

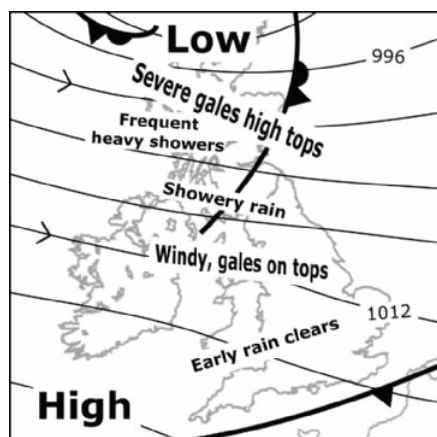
Southern Uplands

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, 4 September, 2026



British Mountain Summary:

Based on forecast chart for noon 4 September, 2026

Gales over high terrain in all areas, severe on higher mountains making progress very challenging and feeling cold. Showery rain, most frequent in western Scotland, scattered heavy bursts passing eastward. Remnants of overnight rain soon clears from Wales to be more often dry, less windy southwards.

Headline for Southern Uplands

Gales over the hills. Showery rain at times.

Detailed Forecast for Friday, 4 September, 2026

How windy? (On the summits)	Southwest trending westerly; 40 to 50mph, stronger gusts to 60mph at times, more often afternoon.
Effect of wind on you?	Arduous walking conditions, frequent buffeting knocking you off balance on exposed terrain, often more challenging mobility on tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Occasional showery rain mostly west Wet underfoot in west following rain from late Thursday. Showery rain most common Dumfries and Galloway, a frequent cluster in the morning passing eastward through middle of day, odd heavier bursts. Scattered showers through afternoon.
Cloud on the hills?	Intermittently covering western tops Patchy cloud come and go over higher western areas mostly above 700-800m, briefly lower in rain. Good breaks to tops east from M74, occasional patches.
Chance of cloud free summits?	40% west, to 70% east.
Sunshine? Air clarity (below cloud)	Fairly cloudy, occasional sun mostly east. Visibility often good, briefly reduced in showers.
How Cold? (at 750m)	8 or 9C, little change all day. Directly in wind feeling like -3C.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Saturday 5 September	Sunday 6 September
How windy? (On the summits)	Westerly 30-35mph at dawn, easing during morning, to 15-20mph afternoon, turning S-SW'ly; rising dusk onward	South to southwesterly 40 to 55mph, very gusty in places, including downslope north of major summits.
Effect of wind on you?	Blustery and chilly start, lessening to be fairly small. Then deteriorating late in day onward into night.	Frequent buffeting across the hills, walking and balance difficult in places. Feeling cool in exposure despite warm air.
How wet? (Precipitation and its impact)	Substantially dry until late An odd light shower passing eastward. Late evening onward, increasing risk of rain developing from southwest, may set in heavy for Galloway at least.	Patchy rain Drizzle and some light rain for periods mainly Dumfries & Galloway.
Cloud on the hills?	Clearing tops Patchy cloud over some slopes above 700m early morning, mainly western areas. Lifting above the summits by late morning onward.	Often covering some southern slopes Varied low cloud, but may cover areas near Solway all day, but bases higher inland north and eastward with breaks.
Chance of cloud free summits?	80%	40%
Sunshine? Air clarity (below cloud)	Occasional sun, best in east in morning; high cloud tending to thicken afternoon. Visibility very good.	Glimpses of weak sun mainly east. Hazy.
How Cold? (at 750m) Freezing Level	7C rising to 10C afternoon, little change or rising a degree or so higher evening/night. Feeling near/below 0C in wind in morning. Above the summits.	10 to 12C, humid all day, rising on some slopes to 15C. Feeling like 4 to 7C directly in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 5 September, 2026

Generally unsettled through the next week with spells of rain and showers moving in from the Atlantic, accompanied by frequently strong to gale force mountain winds. A window of better weather and less wind on Saturday, but further rain moves into Scotland from the southwest by Saturday night into Sunday, heaviest northwest Highlands; gales also return to many mountains by Sunday. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times next week bringing higher Scottish tops occasionally close to freezing point. Indications favour improving weather patterns during mid-month.

Forecast issued at 16:30 on Thursday, 3 September, 2026

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