

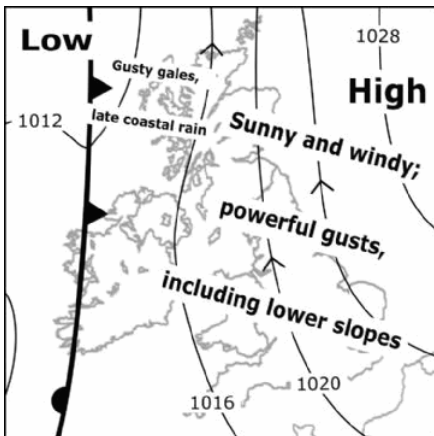
# Southern Uplands

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 April, 2026



### British Mountain Summary: Based on forecast chart for noon 7 April, 2026

Patchy mist in some sheltered valleys at dawn, soon dissipating for sunshine and cloud-free hills, locally hazy. Mild temperatures, including to summits, particularly Wales where summits may be several degrees warmer than mid-slopes. High cloud builds, thickest north and west, some rain northwest Scotland later.

### Headline for Southern Uplands

Blustery, particularly west; mostly sunny, high cloud building

## Detailed Forecast for Tuesday, 7 April, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>South-to-southeasterly 20-35mph, strongest in the west. Very gusty, particularly early and including lower slopes. Strengthening later, approaching 35-40mph, stronger gusts over high ground.</p> <p><b>Variable, in places fairly small early in the day, but sudden buffeting gusts will affect comfortable walking and balance; a deteriorating trend with time to more arduous conditions.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Rain not expected until late</b></p> <p>Toward evening, thickening high cloud may give odd spots in west, locally a brief burst of rain possible. A few odd patches may drift further east with time overnight.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>Hills clear</b></p> <p>Patchy mist some valleys at first, this soon dissipating for clear hills.</p> <p><b>Above 90%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Bright sunshine, thin high cloud slowly building, thickening and later may mostly shroud the sun.</p> <p>Excellent visibility but a distant haze out over the water.</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>8C rising to 11C. Northern slopes locally warmer, particularly in sun exposure, and little or no change with added height.</p> <p>Directly in the stronger wind, feeling close to freezing despite warm air.</p> <p>Above the summits.</p> <p>Possible slight frost some sheltered inland valleys at dawn.</p>

## Southern Uplands - Looking Ahead

	Wednesday 8 April	Thursday 9 April
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Southwesterly 15 to 25mph, local gusts over 30mph possible, possibly 30mph high tops late in the day. <b>Fairly small, but some notable gusty spots, tending to become more blustery with time late in the day.</b>	Westerly 20-30mph, trending stronger and slightly northwesterly, 35mph by dusk, up to 40mph highest summits. <b>Walking increasingly strenuous with significant wind chill in exposure, gusts over high tops challenging stability.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Some odd patches of rain and drizzle</b> A few odd patches of rain, possibly a brief afternoon shower. May be drizzly in cloud on the high tops at times.	<b>Morning rain, afternoon showers</b> A band of rain passes east through the morning, followed by showers, most frequent in the west, snow falling from 500m upward. Some hail in the west too. The showers will ease in intensity with time.
<b>Cloud on the hills?</b>	<b>Mostly west, bases tend to lift</b>  A fairly extensive layer of cloud from the Borders westward, lowest bases around the Solway, to 400m. Higher bases and more broken to the east. Cloud base will lift, perhaps to higher summits, best summit breaks east.	<b>Early cloud lifts and breaks, summits often clear east</b>  Fairly extensive early, bases to 400-600m, lowest in the west. As rain breaks to showers, cloud lifts and breaks, most summits near and east of the M74 out of cloud for the rest of the day; cloud will return 700m and up in the west during showers.
<b>Chance of cloud free summits?</b>	<b>Rising to 50%</b>	<b>Rising to 50% west, 80% east</b>
<b>Sunshine?</b> Air clarity (below cloud)	Fairly cloudy, some sun breaking out afternoon. Visibility very good, but may start mistier, particularly west.	Overcast in the morning with poor visibility in rain. Bursts of bright sun afternoon with very good visibility, most sunshine east.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	8 to 10C, coolest in Galloway. Little change with elevation in the morning.  Above the summits.	3 to 6C at dawn, mildest east, soon cooling from west, 0 to 1C most areas. Feeling like -10 to -15C later in wind.  Above the summits before dawn, lowering from the west to 700-800m, locally lower west Galloway hills.

**Planning Outlook****All mountain areas of Britain from Wednesday, 8 April, 2026**

Variable temperature in the near term: warm on Wednesday for England & Wales at least, becoming cooler over western Scotland as a cold front sweeps eastward; more widely cooler Thursday with freezing temperatures on high terrain and snow showers; milder by Friday with some sun in England and Wales, settling on near-average temperatures over the weekend. A changeable mix of weather during this period with some rain and showers with snow or hail on the hills, and often windy late week into the weekend in Scotland. More settled England and Wales but a few windy, wet spells will affect these areas too. Into the following week, first indications of high pressure building, winds shifted easterly bringing some rain to eastern areas but often sunny with lighter wind and near-average temperatures.

**Forecast issued at 15:53 on Monday, 6 April, 2026**

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