

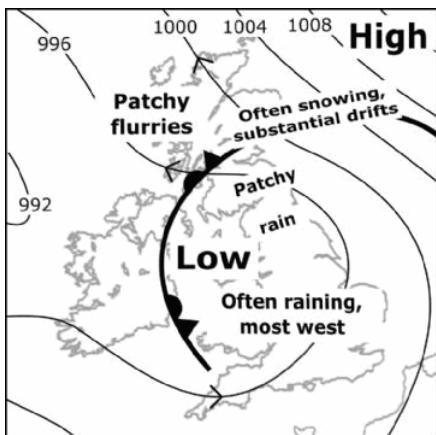
Southern Uplands

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 Saturday, 31 January, 2026



British Mountain Summary:

Based on forecast chart for noon 31 January, 2026

Winter conditions on most high mountains; deep snow and large drifts in central/east Scotland, whiteout conditions in fog. Mostly dry NW Scotland. Morning rain in south Scotland and England trends patchy, often dry south Pennines. Often raining in Wales, most on western slopes. Freezing levels rise towards upper slopes.

Headline for Southern Uplands

Morning rain trends patchy to often dry; blustery but easing

Detailed Forecast for Saturday, 31 January, 2026

How windy? (On the summits)	Starting easterly 30-35mph, shifting southeasterly and easing, 20-30mph, lightest wind in the east.
Effect of wind on you?	Strenuous walking in exposure with significant wind chill to start the day; effects tending to ease, turning fairly small in the east.
How wet?	Patchy rain (sleet on the high tops), driest middle of the day
(Precipitation and its impact)	Patchy rain drifts onto the hills from the south through morning, may fall as sleet onto the highest summits; generally lighter and less frequent for a few hours in the afternoon but risk of returning more frequent later.
Cloud on the hills?	Fairly extensive on high terrain Cloud most extensive early and late in the day, high terrain covered with bases approaching 600m or lower on southern slopes during precipitation. More broken for several hours, locally to summits, but high terrain often capped in cloud.
Chance of cloud free summits?	40%
Sunshine?	A few bright/sunny glimpses but often cloudy.
Air clarity (below cloud)	Mixed visibility, at times poor but local improvements out of rain.
How Cold? (at 750m)	1 or 2C, though starting locally near to 0C. Feeling like -10C in direct wind.
Freezing Level	800-900m, lifting above the summits. Some frozen/icy patches on high tops possible.

Southern Uplands - Looking Ahead

	Sunday 1 February	Monday 2 February
How windy? (On the summits)	Southeasterly 20-25mph, trending southerly and easing, largely 15mph or less, though some variability west.	Southeasterly 15-20mph, gradually rising, reaching 30-40mph by dusk. Always lighter winds west, starting variable 10mph.
Effect of wind on you?	Be mindful of changing conditions: walking at times impeded on west high terrain, but trending towards small effects.	Walking gradually becoming strenuous with wind chill in the east; effects stay fairly small in the west much of the day.
How wet? (Precipitation and its impact)	Periods of rain Rain on-and-off for most mountains throughout the day, best chance of dry weather around midday before rain arrives from the west. Falling as sleet onto the high summits.	Most rain in the east Rain on-and-off in the east, may at times linger for extended periods. More patchy west with dry periods. May fall as sleet/snow on some high tops.
Cloud on the hills?	Variable, often covering high terrain Cloud covers the high tops most of the day, though a few odd breaks to summits are possible. Banks will lower as rain comes and goes, likely lowest in the south, down to middle slopes at times.	Most high tops in fog, most often low east High terrain under cloud most of the day, bases to middle slopes during rain, most consistently low around the Cheviot and east Borders. Best chance of higher breaks on hills facing Ayrshire.
Chance of cloud free summits?	40%	30%
Sunshine? Air clarity (below cloud)	Some glimpses of sun, best chance north. Good visibility but variable, turning poor in rain.	Some sunny bursts on slopes towards the Central Belt but often cloudy. Variable visibility, often poor east but improving out of rain.
How Cold? (at 750m)	1 or 2C. Feeling as cold as -10C in strongest wind.	0 or 1C most of the day, may be locally cooler west to start. Feeling like -10C to -13C in the wind.
Freezing Level	800-900m. A chance of freezing temperatures locally lower late in the day.	Poorly defined and variable, likely just highest summits but some mid-slopes to freezing early in the west.

Planning Outlook

All mountain areas of Britain from Sunday, 1 February, 2026

Unsettled weather persists through the late weekend and into next week: a southerly flow is dominant through Monday, lifting freezing levels and bringing precipitation to most mountain groups through the early week. The Munros will likely stay below freezing; precipitation will continue to fall as snow on high terrain: snowdrifts from the Cairngorms to central and southern Highlands with a continued risk of flooding here. Gales are likely as well.

Southeasterly winds will tend to re-establish later in the week, lowering freezing levels and drawing cloud and precipitation into the Pennines and eastern Scotland, the snow level dropping to middle elevations with time. Cloud and precipitation more patchy in the west with the brightest skies northwest of high summits.

Forecast issued at 16:30 on Friday, 30 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.