

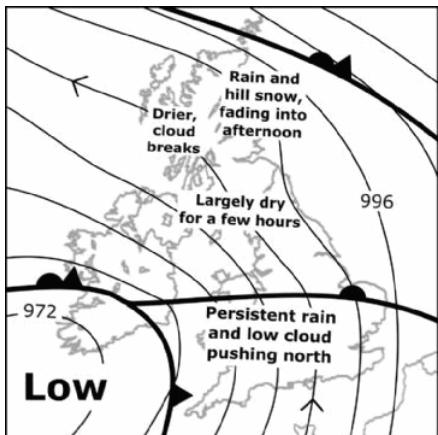
Southern Uplands

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 Wednesday, 21 January, 2026



British Mountain Summary:

Based on forecast chart for noon 21 January, 2026

Rain and hill snow in eastern Scotland in the morning tends to ease off; largely dry toward west. E-SE'ly gales in north, lower wind speeds S & W Highlands, but increasing again later.

In England & Wales, upland gales all day, rain and initially snow on tops extending north, becoming milder from the south.

Headline for Southern Uplands

Increasingly windy. Dry until later, patchy cloud.

Detailed Forecast for Wednesday, 21 January, 2026

How windy? (On the summits)	Southeasterly 20-30mph early in day, strengthening to easterly 40mph afternoon, 50mph in places up to dusk, increasingly very gusty, to some downslopes in west.
Effect of wind on you?	Moderate conditions for a few hours, but blustery then increasingly walking becoming arduous over exposed terrain, later gusts knocking you off balance. Wind chill significant later.
How wet? (Precipitation and its impact)	Much of daylight dry, but rain later Rain up to dawn breaks up and fades to be largely dry morning into middle of day, perhaps well into afternoon, but with time pulses of rain returning from the south later, more persistent and heavier into evening.
Cloud on the hills?	Lifting and breaking to some tops Varied cloud banks in the morning, mostly on south-facing aspects, will tend to rise and break, clearing many hills for several hours, best in central and northern areas, though patches may remain on Cheviots and in Galloway. Late in day, lowering cloud widely.
Chance of cloud free summits?	50%
Sunshine? Air clarity (below cloud)	Cloud breaking to give some sunshine, best in central areas near M74 and northward. Visibility very good out of cloud.
How Cold? (at 750m)	1C, then rising to 3 or 4C after dark. Wind chill later feeling like -10 to -13C where exposed on higher areas.
Freezing Level	Close to freezing on higher tops around 800m; rising well above tops evening into night.

Southern Uplands - Looking Ahead

	Thursday 22 January	Friday 23 January
How windy? (On the summits)	Easterly 40 to 50mph, stronger gusts in places near and west of higher tops.	East-southeasterly 40 to 45mph, stronger gusts in places near and west of higher tops.
Effect of wind on you?	Challenging conditions, difficult in exposure and gusts knocking you off balance not just on tops. Significant wind chill.	Arduous conditions, challenging in exposure, gusts knocking you off balance (not just on tops). Significant wind chill.
How wet? (Precipitation and its impact)	Rain and hill snow, most in east Frequent or persistent rain over eastern areas, increasingly snow over hills above 500-600m, perhaps lower later. Patchier rain and snow flurries westward.	Rain and hill snow east, patchier west Frequent snow above 500m in the east, rain or sleet below this level. Rain on and off further west with snow flurries on high terrain.
Cloud on the hills?	Varied over tops 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.	Varied over tops Often covering higher slopes, bases around 400-500m, at times lower in Cheviots, also nearest the Solway, but some breaks higher up toward and west of Beattock summit.
Chance of cloud free summits?	30%	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, some brighter moments toward Ayrshire. Visibility poor in precipitation, a general haze, locally better west.	Largely cloudy, some brighter moments toward Ayrshire. Visibility poor in precipitation, a general haze, locally better west.
How Cold? (at 750m)	2C, may drop to 0C in east. Wind chill feels as cold as -13C.	+1C in west, 0C east, dropping a degree widely with time. Wind chill feels as cold as -15C.
Freezing Level	Above freezing on most tops, but may drop just below zero on eastern summits with time.	Near or just above summits to start the day, lowering from the east, to 700-800m, locally lower Cheviots/Lothians.

Planning Outlook

All mountain areas of Britain from Thursday, 22 January, 2026

Sustained gale force easterlies over most mountains later this week, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland Thursday-Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow; colder further south over the weekend. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

Forecast issued at 16:30 on Tuesday, 20 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.