

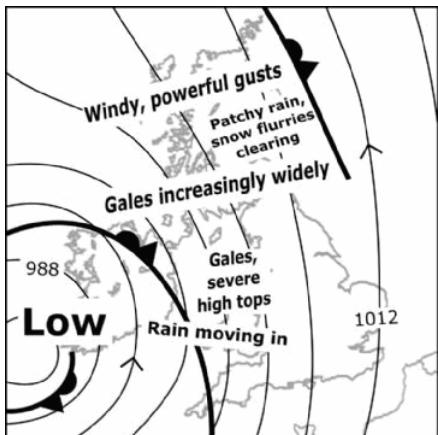
# Southern Uplands

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 Tuesday, 20 January, 2026



### British Mountain Summary:

Based on forecast chart for noon 20 January, 2026

Strong southeasterlies, gusting gale-force Scottish mountains, strengthening widely. Gales all day for Wales, severe on high tops, increasingly northern England also. Some light rain and hill snow flurries, mostly eastern Scotland, fading with rising cloud base. Heavier rain develops in south Wales.

### Headline for Southern Uplands

Windy, becoming gales. Early low cloud, patchy rain, improving.

## Detailed Forecast for Tuesday, 20 January, 2026

|  |  |
|--|--|
| How windy? (On the summits)            | Southeasterly 25 to 40mph in morning, strongest Galloway, tending to strengthen widely to reach 50mph into afternoon, or by middle of day in far southwest.  |
| Effect of wind on you?                 | <b>Strenuous walking becoming increasingly difficult over most higher terrain, gusts affecting balance in places; marked wind chill.</b>   |
| How wet?                               | <b>Patchy rain fades most areas</b><br>Rain on and off, more persistent over Galloway hills early in the day, but fading to become more often dry all areas.<br>During afternoon, risk rain moving into far southwest, but most places stay dry. |
| Cloud on the hills?                    | <b>Fairly extensive morning, lifting</b><br>Covering many hills early morning, lowest near Solway, but rising bases during morning with breaks forming toward many tops. Patches likely to come and go in Galloway into afternoon.               |
| Chance of cloud free summits?          | <b>30% rising to 70%</b>   |
| Sunshine?<br>Air clarity (below cloud) | Generally cloudy and dull start, improving with some sun breaking through, good visibility.  |
| How Cold? (at 750m)                    | 2C.<br>Wind chill feeling like -10 to -13C.  |
| Freezing Level                         | Above the summits.   |

## Southern Uplands - Looking Ahead

|   | Wednesday 21 January  | Thursday 22 January  |
|---|---|--|
| <b>How windy? (On the summits)</b>                | Southeasterly 30 to 45mph, speed likely to vary during the day, possibly lower speeds for a time.   | Easterly 40 to 50mph, stronger gusts in places near and west of higher tops.   |
| <b>Effect of wind on you?</b>                     | <b>Walking arduous over exposed terrain, at times gusts knocking you off balance. Significant wind chill.</b>   | <b>Challenging conditions, difficult in exposure and gusts knocking you off balance not just on tops. Significant wind chill.</b>  |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Frequent or persistent rain</b><br>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. | <b>Rain and hill snow, most in east</b><br>Frequent or persistent rain over eastern areas, increasingly snow over hills above 500-600m, perhaps lower later. Patchier rain and snow flurries westward. |
| <b>Cloud on the hills?</b>                        | <b>Fairly extensive</b><br>Covering the hills widely, from 400 to 600m upward, most persistent southern hills, some higher breaks toward the north.   | <b>Varied over tops</b><br>Often covering higher fells, bases around 600-700m, at times lower in Cheviots, also nearest the Solway, but some breaks higher up toward and west of Beattock summit.      |
| <b>Chance of cloud free summits?</b>              | <b>20%</b>  | <b>30%</b>   |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Overcast and dull, poor visibility in rain, locally better at times north.  | Largely cloudy, some brighter moments toward Ayrshire. Visibility poor in precipitation, a general haze, locally better west.  |
| <b>How Cold? (at 750m)</b>                        | 1C.<br>Wind chill feeling like -10 to -13C where exposed on higher areas.   | +1C in west, dropping to 0 or -1C.<br>Wind chill feels as cold as -15C.  |
| <b>Freezing Level</b>                             | Close to freezing on higher tops around 800m.   | Western tops start above freezing, here variable all day, but likely to lower from east toward 600m, or lower later in east.   |

## Planning Outlook

## All mountain areas of Britain from Wednesday, 21 January, 2026

Strong east to southeasterlies continue beyond midweek, sustained gales over most mountains with powerful gusts downslope toward west. Near or just below freezing on higher tops - colder air is likely to move into Scotland at least late in the week, much mountain terrain then frozen with severe chill factor. Scope for substantial snowfalls over eastern Scottish hills later this week. Sleet or snow mostly higher tops in England and Wales, may fall lower over the weekend. Low cloud often covering many hills across Britain, clearer and drier toward western coasts. Circulating low pressure and cold air likely into next week, with further snowfalls likely.

## Forecast issued at 16:30 on Monday, 19 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.