



A warm welcome to my January 2026 Reflections,

which I believe are essential for holding myself accountable for the forecasts I share. After all – how else can we learn and improve if we don't reflect?

So... what did I forecast for January 2026? Let's have a look:

January Forecast:

January looks set to start off on a cold and windy note. The Highlands may experience blizzard conditions during the first ten days of the month.

By around January 10th, we are likely to see a brief return to a milder pattern, drier and sunnier, before conditions turn colder and frostier again around 18th.

There is just an outside chance of snow around January 26th if temperatures are cold enough, otherwise, precipitation is more likely to fall as cold rain.

Overall, January looks set to be a cold month, with plenty of frosty and foggy mornings. It will likely be much drier than average.

Lunar phases and folklore remain important tools in indigenous weather forecasting – here's how they align this January:



Full Moon:
3rd January @ 10:02
Cold & High Winds



3Q Moon:
10th January @ 15:48
Fair & Mild



New Moon:
18th January @ 19:52
Fair & Frosty if winds N or NE



1Q Moon:
26th January @ 04:47
Rain

Firstly, I was delighted to see the Highlands indeed did experience bitterly cold blizzard conditions at the beginning of the month. ✓

What surprised me is how far south these snowy conditions travelled. Very snowy in stoke, and even places like East Sussex and Kent saw a little dusting.

We did revert back to milder conditions around the middle of the month. ✓

And it did indeed eventually turn colder again towards months end. I even had excited e-mails from places like Luton by February 3rd reporting snow showers. For many more of us, it was cold rain – which I always highlighted as the most likely probability. ✓

However, the cold certainly didn't lock in. It was transient at best. So I'm giving myself a fail on this one, because I had expected it to stay cold from there. ✗

We certainly had plenty of freezing fog and frost at the beginning of January. ✓

But it was absolutely **not** dryer than average – massive fail. ✗

Overall, my January reflections are a mixed bag: some big wins (hello Highlands blizzards), and some big fails (January was anything but dry).

And honestly – I'd love to see many forecasts made that far in advance that did better.

Overall, I conclude Dave's methodology, even in my inexperienced hands, remains a stronger forecasting tool than the vast majority out there.

If you would like to hear more about what we learnt from Nature in January, you will enjoy my new podcast which can be listened to on Spotify here:

<https://open.spotify.com/episode/0mZQBYgQBt9TCfaNXG7CFE?si=KZD0f8TLQwiCe62w85dINQ>

Or YouTube here:

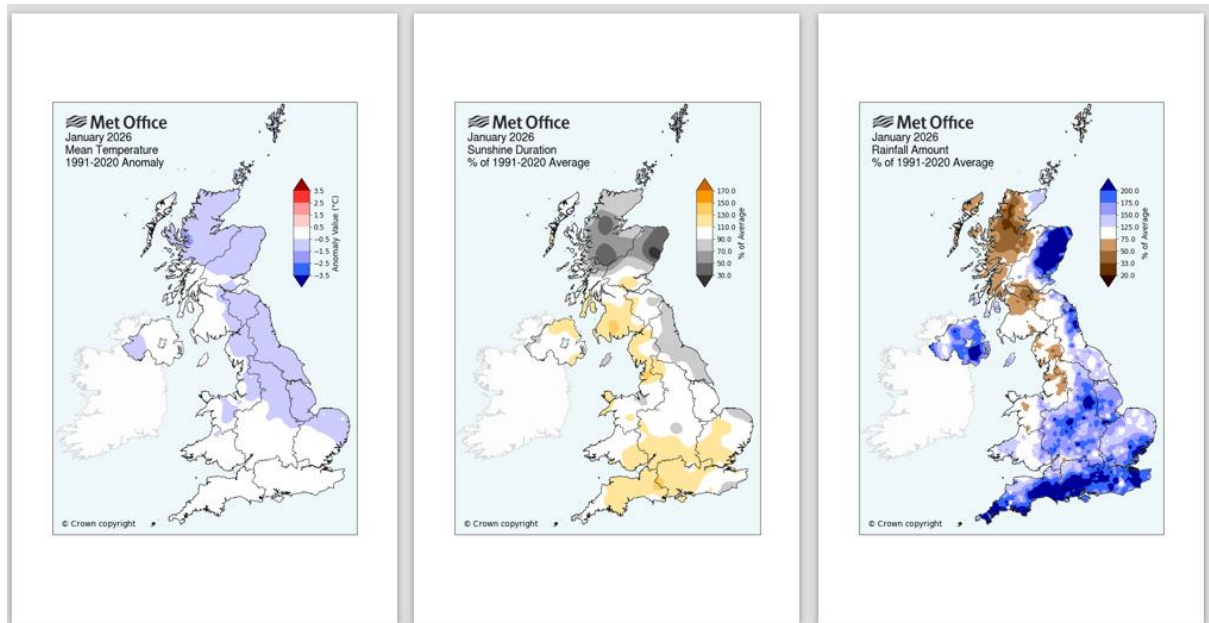
[Podcast: Notes from Nature - January 2026](#)

Met Office Summary:

January 2026 featured a mix of wintry outbreaks and persistent rainfall, with the month opening under arctic influences before transitioning into a wetter, more unsettled pattern driven by significant storms. Overall, temperatures were slightly below average, and rainfall was notably above normal for many areas (around 117% of long term average in January), with strong regional contrasts in both rainfall and temperature across the UK.

You will find the anomaly maps on the next page, and the full summary can be found here:

[January 2026 weather stats: A regional breakdown - Met Office](#)



See you next month! 😊