

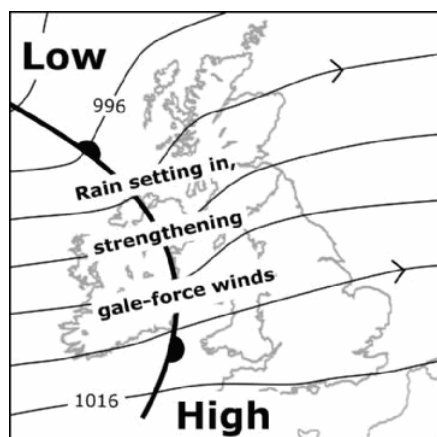
Southern Uplands

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, 18 September, 2026



British Mountain Summary:

Based on forecast chart for noon 18 September, 2026

Already windy with light showery rain over western hills early in the day, but conditions will worsen from the west as gales strengthen and rain / drizzle becomes persistent, some heavier rain; cloud bases lower to widely blanket hills, lowest in west.

Headline for Southern Uplands

Windy, strengthening gales; persistent rain develops, heavy west.

Detailed Forecast for Friday, 18 September, 2026

How windy? (On the summits)	West turning southwesterly 35-40mph, briefly less in morning, but then increasing rapidly from west into afternoon to 50mph with gusts 60mph higher tops.
Effect of wind on you?	Generally strenuous in exposure, deteriorating during day to make walking arduous, in places difficult with considerable wind chill; powerful gusts giving buffeting toward some lower slopes.
How wet? (Precipitation and its impact)	Rain develops and sets in from west, some heavy falls Light showers drift onto west hills in the morning, otherwise largely dry. From early afternoon, rain arrives from the west, spreads east and some extended heavier falls setting in, particularly Galloway to Moffat hills. Continuing rain and drizzle into evening-night. Increasingly wet underfoot, streams rising.
Cloud on the hills?	Breaking above tops, returning widely and lowering afternoon Cloud mostly above 700m to start, some broader banks west with lower patches. Lifting, breaks above the summits fairly widely for a time, then blanket cloud returns from the west through afternoon, filling in widely to middle slopes.
Chance of cloud free summits?	70%, deteriorating to 10%
Sunshine? Air clarity (below cloud)	Patchy early sunshine, high cloud thickening, trending overcast and dull. Windows of good visibility, a little haze, deteriorating to poor in rain afternoon.
How Cold? (at 750m)	7 to 9C, tending to rise from southwest, up to humid 11C toward evening, then dropping slightly into night. Feeling near or below 0C in direct wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 19 September, 2026

Gale-force southwesterly winds continue extensively on the mountains into Saturday and early Sunday. Frequent rain over western hills, showers passing eastwards, tending to fade during Sunday as higher pressure begins to build from the south, allowing wind speeds to lessen too over England & Wales. Warmer into early next week, though higher humidity brings more cloud some drizzly rain to the west. A generally more promising forecast for late September as high pressure nearby offers drier and warmer weather for more places. Weather systems grazing past Scotland to the north still bring locally stronger winds and occasional rain mainly to the northwest.

Forecast issued at 16:22 on Thursday, 17 September, 2026

The Production of the Scottish forecasts is fully funded by 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. 2026.