

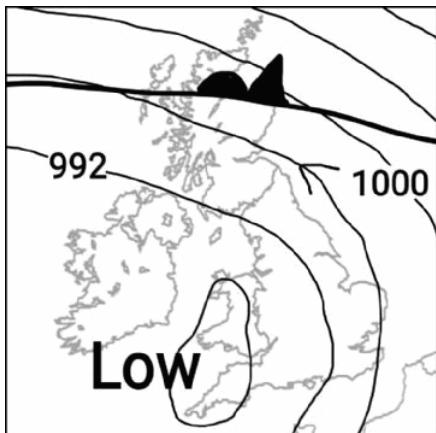
# Southern Uplands

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, 7 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 7 February, 2026

Continuing with the east to south-easterly airflow with hills shrouded in extensive low cloud with widely murky conditions. Patchy snow across the Highlands tending to ease, best breaks again toward the northwestern coasts of Scotland. Showery rain extending north through Wales into northern England.

#### Headline for Southern Uplands

## Detailed Forecast for Saturday, 7 February, 2026

How windy? (On the summits)	Easterly 20 to 30mph, easing to south-easterly 15 to 20mph.
Effect of wind on you?	Becoming mostly small
How wet? (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.
Cloud on the hills?	<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.
Chance of cloud free summits?	10%
Sunshine? Air clarity (below cloud)	No sun expected. Murky with poor visibility in any patchy precipitation.
How Cold? (at 750m)	-1C lifting to plus 1C.
Freezing Level	600-700m, lifting above the summits by afternoon.

## Southern Uplands - Looking Ahead

	<b>Sunday 8 February</b>	<b>Monday 9 February</b>
<b>How windy? (On the summits)</b>	Southerly typically 15 to 20mph possibly 25mph at times.	South-easterly 15 to 25mph.
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Mostly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional rain</b> Rain and drizzle now and again.	<b>Patches or spots of rain here and there</b> Within an overcast environment, here and there patches, or occasional spots, of rain, particularly hills near and east of the M74 and down towards the Solway.
<b>Cloud on the hills?</b>	<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>Extensive</b>  Hill fog is once again expected to be extensive across all areas. Highest bases hills nearest central belt, but even there covering tops, but fleeting if any breaks.
<b>Chance of cloud free summits?</b>	<b>Less than 10%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Widely dull, misty or murky.	Overcast.  General haze, extensive areas of mist and murk.
<b>How Cold? (at 750m)</b>	2C	2C
<b>Freezing Level</b>	Above the summits.	Above the summits

**Planning Outlook****All mountain areas of Britain from Sunday, 8 February, 2026**

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (again concentrated on eastern Scotland and southern and eastern Wales) 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 return of low freezing level toward the middle of next week.

**Forecast issued at 15:01 on Friday, 6 February, 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.