

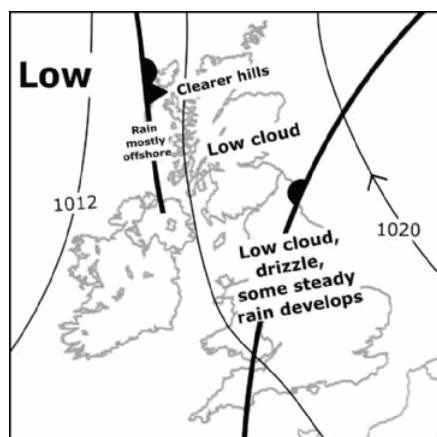
# Southern Uplands

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, 18 January, 2026



### British Mountain Summary:

**Based on forecast chart for noon 18 January, 2026**

Cloudy and damp air over many hills, more persistent rain and drizzle develops over northern England and east Wales. Clearer toward north-northwest Scotland. Near or below freezing on Scottish mountains. South to southeasterly winds, gusty in places; strongest toward Skye.

### Headline for Southern Uplands

Moderate wind, locally gusty. Lowest cloud south, rain later east.

## Detailed Forecast for Sunday, 18 January, 2026

|   |   |
|---|---|
| <b>How windy? (On the summits)</b>                | South to southeasterly 20 to 25mph, gusty 30mph around higher western tops.   |
| <b>Effect of wind on you?</b>                     | <b>Blustery in exposure on tops, may affect ease of walking in places, giving marked wind chill.</b>  |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Patchy light rain, wetter later east</b><br>Local patchy rain over Galloway hills, snow grains on higher slopes, odd flurries. During afternoon, light rain moves into Cheviots from the south, steadier and more persistent by dusk onward. |
| <b>Cloud on the hills?</b>                        | <b>Varied low cloud</b><br>Banks of low cloud in places from mid-slopes upward, particularly on southern slopes nearer the Solway and Cheviots, covering some hills all day. Some breaks above 600m typically best toward the north.            |
| <b>Chance of cloud free summits?</b>              | <b>20%</b>  |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Glimpses of sun mainly Pentlands, locally toward Ayrshire.<br>Largely overcast, dull, misty to many mid-levels or some lower slopes; better toward the central belt.  |
| <b>How Cold? (at 750m)</b>                        | 1 or 2C.<br>Feeling like -7C directly in the wind.  |
| <b>Freezing Level</b>                             | Near to freezing on higher slopes, high terrain at least partly frozen.   |

## Southern Uplands - Looking Ahead

|   | Monday 19 January  | Tuesday 20 January  |
|---|--|---|
| <b>How windy? (On the summits)</b>                | South to southeasterly 15 to 20mph, gusty 25mph in places around some high tops.   | Southeasterly 25 to 40mph, strongest Galloway, tending to strengthen widely.  |
| <b>Effect of wind on you?</b>                     | <b>Small effect on walking, but noticeable chill on higher terrain.</b>  | <b>Strenuous walking over most higher terrain, gusts affecting balance in places; marked wind chill.</b>                    |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>A little rain</b><br>Patchy rain, may fall as sleet on higher slopes, amounts generally small.  | <b>Patchy rain, risk wetter west</b><br>Rain on and off, risk more persistent over Galloway hills, may be heavier at times. |
| <b>Cloud on the hills?</b>                        | <b>Extensive, lowest south</b><br><br>Low cloud shrouding the hills widely, from low to mid-slopes upward especially in southern areas. Some higher bases and local breaks toward the north. | <b>Fairly extensive</b><br><br>Covering many hills throughout the day, lowest near Solway, some breaks in north.            |
| <b>Chance of cloud free summits?</b>              | <b>20%</b>   | <b>30%</b>  |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Rare if any weak sun.<br>Generally dull, misty across hills, hazy lower down, especially south.  | Generally cloudy and dull.<br>Hazy or misty over most hills, some good visibility lower slopes if dry.                      |
| <b>How Cold? (at 750m)</b>                        | 1 or 2C.<br>Feeling like -5 to -8C directly in the wind.   | 2C.<br>Wind chill feeling like -10C.  |
| <b>Freezing Level</b>                             | Just above freezing on most high tops, but terrain partly frozen.  | Above the summits.  |

## Planning Outlook

### All mountain areas of Britain from Monday, 19 January, 2026

South to southeasterly winds prevail into the new week, trending more easterly in Scotland, widely strengthening to become persistently windy, gales over mountains with powerful gusts. Mountains staying near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. Initially weak fronts try to push in from the west bringing occasional rain and high-level snow, then some more persistent falls later in the week; generally driest in northwest Scotland. Colder air trying to move in from the east into later January, leaving most mountain terrain frozen in the longer range.

### Forecast issued at 15:30 on Saturday, 17 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.