

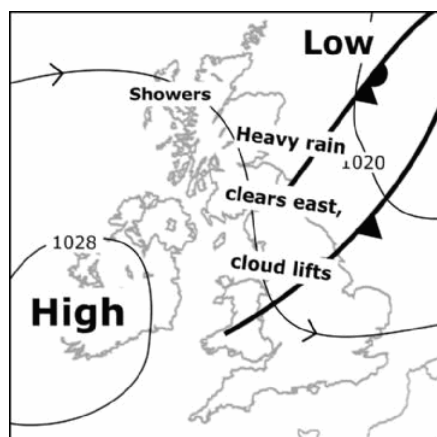
Southern Uplands

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 Wednesday, 23 September, 2026



British Mountain Summary:

Based on forecast chart for noon 23 September, 2026

Rain and strong winds soon clears east from Scotland, but lasts a few hours over northern England and Wales in the morning with some heavier bursts. A marked improvement follows as cloud lifts and breaks up. A few showers continue near west coasts of Scotland. Feeling rather chilly in a fresh breeze.

Headline for Southern Uplands

Windy, heavy rain moves east, improving to sunshine, clear hills.

Detailed Forecast for Wednesday, 23 September, 2026

How windy? (On the summits) Effect of wind on you?	Northwesterly 25-35mph at first or briefly over 40mph especially Cheviots, but easing during morning, then west-northwesterly 20-25mph. Dropping to very little wind onward into night. Challenging conditions at first will soon moderate to fairly small effects, but feeling breezy and rather cool on exposed tops.
How wet? (Precipitation and its impact)	Morning rain moves east to become dry Rain fairly widely from dawn, heavy falls for a time. Rain soon begins to clear from the west during morning, leaving brief showers in Galloway. Largely dry by afternoon, local showers far east, but these also fade.
Cloud on the hills? Chance of cloud free summits?	Extensive to start, largely clearing Extensive cloud to at least middle slopes to start, to lower slopes in many places, ragged patches to forest canopies. Beginning to break from the west, increasingly breaking through afternoon, little remaining late in the day, Cheviot perhaps slow to clear. 20%, rising to 80% through afternoon
Sunshine? Air clarity (below cloud)	Cloudy to start, dull in many places with poor visibility. Breaking for bright sunshine afternoon with excellent visibility.
How Cold? (at 750m) Freezing Level	10C, soon lowering from the west, approaching 7C widely later. Feeling near 0C in strongest wind. Above the summits.

Southern Uplands - Looking Ahead

	Thursday 24 September	Friday 25 September
How windy? (On the summits) Effect of wind on you?	Southwesterly 25-35mph, strengthening to 40-50mph later, strongest speeds always west; powerful gusts forming. Walking becomes arduous, or later challenging in western areas; gusts affect balance. Notable wind chill.	Southwesterly 20 to 30mph. Feeling blustery and rather cool over high terrain, may start to affect comfortable walking.
How wet? (Precipitation and its impact)	Largely dry until late A little drizzle and patchy rain begins to affect south Galloway slopes in afternoon, then towards Moffat late in the day. Steadier and heavier rain spreads from the west onward into night.	Rain fading Rain frequent or more persistent early in the day, tending to move east and break up to patchier light showers.
Cloud on the hills?	Occasionally on high west terrain A little mist in sheltered east valleys at dawn, soon dissipating, little cloud east of M74 for the rest of the day. A few patches may graze Merrick, more often later and beginning to pass east towards Moffat, filling in overnight and spreading east.	Lifting and clearing many hills Shrouding higher terrain in rain, to 600m or lower for a time near the Solway. Bases tend to rise toward higher slopes, good breaks forming near & east of M74.
Chance of cloud free summits?	90%, lowering to 60% west later	30% rising to 70%
Sunshine? Air clarity (below cloud)	Patchy sun weakened by high cloud, trending cloudier far west later in the day. Very good visibility.	Some sun as high cloud thins. Visibility reduced in rain, then very good.
How Cold? (at 750m) Freezing Level	7C rising to 10C, further rising a degree into night. Feeling below 0C in strongest wind. Above the summits.	8 or 9C, little change all day. Feeling near to 0C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 24 September, 2026

Southwesterly winds increase again on Thursday and rain later moves into western Scotland, but elsewhere is likely dry, bright in Wales and much of England. A variable outlook continues into the weekend and beyond with high pressure building from the south at times with fairly warm and dry conditions, but Atlantic systems still pass to the north bringing occasional rain and showers toward western Scotland at least, strong wind here with sustained gales in the north. Next week remains on the unsettled side: west-southwesterly wind with bands of rain passing over most mountains, but a trend towards higher pressure brings longer settled windows into October.

Forecast issued at 16:28 on Tuesday, 22 September, 2026

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