MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).

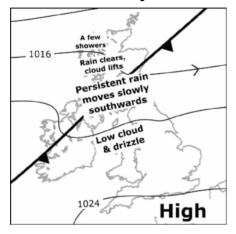


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General Summary for Tuesday, 7 October, 2025



British Mountain Summary: Based on forecast chart for noon 7 October, 2025

A swathe of fairly persistent rain and drizzle drifts gradually southwards over Scotland into northern England, some heavier pulses of rain. Brighter skies follow across the Highlands from the northwest, cloud base rising, brief showers. Wales has low cloud and drizzle in west. Gusty southwesterlies.

Headline for Southern Uplands

Windy, gale force gusts. Rain, drizzle most persistent west.

Detailed Forecast for Tuesday, 7 October, 2025

How windy? (On the summits)	Southwest then westerly, 30 to 45mph, peak speeds in the morning, strongest gusts likely Cheviots, 50mph in places on some slopes. Easing to 25mph later in day.		
Effect of wind on you?	Buffeting and difficult walking conditions over some exposed high terrain, not just on the summits, locally varied.		
How wet? (Precipitation and its impact)	Drizzle then heavier rain, mostly west Drizzle most persistent Dumfries & Galloway in the morning, then a belt of steadier and heavier rain moves in from the northwest through the middle of the day, only slowly fading later in day. Less rain Borders.		
Cloud on the hills?	Extensive, lowest in west and in rain Shrouding the hills widely in morning above 400-600m, lowest near Solway. As rain fades later in day, cloud base rising and may start to break from the north.		
Chance of cloud free summits?	10% west, 20% east.		
Sunshine? Air clarity (below cloud)	Overcast and dull west, some brighter moments in east. Hazy, murky in rain in west. Late in day, improving visibility may arrive from north.		
How Cold? (at 750m)	8C, or locally 10C in east in morning, tending to drop later in day to 5C. Directly in the wind feeling near/below 0C.		
Freezing Level	Above the summits		

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Southern Uplands - Looking Ahead

	Wednesday 8 October	Thursday 9 October
How windy? (On the summits)	Westerly 20 to 30mph, likely strongest into the afternoon.	Westerly 30 to 40mph, gusts 50mph in places around higher tops and locally downslope east of tops.
Effect of wind on you?	Increasingly blustery over higher tops, starting to affect comfortable walking. Marked wind chill.	Considerable buffeting on exposed terrain making walking uncomfortable; gusts affecting balance. Marked wind chill.
How wet?	Little or no rain	Drizzle west
(Precipitation and its impact)	An odd drizzly shower, mostly western hills.	Drizzle mostly Galloway hills, where may become more constant for periods. Occasional drizzle in the air reaching M74. Largely dry Borders and Cheviots.
Cloud on the hills?	Mostly western tops, lowering later	Fairly extensive west, clearer east
	Patchy cloud over western tops in the morning, mostly above 600m, clearer most eastern hills, bar odd patches. Cloud tending to lower more often onto western tops during the afternoon, lowering later in day below 600m.	Covering hills in Dumfries and Galloway most likely all day, lowest bases western hills and toward Solway, to 400-500m, to 600m further inland. East of the M74, higher cloud with breaks to tops.
Chance of cloud free summits?	60% later 30% west	20% west, 60% east.
Sunshine? Air clarity (below cloud)	Occasional sun in morning, best in east. Cloudier afternoon. Good visibility, some haze.	Glimpses of sun mostly eastern areas. Hazy west, reduced to poor in drizzle; better visibility east.
How Cold? (at 750m)	5 or 6C. Feeling below freezing in the wind, in stronger speeds -5C.	7C rising to 9C, locally warmer east. Feeling below freezing in the wind, near -5C on high tops.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Wednesday, 8 October, 2025

Strong westerly winds prevail into the second half of this week, gale-force over Scottish mountains; prepare for considerable chill factor. Drizzly rain and low cloud most persistent western areas. Pressure gradually rises from the south, improving conditions toward the weekend as wind drops lighter, most places become dry and cloud tends to break. Northwest Scotland likely to hold on to stronger winds, cloud and some drizzle into Saturday. Scope for inversion conditions to develop with some valley fog and varied low cloud. Settled weather is likely to continue into next week, with pleasant days and cool nights.

Forecast issued at 16:31 on Monday, 6 October, 2025

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, 2025.