

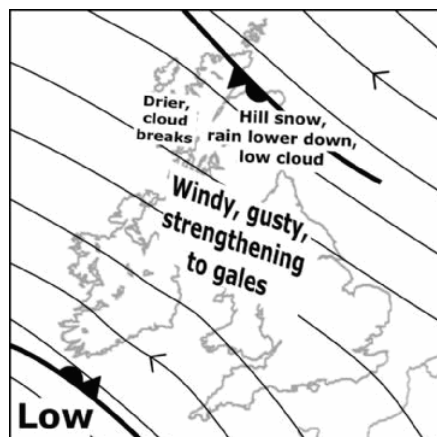
Southern Uplands

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 Monday, 2 February, 2026



British Mountain Summary:

Based on forecast chart for noon 2 February, 2026

Strong and gusty east-southeasterlies, gale-force in places, speeds generally increasing over England & Wales with time. Snow frequent or persistent for eastern Scottish hills, rain lower ground; whiteout over higher areas with blanket cloud. Largely dry west coasts with higher and more broken cloud.

Headline for Southern Uplands

Increasing gusty wind. Patchy rain mostly east, low cloud.

Detailed Forecast for Monday, 2 February, 2026

How windy? (On the summits)	Easterly 25 to 30mph, lowest speeds early morning, tending to rise gradually, later afternoon 40mph, stronger gusts by dusk, in places 50mph soon after sunset.
Effect of wind on you?	Walking gradually becoming more strenuous with considerable wind chill. Gusts later knocking you off balance.
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, intermittently dry. Turning more to sleet/snow on some high tops in east, mostly above 600m, or 400m into night.
Cloud on the hills?	Most high tops in fog, lowest cloud east High terrain shrouded most of the day, bases to middle slopes during rain, most consistently low around the Cheviot and east Borders. Best chance of higher breaks above 600m on hills facing Ayrshire in the afternoon.
Chance of cloud free summits?	10% east, to 30% west.
Sunshine? Air clarity (below cloud)	Glimpses of sun on slopes towards the Central Belt and west of M74 in afternoon, but often cloudy. Variable visibility, often poor east but improving out of rain.
How Cold? (at 750m)	1 or 2C, later 0C, or -1C in east. Feeling like -10C later -13C in the wind.
Freezing Level	Above freezing to most summits in morning, lowering from east to 800m into afternoon, tending to drop slightly, by dusk 600m in east, more widely into night.

Southern Uplands - Looking Ahead

	Tuesday 3 February	Wednesday 4 February
How windy? (On the summits) Effect of wind on you?	Easterly 35 to 50mph, very gusty in places around higher summits and on downslopes west of high terrain. Challenging walking conditions over exposed terrain, gusts knocking you off balance; significant wind chill.	East turning south to southeasterly 20 to 30mph, risk gusty 40mph early in day. Blustery, possibly strenuous walking at least in morning, considerable wind chill; some improvement.
How wet? (Precipitation and its impact)	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.	Snow becoming sleet or rain Snow fairly widely over the hills from dawn, sleet or rain below 400m, but becoming wetter with time higher up during day, rain most persistent eastern hills, patchier westwards, may start to fade later.
Cloud on the hills?	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.	Fairly extensive, lowest east/south Cloud shrouding many hills, from mid or lower slopes upward in eastern areas, also near Solway if wind turns to south. Higher bases northwestwards, some local breaks toward upper slopes.
Chance of cloud free summits?	20% east, to 50% west.	20%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly west of M74, more frequent locally Galloway. Visibility good in west, hazier east, poor if in snow.	Overcast and dull or misty most areas.
How Cold? (at 750m) Freezing Level	-1 or -2C. Wind chill feeling like -12 to -15C. 400-500m, but toward Galloway locally more variable on some higher slopes.	-1C, rising to +1C later. Wind chill feeling like -10C. 500m rising to higher slopes, perhaps just above higher tops later in day.

Planning Outlook**All mountain areas of Britain from Tuesday, 3 February, 2026**

Easterly winds prevail this week, strong to gale force over many hills for sustained periods. Freezing levels will vary, but in the Highlands rarely above 800m away from the west coast, at times sub-zero from 400-500m upward. In England and Wales only occasionally dropping below 600m, and at times just above freezing to high tops. Further snow focused on eastern Scottish mountains, with additional accumulations and drifting; very little further west. Some periods of hill snow for England and Wales during 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 16:26 on Sunday, 1 February, 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.