

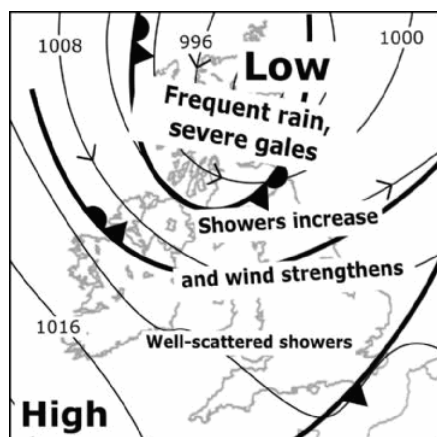
Southern Uplands

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, 8 September, 2026



British Mountain Summary:

Based on forecast chart for noon 8 September, 2026

Frequent rain and severe gales over Scottish Highlands, easing from west later; feeling cold. Strong wind with showers and sun breaks in south Scotland and England, showers increasingly frequent from north, extended falls forming. Showers scattered in Wales, least rain south with lighter wind.

Headline for Southern Uplands

Gales; showery rain increasingly frequent, prolonged falls

Detailed Forecast for Tuesday, 8 September, 2026

How windy? (On the summits)	West-southwesterly 40-50mph, a gradual west then northwesterly trend, and wind more widely 50-55mph for several afternoon hours, gusting stronger over the high tops, particularly over the Cheviot.
Effect of wind on you?	Arduous conditions all day, more challenging moments forming in the afternoon with gusts knocking you off balance; significant wind chill.
How wet? (Precipitation and its impact)	Showery rain, steady falls and heavy bursts Showers drift onto most hills from the northwest all day, some heavy bursts and merging into prolonged falls. Lightest falls towards the Cheviot, but showery rain becomes more widespread later with heavy falls east as well.
Cloud on the hills?	Intermittently extensive Summits often shrouded, particularly near and west of the M74, lowest bases on slopes facing Ayrshire. Blanket cloud will spready more widely across high terrain, lowering to middle slopes in heaviest rain, breaking again somewhat, but becoming more persistent afternoon.
Chance of cloud free summits?	Starting at 50% east, lowering to 30% widely
Sunshine? Air clarity (below cloud)	Sunny glimpses at times but often overcast. Varied visibility, mostly poor on summits, hazy west; very good out of cloud/rain, particularly earlier in the east.
How Cold? (at 750m)	6 or 7C, rising a degree eastern hills. Feeling like -5 to -8C in direct wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 9 September	Thursday 10 September
How windy? (On the summits) Effect of wind on you?	Northwesterly 25-35mph, up to 40mph over the Cheviot just at dawn, easing and shifting westerly, to 10-15mph. Blustery to start, more strenuous in exposure east with notable wind chill; easing to small effects.	Southwesterly 20-30mph, generally strengthening, sustained speeds approaching 40mph+ over west tops. Walking becomes strenuous, strongest gusts requiring effort to maintain stability; feeling cool.
How wet? (Precipitation and its impact)	Substantially dry A few showers in the east to start the day will soon clear. Some chance of light spotty rain in the west with time, but amounting to very little, and otherwise dry.	Some drizzle west, rain increasing later Sometimes drizzly around high tops from Merrick to Moffat hills, a few light spots of rain too. Mostly dry east through morning. With time, patches increase, spread eastward, setting in from the west as evening approaches.
Cloud on the hills?	Lifting off summits Varied banks of cloud around in the morning, mostly in Galloway and around the Cheviot, soon lifting, largely breaking above the summits. A few patches may roll over Merrick later in the day.	Mostly high terrain, varied lower banks, later filling in Cloud banks drift over the high tops at times, will also break and lift above tops, best east of M74. Merrick to Moffat hills most often in cloud, lowest bases on aspects facing Solway. Later, a sheet of cloud more extensively fills in from the west.
Chance of cloud free summits?	Rising to 80%	40% west to 60% east
Sunshine? Air clarity (below cloud)	Frequent sunshine. Very good visibility.	Glimpses of sun, cloud thickening as afternoon goes. Varied visibility, very good windows mostly north and east.
How Cold? (at 750m) Freezing Level	6C rising to 9C, locally 10C east of M74. Feeling as cold as -5C east at dawn, wind chill effect easing. Above the summits.	8C rising to 10 or 11C, staying elevated into night. Later, feeling near freezing in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 9 September, 2026

Generally unsettled through the week with spells of rain and showers moving in from the Atlantic, accompanied by 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, feeling cold in the wind chill. A few high pressure ridges bring settled windows, notably afternoons of Wednesday and Friday; northwestern areas, particularly in Scotland, will tend to hold onto some hill cloud despite high pressure.

Weather remains varied from the weekend into next week, Scotland most often unsettled, best windows of improvement to the south. A more settled period is indicated in the later month with warm temperatures.

Forecast issued at 16:19 on Monday, 7 September, 2026

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