

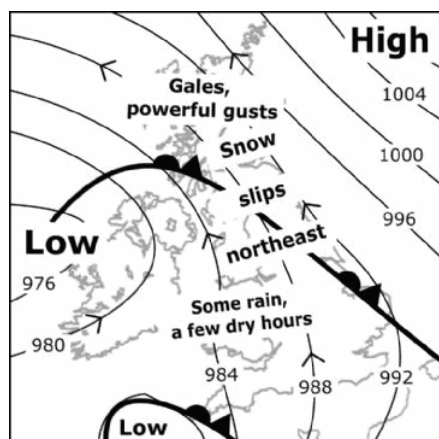
Southern Uplands

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, 30 January, 2026



British Mountain Summary:

Based on forecast chart for noon 30 January, 2026

Gales for northern England and Scotland all day with powerful gusts over tops and downslope to the northwest. Several hours of snow in these regions as well, passing from west-to-east with time, the snow level lifting to mid-slopes; northwest Scotland mostly dry and bright. Blustery in Wales, most of the rain south/east.

Headline for Southern Uplands

Gales early, easing; snow passes west to east

Detailed Forecast for Friday, 30 January, 2026

How windy? (On the summits) Effect of wind on you?	Southeasterly 40-45mph in the morning, strong gusts in the far west reaching 50mph or higher for a time. A risk of more powerful winds west afternoon. Generally easing, 30-40mph, strongest near coasts. Walking arduous in exposure all day with buffeting often challenging stability; balance will be challenging in gusts early in the day. Significant wind chill.
How wet? (Precipitation and its impact)	Morning snow west moves eastward Snow soon fairly widespread in Galloway to start the day, only patchy to the east (sleet/rain below 400m). The area of snow soon moves east, most high terrain in snow for several hours, then turning patchy in the west with consistent falls east. Snow level rises with time.
Cloud on the hills? Chance of cloud free summits?	Fairly extensive Shrouding most higher terrain, local variations, best of any breaks above 600m on hills around the M74 in the morning. Extensive cloud to middle or low slopes in southern Galloway in snow, this cloud moving east with the snow. 20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, dull, poor visibility over hills in snow and rain.
How Cold? (at 750m) Freezing Level	-2 or -3C, rising to 0C, locally 1C on hills towards Ayrshire. Wind chill feeling like -10 to -13C. 400-500m at dawn, gradually rising, approaching summit level afternoon or above in the west.

All mountain areas of Britain from Saturday, 31 January, 2026

Unsettled this weekend: often cloudy and patchy rain for most. Variable winds cause rapid local changes in cloud amounts, rain, and impact on walking. The freezing level may lift somewhat, isolating snowfalls to higher Scottish terrain. In the coming week, periods of precipitation and wind 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 precipitation northwestward. Hills in England and Wales may see a period of freezing levels above the summits as a southerly flow brings slightly milder air to the country. An indication of colder easterlies in February, though detail is very uncertain.

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.