

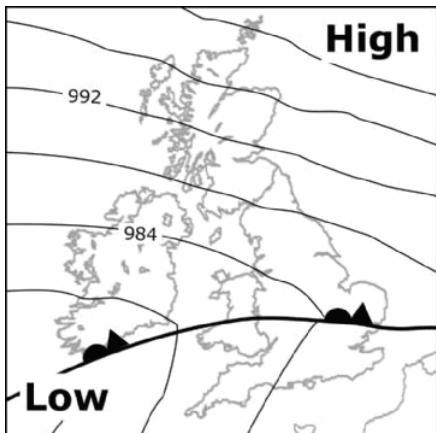
# Southern Uplands

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 Friday, 6 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 6 February, 2026

Widely very poor conditions on the hills: upland gales, and persistent fog and rain, or on higher areas (widely Scottish Highlands) snow. But western Scotland, mainly westernmost slopes, often dry with higher cloud base (sometimes clearing). Wales: some improvement from south during day.

### Headline for Southern Uplands

Upland gales; rain and on higher tops snow. Persistent fog.

## Detailed Forecast for Friday, 6 February, 2026

How windy? (On the summits)	Easterly 40 to locally 55mph, powerful gusts around higher mountains and particularly downslope (west) of major ridges and summits.
Effect of wind on you?	<b>Challenging conditions, difficult mobility over higher tops, buffeting gusts knocking you off balance. Significant wind chill.</b>
How wet? (Precipitation and its impact)	<b>Rain and snow - mostly dry at first near and west of M74</b> Frequent or persistent rain, or above 450, later 550m snow - although often dry morning near and west of M74.
Cloud on the hills?	<b>Persistent blanket of fog</b> Persistent cloud base at or below 350m most of region. Near and west of M74, breaks to 600m morning, but cloud base dropping in rain.
Chance of cloud free summits?	10%
Sunshine? Air clarity (below cloud)	Dull and hazy at best - very poor visibility in snow.
How Cold? (at 750m)	-1 or -2C, locally just above 0C west Galloway. Will feel as cold as -15C directly in the wind.
Freezing Level	450m, tending to rise marginally through day. A little higher west Galloway.

## Southern Uplands - Looking Ahead

	Saturday 7 February	Sunday 8 February
<b>How windy? (On the summits)</b>	Easterly 20 to 30mph, easing to south-easterly 15 to 20mph.	Southerly typically 15 to 20mph possibly 25mph at times.
<b>Effect of wind on you?</b>	<b>Becoming mostly small</b>	<b>Mostly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patches of light rain or flurries on tops.</b> May well be often dry, if not in the west completely dry. However, scope for patches of light rain here and there, with flurries over the tops in morning.	<b>Occasional rain</b> Rain and drizzle now and again.
<b>Cloud on the hills?</b>	<b>Extensive</b>  Widespread fog above 200 to 450m, although near and west of M74, most cloud may be above 450 to perhaps 600m by afternoon.	<b>All or nearly all summits persistently covered.</b>  Persistent fog most of region, but by afternoon perhaps a few breaks to 600m and here and there higher slopes briefly clearing or between cloud layers.
<b>Chance of cloud free summits?</b>	<b>10%</b>	<b>Less than 10%</b>
<b>Sunshine?</b> Air clarity (below cloud)	No sun expected.  Murky with poor visibility in any patchy precipitation.	Widely dull, misty or murky.
<b>How Cold? (at 750m)</b>	-1C lifting to plus 1C.	2C
<b>Freezing Level</b>	600-700m, lifting above the summits by afternoon.	Above the summits.

## Planning Outlook

## All mountain areas of Britain from Saturday, 7 February, 2026

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (although lower total rainfall in eastern Scotland and Wales than recently) and often strong southeast or easterly wind. However, a slight rise in temperature will result in thawing of lying snow from southern Scotland southwards and some thawing up to around 900, sometimes 1050m Scottish Highlands - although the chance of the return of low freezing level toward the middle of next week.

## Forecast issued at 12:26 on Thursday, 5 February, 2026

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