

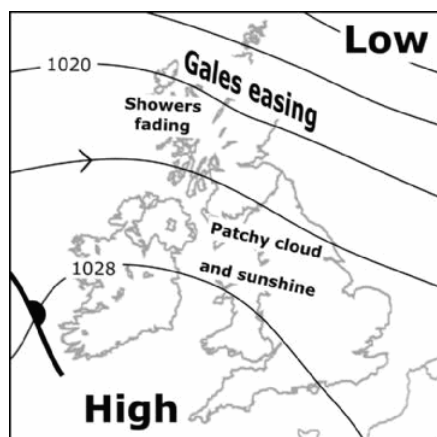
Southern Uplands

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, 20 September, 2026



British Mountain Summary:

Based on forecast chart for noon 20 September, 2026

Gale-force winds over Scottish mountains early in the day lessen, but staying blustery and feeling chilly, for northern areas in particular. Showery rain in the west in the morning fading. Cloud base rising with good breaks forming, sunny spells best toward east. Lightest winds for Wales.

Headline for Southern Uplands

Strongest wind in morning; local showers fade, cloud lifts.

Detailed Forecast for Sunday, 20 September, 2026

How windy? (On the summits)	Westerly 40-45mph early morning, tending to lessen gradually to 25mph middle of day into afternoon, 20mph later in day, particularly western hills.
Effect of wind on you?	Challenging conditions moderating, but still blustery and affecting comfortable walking on exposed tops. Marked wind chill.
How wet? (Precipitation and its impact)	Light showers for a time west A little light showery rain mainly Galloway hills in the morning, fading to be often dry across the region. Some drizzly rain develops from west into night.
Cloud on the hills?	Lifting above the tops Patchy cloud above 700m, most common in Galloway in the morning. Lifting and clearing above most or all hills. Into night, blanket low cloud rolls in from west.
Chance of cloud free summits?	80%
Sunshine? Air clarity (below cloud)	Broken cloud and sunshine; thin high cloud may thicken later. Visibility very good, early slight haze west.
How Cold? (at 750m)	6 or 7C, little change all day, then tending to rise onward into night. Feeling sub-zero in the stronger wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 21 September, 2026

Warm and humid air from the southwest extends across Britain early in the new week, cloaking many hills in fog and drizzle, to lower slopes near western coasts. A band of steadier rain is likely to be draped over northwest Scotland by Tuesday. Best of cloud breaks in areas further east and northeast. Rain then passes eastwards into Wednesday followed by a few showers, lower humidity and cloud bases lifting. Later in the week, areas of low pressure toward the northwest likely still bring periods of stronger winds to Scotland at least and a risk of rain at times mainly in the west, but a trend toward higher pressure and drier weather more often for the end of September into the start of October.

Forecast issued at 16:00 on Saturday, 19 September, 2026

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