

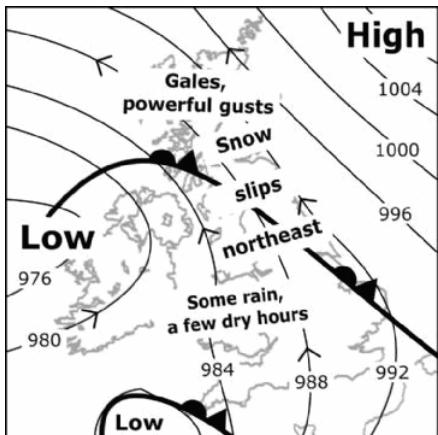
Southern Uplands

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)	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.
Effect of wind on you?	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?	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.
Chance of cloud free summits?	20%
Sunshine? Air clarity (below cloud)	Mostly cloudy, dull, poor visibility over hills in snow and rain.
How Cold? (at 750m)	-2 or -3C, rising to 0C, locally 1C on hills towards Ayrshire. Wind chill feeling like -10 to -13C.
Freezing Level	400-500m at dawn, gradually rising, approaching summit level afternoon or above in the west.

Southern Uplands - Looking Ahead

	Saturday 31 January	Sunday 1 February
How windy? (On the summits)	Detail uncertain: starting easterly 25-35mph. Trending towards lighter speeds in the range and shifting	Detail uncertain: southeasterly 25-35mph at first, becoming variable but generally southerly and easing, 15-25mph.
Effect of wind on you?	Strenuous walking in exposure with significant wind chill to start the day; effects tending to ease, though detail uncertain.	Be mindful of changing conditions: walking often impeded in high exposed terrain and feeling cool, but also fairly small at times.
How wet? (Precipitation and its impact)	Often raining, most east More often raining than not on hills near and east of the M74. Rain patchier to the west, though perhaps more frequent on upper terrain in the morning.,	Periods of rain Rain on-and-off for most mountains throughout the day, though falling for extended periods at times. Falling as sleet onto the high summits.
Cloud on the hills?	Fairly extensive on high terrain High terrain around and east of the M74 stays in cloud most of the day, bases as low as 500-600m in rain. Some breaks possible west but also filling in here for periods, lowest in south Galloway.	Variable, often covering high terrain Cloud covers the high tops most of the day, though a few odd breaks to summits are possible. Banks will lower as rain comes and goes, likely lowest in the south, down to middle slopes at times.
Chance of cloud free summits?	30%	40%
Sunshine? Air clarity (below cloud)	A few bright/sunny glimpses but often cloudy. Mixed visibility east, at times poor, better west, but also hazy.	Some glimpses of sun, best chance north. Good visibility but variable, turning poor in rain.
How Cold? (at 750m)	1 or 2C, though starting locally near to 0C. Feeling like -10C in direct wind.	0 or 1C, may rise slightly. Feeling as cold as -10C in strongest wind.
Freezing Level	700-800m to start the day, lifting to the high summits or just above.	Around 800m.

Planning Outlook

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.

Forecast issued at 15:56 on Thursday, 29 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.