

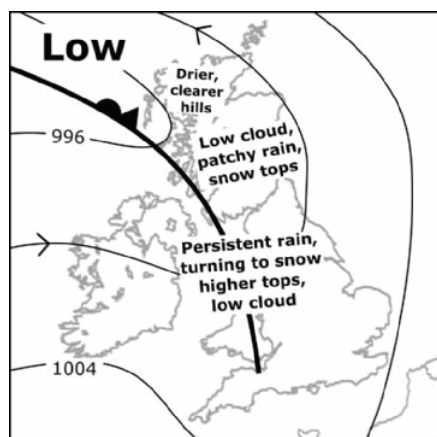
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Sunday, 1 February, 2026



British Mountain Summary:

Based on forecast chart for noon 1 February, 2026

Extensive low cloud and patchy areas of rain, or snow on higher mountains, merging into more constant precipitation from the west over England, Wales and southwest Scotland. Driest conditions for the coastal northwest Highlands. Improving afternoon for Wales. Variable winds, dropping fairly light Highlands.

Headline for Southern Uplands

Varied wind, becoming blustery with showery rain in west.

Detailed Forecast for Sunday, 1 February, 2026

How windy? (On the summits)	Southerly 10mph, occasionally 20mph.
Effect of wind on you?	Into afternoon, in Dumfries and Galloway, risk turning westerly 20-25mph, particularly more western hills.
How wet? (Precipitation and its impact)	Mostly fairly small, but may become more blustery with noticeable wind chill in west.
Cloud on the hills?	Showery rain most frequent west Patchy showery rain, snow on highest summits, locally frequent toward Solway coast and with time merging into more constant rain with heavier bursts over Galloway, turning to snow on highest tops above 700m, possible hail. Little toward Pentlands.
Chance of cloud free summits?	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, lowest in the south, down to middle slopes at times.
Sunshine? Air clarity (below cloud)	40%, dropping to 20% southwest areas
How Cold? (at 750m)	Some glimpses of sun, best chance north. Good visibility but variable, turning poor in rain.
Freezing Level	1 or 2C. Feeling as cold as -10C in strongest wind.
	800m to just above higher summits.

Southern Uplands - Looking Ahead

	Monday 2 February	Tuesday 3 February
How windy? (On the summits)	Easterly 20mph at dawn, gradually rising, reaching 30mph, later 40mph by dusk.	Easterly 35 to 50mph, very gusty in places around higher summits and on downslopes west of high terrain.
Effect of wind on you?	Walking gradually becoming more strenuous with considerable wind chill.	Challenging walking conditions over exposed terrain, gusts knocking you off balance; significant wind chill.
How wet? (Precipitation and its impact)	Most rain in the east Rain on-and-off in the east, may at times linger for extended periods. More patchy west with dry periods. Turning more to sleet/snow on some high tops in east, mostly above 600m.	Intermittent snow mostly east Snow most frequent over Cheviots and Borders hills, sleet or rain below 300-400m. A few flurries reach hills toward Moffat, but rare if any further west.
Cloud on the hills?	Most high tops in fog, most often low east High terrain under cloud most of the day, bases to middle slopes during rain, most consistently low around the Cheviot and east Borders. Best chance of higher breaks on hills facing Ayrshire.	Most persistent east Covering higher areas above 500-600m most eastern hills, locally lower in snow and easternmost slopes. Higher and more broken cloud westward, capping tops at times, clearest in Galloway.
Chance of cloud free summits?	30%	20% east, to 50% west.
Sunshine? Air clarity (below cloud)	Some sunny bursts on slopes towards the Central Belt but often cloudy. Variable visibility, often poor east but improving out of rain.	Glimpses of sun mostly west of M74, more frequent locally Galloway. Visibility good in west, hazier east, poor if in snow.
How Cold? (at 750m)	1C, later 0C, or -1C in east. Feeling like -10C in the wind.	-1C, to local +1C west. Wind chill feeling like -12 to -15C.
Freezing Level	Around 800m, tending to drop slightly, later 600m in east.	500 to 600m, but toward Galloway more variable and may be just above freezing toward some upper slopes.

Planning Outlook

All mountain areas of Britain from Monday, 2 February, 2026

Southeast then easterly winds will prevail during the week ahead, strong to gale force over many hills for sustained periods. From Monday into Tuesday onward, colder air temperature and lower freezing level again, leaving mountain terrain widely frozen from mid-elevations upward, or to lower slopes in eastern Scotland. Further snow will affect eastern mountains, with additional accumulations and drifting. Some periods of hill snow for England and Wales into midweek. Cold easterly patterns are expected to continue onward into mid February, though higher pressure to the north may see reduced precipitation amounts, always driest with highest cloud in west.

Forecast issued at 16:30 on Saturday, 31 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.