

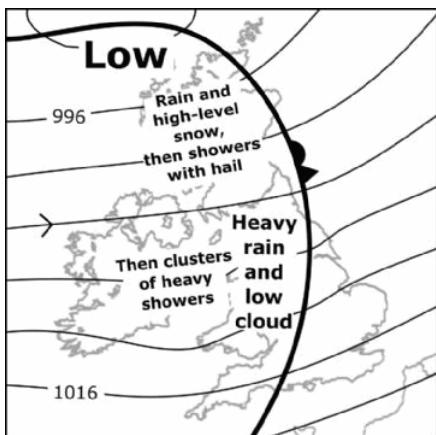
# Southern Uplands

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, 20 February, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 20 February, 2026

Extensive gale-force southwesterlies. A rise of freezing level toward higher tops in Scotland, where early hill snow soon turns mostly to rain. Lifting above freezing to highest tops in England & Wales by dawn, a few hours of heavy rain. Clusters of heavy showers follow into all western areas with hail, a chance of thunder.

#### Headline for Southern Uplands

Upland gales. Persistent rain then showery.

## Detailed Forecast for Friday, 20 February, 2026

How windy? (On the summits)	South-southwesterly 35 to 45mph, peak speeds fluctuate during day, but at times more widely near 50mph and gusty; shifting westerly later in day.
Effect of wind on you?	<b>Arduous walking with significant wind chill; stability constantly challenged.</b>
How wet?	<b>Rain then showers, heavy bursts</b>
(Precipitation and its impact)	Persistent rain sweeps in from west from dawn, briefly sleet on high tops, heaviest over Dumfries and Galloway, but extending east across all areas for a few hours. Then breaking into showers, these clustering again into more frequent rain passing eastwards in afternoon, heavy bursts with hail, chance isolated thunder.
Cloud on the hills?	<b>Fairly extensive</b> Cloud likely shrouds the high tops all day, filling in extensively to middle slopes during periods of rain, but breaks to high terrain or locally to some summits during breaks in rain. Southwestern aspects will see the most persistent cloud.
Chance of cloud free summits?	30%
Sunshine? Air clarity (below cloud)	Mostly cloudy but some bright/sunny breaks will come and go, best towards the Central Belt. Variable visibility, very good when out of cloud and rain.
How Cold? (at 750m)	0C at dawn in east, soon lifting to 3 or 4C. Feeling like -5 to -10C in direct wind.
Freezing Level	Around 700m at first, though variable, patchy frost Borders at dawn. Soon rising from west, with time above all summits.

## Southern Uplands - Looking Ahead

	Saturday 21 February	Sunday 22 February
<b>How windy? (On the summits)</b>	Southwesterly 30 to 45mph; gales up to dawn briefly lessen, then tending to re-strengthen during day from west.	Southwesterly 35 to 45mph, squally gusts in showers, over 50mph on higher tops.
<b>Effect of wind on you?</b>	<b>Expect strenuous walking over the hills all day, increasingly arduous, a brief relative lull in morning.</b>	<b>Strenuous walking over the hills, challenging on exposed higher terrain with buffeting gusts. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain and drizzle</b> Rain on and off, persistently drizzly at least western areas, some steadier rain likely setting in, becoming heavier with time. Patchier toward the Lothians.	<b>Showery</b> Showers most frequent Dumfries & Galloway, bursts of rain, some heavy with hail. Fewer showers toward Borders.
<b>Cloud on the hills?</b>	<b>Extensive</b> Blanketing the hills all day, from lower elevations upward near/west of the M74, rarely above 400-500m. Higher bases to 600m Borders to Pentlands.	<b>Mostly higher and western tops</b> Often covering higher tops in Galloway above 700m, sometimes lower in westernmost areas. Higher cloud bases and more breaks to upper slopes in east.
<b>Chance of cloud free summits?</b>	<b>10%</b>	<b>40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast and dull, locally brighter skies for a time eastern areas. Hazy, visibility widely poor in rain.	Glimpses of sun, mostly toward east. Visibility at times very good, but reduced to occasionally poor in showers.
<b>How Cold? (at 750m)</b>	5 or 6C. Where exposed to stronger winds on tops, feeling like -7C.	3C. Wind chill feeling like -10 to -13C on tops.
<b>Freezing Level</b>	Above the summits.	Above the summits.

## Planning Outlook

## All mountain areas of Britain from Saturday, 21 February, 2026

Southwesterly winds brings milder conditions into this weekend - lifting above freezing to tops in England and Wales with substantial thawing, and generally higher freezing levels in Scotland; periods of thawing to Munro summits will occur but also further snowfall and refreezing on higher terrain during the day-to-day variability of precipitation and freezing levels onward into early next week. Likely colder later next week, back below freezing on higher terrain for a run of days. Often windy with periods of upland gales. Some spells of heavy rain over all western hills and low cloud frequently covering the hills.

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