

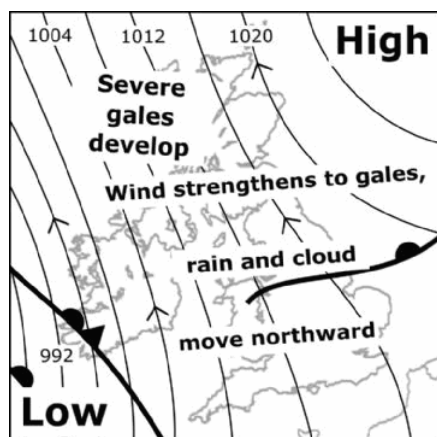
Southern Uplands

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, 29 September, 2026



British Mountain Summary:

Based on forecast chart for noon 29 September, 2026

A windy start strengthens to widespread gales, powerful gusts not just on high terrain. Feeling chilly despite mild-to-warm temperatures, increasingly humid too. Some patchy rain and cloud moves north through Wales into England and later Scotland; northwest Scotland bright and dry well into the day.

Headline for Southern Uplands

Wind reaches gale-force; cloud builds and rain arrives

Detailed Forecast for Tuesday, 29 September, 2026

How windy? (On the summits) Effect of wind on you?	Southeasterly 35 to 45mph to start, strongest west with turbulent gusts downslope. Speeds rising, to sustained 45mph widely, approaching 65mph over high west tops later, further strengthening overnight. Arduous walking to start, increasingly challenging from the west with chaotic gusts constantly affecting balance; strongest gusts later may knock you over. Considerable wind chill.
How wet? (Precipitation and its impact)	Drizzle developing, rain arriving later A little drizzle arriving on high tops, particularly central and east areas, odd spots of rain from time to time. Pulses of rain push from the south increasingly, some sustained falls forming on southern slopes.
Cloud on the hills? Chance of cloud free summits?	Forming increasingly Banks of cloud initially over southern hills, gradually developing into blanket cloud covering most tops and to some lower elevations toward the Solway. Best of breaks remain toward the central belt, though a broader deck of cloud may push northward from the M74 corridor eastward. 30%
Sunshine? Air clarity (below cloud)	Patchy sun through high cloud on lower slopes, likely trending cloudier with time, particularly east and south where increasingly dull. Generally good visibility out of cloud but will tend to deteriorate.
How Cold? (at 750m) Freezing Level	8C, slowly rising, then more rapidly afternoon, reaching 13 or 14C. Increasingly humid and little drop onward into night. Feeling near freezing in direct wind. Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 30 September	Thursday 1 October
How windy? (On the summits)	Southerly 35 to 50mph, typically strongest in Galloway, gusts may reach 60mph on tops, more widely early.	Southwesterly 15-25mph, trending towards higher speeds later and strengthening overnight.
Effect of wind on you?	Often arduous walking on exposed terrain, more challenging mobility in places with frequent buffeting.	Fairly small.
How wet? (Precipitation and its impact)	Heavy rain then showers A band of heavy rain moves northeastward across the region likely during the morning, followed by showers from the west, more frequent and heavy again in southwest, a rising risk of thunder.	Scattered showers Showers here and there, drifting from the southwest, most frequent with some heavy bursts early hours in the west. A trend towards fewer, lighter showers as the day goes.
Cloud on the hills?	Lifting with good breaks Extensive cloud over the hills in early rain, then lifting rapidly and clearing toward upper slopes, though patches will linger, most persistent hills near to Solway.	Lifting to clear most summits Fairly extensive above 700m from the M74 corridor westward in the morning. Cloud soon begins lifting, breaking up north of high tops, to just patches grazing high west tops. East Borders and further east stay largely clear, just a few early patches where sheltered.
Chance of cloud free summits?	60%	Rising to 80%
Sunshine? Air clarity (below cloud)	Intermittent sun breaking through. Poor visibility in rain, then improving, but south coastal areas stay fairly hazy.	Patchy sun, extended sunny windows forming. Very good visibility, a little haze to the west.
How Cold? (at 750m) Freezing Level	Humid 13 to 15C from dawn, dropping from the west, finishing at a fresher 10C. Feeling near/below freezing in the wind. Above the summits.	8C, rising a degree Borders and Lothians. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 30 September, 2026

A band of rain moves northeast through early Wednesday, leaving fresher and blustery south-southwesterlies into Wednesday and Thursday, showery in the west but often bright between showers, particularly eastern areas. Friday will be a wetter day again, the rain quite frequent with extensive cloud over western hill groups and quite windy in England and Scotland. On Saturday, higher pressure tends to expand from the south, bringing more settled weather to England and Wales; temperatures generally mild, some cool nights when skies are clear. Scotland will stay cloudier and windier, particularly in northern areas early next week, some drizzle in the northwest and occasionally broader bands of rain slipping eastward.

Forecast issued at 16:30 on Monday, 28 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.