

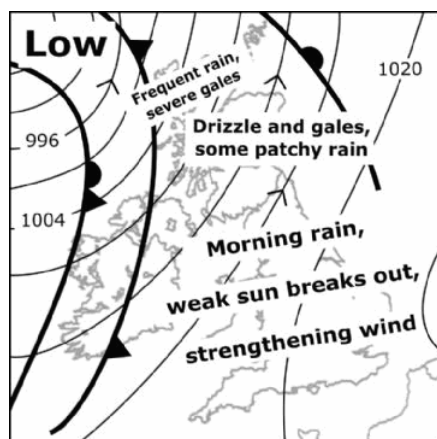
Southern Uplands

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 Sunday, 6 September, 2026



British Mountain Summary:

Based on forecast chart for noon 6 September, 2026

Gales spread widely across Scotland, severe over high north and west tops. Drizzle over the Highlands, rainy early and late, wettest Northwest Highlands. Early showery rain over Wales passes into England, clearing northeast for sun through high cloud afternoon; windy here too. Warm, but feeling chilly in wind.

Headline for Southern Uplands

Gales; early and late rain, a drier window afternoon

Detailed Forecast for Sunday, 6 September, 2026

How windy? (On the summits)	South to southwesterly 40 to 45mph, strongest west; very gusty in places, including downslope north of high tops, and may strengthen somewhat afternoon.
Effect of wind on you?	Frequent buffeting across the hills, walking and balance difficult in places, not just on high exposed terrain. Feeling cool in exposure despite warm air.
How wet? (Precipitation and its impact)	Patchy rain, afternoon dry window Drizzle and some light rain for periods mainly Dumfries & Galloway, tending to pass east, then a drier window for a few afternoon hours. A band of more frequent rain spreads from the west late in the day and into night.
Cloud on the hills?	Extensive to start, breaking east Starting fairly extensive over high terrain, lowest bases towards Solway, where cloud will linger most of the day, only briefly breaking here later afternoon. Highest bases towards the east Borders, and cloud tends to break up east of the M74 through afternoon.
Chance of cloud free summits?	Rising to 60% east of M74, staying 30% west
Sunshine? Air clarity (below cloud)	Sun increasingly breaking out east, though weakened by high cloud; visibility improves here. Most often overcast west with a haze, particularly near the coast.
How Cold? (at 750m)	10 to 12C, humid all day, rising on some slopes to 15 or 15C. Notably cooling overnight. Feeling like 4 to 7C directly in the wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Monday 7 September	Tuesday 8 September
How windy? (On the summits) Effect of wind on you?	Southwesterly 30-45mph, trending towards higher speeds, and suddenly strengthening later, to 50-60mph into Arduous walking with frequent buffeting in exposure, suddenly deteriorating later. Considerable wind chill.	West-southwesterly 40-55mph, trending slightly northwesterly with time. Arduous conditions all day, more challenging moments with gusts knocking you off balance; significant wind chill.
How wet? (Precipitation and its impact)	Showery rain frequent west Overnight rain likely clears eastward up to dawn, leaving a drier window, but showery rain then develops from west, may become frequent and heavy at times western hills.	Showers, some steadier falls Showers drift onto most hills from the northwest all day, some heavy bursts and showers occasionally merging into prolonged falls. Best chance of dry windows towards the Cheviot.
Cloud on the hills? Chance of cloud free summits?	Lifting to tops, some breaks Early varied cloud over the hills, lifting during morning to mostly patches over higher tops, but may come and go above 700-800m, more frequent in west. Lowering patches in showers. 50%	Most extensive west Cloud blankets high terrain from dawn, bases regularly dropping in rain, to lower slopes facing Ayrshire/Central Belt. Generally lifting, breaks increasingly approach the high Cheviots, but will again lower in rain, later more extensively west of M74. Rising to 40% Cheviots, 20% elsewhere
Sunshine? Air clarity (below cloud)	Occasional sun, best central-east hills, but weakened by high cloud. Visibility good when dry, hazier toward Solway; reducing in rain.	A few sunny glimpses at times but often overcast. Varied visibility, mostly poor on summits, hazy west; very good out of cloud/rain east.
How Cold? (at 750m) Freezing Level	7 or 8C, rising to 9C eastern hills for a time. Feeling like -2 to -5C in the wind on tops. Above the summits.	6 or 7C, rising a degree eastern hills. Feeling like -5C in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 7 September, 2026

Generally unsettled onward into next week with spells of rain and showers moving in from the Atlantic, accompanied by frequently strong to gale force mountain winds. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times bringing higher Scottish tops occasionally close to freezing point. A few high pressure ridges will briefly bring brighter drier spells: Wednesday likely sees a brief good weather window, though cloud moves into the west with time, and indications suggest another window may arise Friday into Saturday, though this remains uncertain. Longer settled windows forming from mid-month, particularly England and Wales. Temperatures will be generally near or above average, best sunny windows around east hill groups.

Forecast issued at 16:28 on Saturday, 5 September, 2026

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