

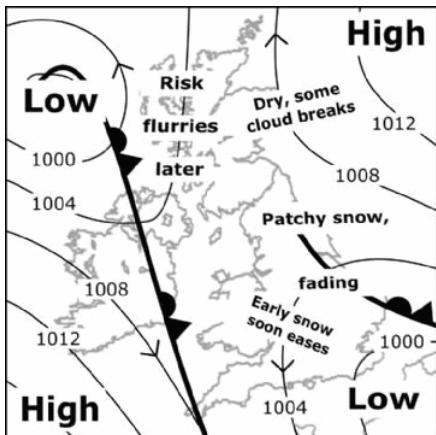
# Southern Uplands

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, 19 February, 2026



### British Mountain Summary:

Based on forecast chart for noon 19 February, 2026

Most mountain terrain remains frozen. Gusty southeasterly wind with significant chill factor. Some snow flurries towards southwest of Highlands with low cloud banks, clearer northward. Light snow fading Peak District and Pennines, low cloud persists here. Generally dry Wales but increasingly windy.

### Headline for Southern Uplands

Strong wind. Varied cloud, patchy flurries.

## Detailed Forecast for Thursday, 19 February, 2026

How windy? (On the summits)	Southeasterly 25-35mph, gusty; a gradual southerly trend with time and trending towards lighter speeds, but later may increase again later in western areas.
Effect of wind on you?	<b>Walking arduous to start the day, effects easing but walking remains strenuous with buffeting and significant wind chill.</b>
How wet? (Precipitation and its impact)	<b>Little precipitation</b> Some patchy light sleet, snow over hills above 500m, mainly southern areas, amounting to little in total.
Cloud on the hills?	<b>Varied cloud banks may linger</b> Uncertain extent of low cloud, some hills may be largely clear for periods, especially toward the north, but risk of lingering cloud banks, which may fill in above 500m in southern areas, possibly lower near coast.
Chance of cloud free summits?	<b>40%</b>
Sunshine? Air clarity (below cloud)	Fairly cloudy overall, some brighter areas mainly toward central belt with some sun. Varied visibility, rather hazy, some mistier spots south, locally good below cloud.
How Cold? (at 750m)	-2 or -3C from dawn, lifting slightly, to -1C but local variability is likely. Feeling like -10 to -12C in direct wind.
Freezing Level	200-300m from dawn, lifting to 500-600m, though higher thaws possible on aspects near Central Belt.

## Southern Uplands - Looking Ahead

	Friday 20 February	Saturday 21 February
<b>How windy? (On the summits)</b>	South-southwesterly 30-40mph, strongest west and becoming more widely near 40-50mph and gusty.	Southwesterly 30 to 45mph; gales up to dawn may briefly lessen, then tending to re-strengthen during day from west.
<b>Effect of wind on you?</b>	<b>Arduous walking with significant wind chill; stability constantly challenged. A deteriorating trend is possible.</b>	<b>Expect strenuous walking over the hills all day, increasingly arduous, perhaps a brief relative lull in morning.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Periods of steady rain</b> Areas of rain pass east through the day, setting in for hours at a time; falling as snow early, but the rain level rising. Best dry periods to the northeast. Galloway to Moffat hills drizzly between rain.	<b>Rain and drizzle</b> Rain on and off, persistently drizzly at least western areas, some steadier rain likely setting in, becoming heavier with time. Patchier toward the Lothians.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b>  Cloud likely shrouds the high tops all day, filling in extensively to middle slopes during periods of rain, but breaks to high terrain or locally to some summits during breaks in rain. Southwestern aspects will see the most persistent cloud.	<b>Extensive</b>  Blanketing the hills all day, from lower elevations upward near/west of the M74, rarely above 400-500m. Higher bases to 600m Borders to Pentlands.
<b>Chance of cloud free summits?</b>	<b>30%</b>	<b>10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy but some bright/sunny breaks will come and go, best towards the Central Belt. Variable visibility, very good when out of cloud and rain.	Overcast and dull, locally brighter skies for a time eastern areas. Hazy, visibility widely poor in rain.
<b>How Cold? (at 750m)</b>	0C from dawn, lifting to 3 or 4C. Feeling like -5 to -10C in direct wind.	5 or 6C. Where exposed to stronger winds on tops, feeling like -7C.
<b>Freezing Level</b>	600-700m, though variable, some low slope frosts at dawn; rising with time above the summits.	Above the summits.

## Planning Outlook

## All mountain areas of Britain from Friday, 20 February, 2026

Toward the weekend, a switch to southwesterly winds, bringing milder conditions - lifting above freezing to tops in England and Wales with substantial thawing, and generally higher freezing levels in Scotland; periods of thawing to Munro summits will occur but also further snowfall and refreezing on higher terrain during the day-to-day variability of precipitation and freezing levels onward into early next week. Often windy with periods of upland gales. Some spells of heavy rain over all western hills and low cloud frequently covering the hills.

## Forecast issued at 16:29 on Wednesday, 18 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.