b>	<b>20% east, to 40% west</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, dull, poor visibility over hills; risk whiteout if in cloud and snow. Locally brighter toward the north.	A few bright/sunny glimpses but often cloudy. Mixed visibility east, at times poor, better west, but also hazy.
<b>How Cold? (at 750m)</b>	-2C, rising to 0C or locally just above in the west. Wind chill feeling like -10 to -13C.	1 or 2C, though starting locally near to 0C. Feeling like -10C in direct wind.
<b>Freezing Level</b>	500m rising variably to 700-800m afternoon onward.	800m to start the day, lifting to the high summits or just above.

## Planning Outlook

## 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.

## Forecast issued at 16:12 on Wednesday, 28 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.