

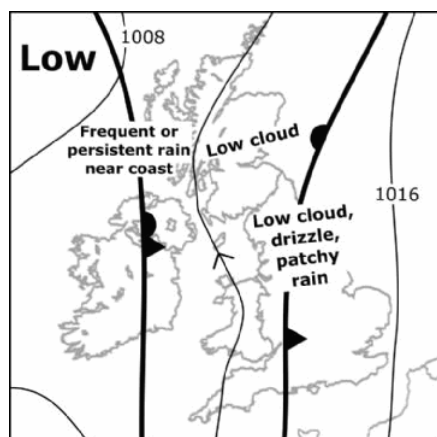
Southern Uplands

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 Monday, 19 January, 2026



British Mountain Summary:

Based on forecast chart for noon 19 January, 2026

Rain near the west coast of Scotland, largely dry inland, but low cloud covering southern Highlands widely, higher and more broken cloud northward. Rain or drizzle and blanket fog over the Pennines, drier for Lakes and Wales, with best cloud breaks northern areas. Southerly winds strongest N/W Scotland, gusty.

Headline for Southern Uplands

Gusty wind in west. Lowest cloud south, largely dry.

Detailed Forecast for Monday, 19 January, 2026

How windy? (On the summits)	South to southeasterly 15 to 20mph, gusty 25mph in places around some high tops, strongest western hills.
Effect of wind on you?	Small effect on walking, more blustery in places western hills, noticeable chill on higher terrain.
How wet? (Precipitation and its impact)	Small amounts rain, if any Little if any rain many areas, but feeling damp where in cloud. Patchy rain over Cheviots at times. Local showers west Galloway early morning.
Cloud on the hills?	Extensive, lowest south Low cloud shrouding the hills widely, from low to mid-slopes upward especially in southern areas. Higher bases and local breaks to upper slopes toward the north.
Chance of cloud free summits?	20%
Sunshine? Air clarity (below cloud)	Rare if any weak sun. Generally dull, misty across hills, hazy lower down, especially south.
How Cold? (at 750m)	1 or 2C. Feeling like -5 to -8C directly in the wind.
Freezing Level	Just above freezing on most high tops, but terrain partly frozen.

Southern Uplands - Looking Ahead

	Tuesday 20 January	Wednesday 21 January
How windy? (On the summits) Effect of wind on you?	Southeasterly 25 to 40mph, strongest Galloway, risk 50mph, tending to strengthen widely. Strenuous walking over most higher terrain, gusts affecting balance in places; marked wind chill.	Southeasterly 35 to 50mph, speed likely to vary during the day. Walking arduous over exposed terrain, gusts frequently knocking you off balance. Significant wind chill.
How wet? (Precipitation and its impact)	Patchy rain, risk wetter west Rain on and off, risk more persistent over Galloway hills, may be heavier at times.	Frequent or persistent rain Rain on and off at least, some more constant steady rain, particularly southern areas, sleet or wet snow highest tops; smaller amounts toward the central belt.
Cloud on the hills?	Fairly extensive Covering many hills throughout the day, lowest near Solway, some breaks in north. Some improvement possible around Cheviots with time.	Fairly extensive Covering the hills widely, from 400 to 600m upward, most persistent southern hills, some higher breaks toward the north.
Chance of cloud free summits?	30%	20%
Sunshine? Air clarity (below cloud)	Generally cloudy and dull. Hazy or misty over most hills, some good visibility lower slopes if dry.	Overcast and dull, poor visibility in rain, locally better at times north.
How Cold? (at 750m) Freezing Level	2C. Wind chill feeling like -10 to -13C. Above the summits.	1C. Wind chill feeling like -10 to -13C where exposed on higher areas. Close to freezing on higher tops around 800m.

Planning Outlook**All mountain areas of Britain from Tuesday, 20 January, 2026**

South to southeasterly winds prevail during the week ahead, widely strengthening to become persistently windy, gales over mountains with powerful gusts. Mountains near to freezing point in Scotland, typically just above freezing to high tops in England and Wales for a few days. A slowly circulating weather system will bring areas of rain and high-level snow, becoming more persistent as the week progresses, cloud covering most hills; generally driest and clearest 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 16:17 on Sunday, 18 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.