

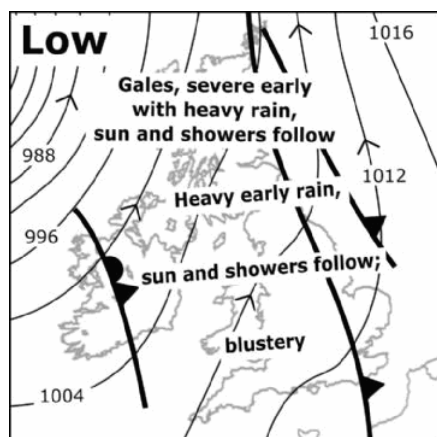
Southern Uplands

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, 30 September, 2026



British Mountain Summary:

Based on forecast chart for noon 30 September, 2026

Heavy rain sweeps northeast across England and Scotland through morning: persistent falls, locally torrential with risk thunder, particularly west Scotland early hours. Rain soon clears Wales, more widely by midday, bright skies follow, trending cooler and showers developing. Widely windy, gales in Scotland.

Headline for Southern Uplands

Early gales and heavy rain; showers and sun afternoon

Detailed Forecast for Wednesday, 30 September, 2026

How windy? (On the summits)	Southerly 30 to 40mph, most of the day typically strongest in Galloway. A stronger start in the early hours, sustained 45-50mph widely over tops with powerful gusts approaching 60mph.
Effect of wind on you?	Strenuous walking in exposure most of the day with wind chill, particularly west. More arduous in the early hours with strongest gusts knocking you off balance.
How wet? (Precipitation and its impact)	Heavy morning rain, showers forming afternoon A band of heavy rain moves northeastward across the region during the morning, rapidly breaking for a dry window, followed by showers from the southwest, increasingly spreading eastward later afternoon.
Cloud on the hills?	Lifting to tops, increasingly clear tops east Extensive cloud over the hills in early rain, then rapidly breaking, lifting and clearing toward upper slopes, though patches will linger, most persistent hills near to Solway. Hills east of M74 will increasingly clear cloud.
Chance of cloud free summits?	Rising to 50%, to 80% east hills
Sunshine? Air clarity (below cloud)	Intermittent sun breaking through, though more often cloudy south Galloway and near Solway. Poor visibility in early rain, then improving, but south coastal areas stay fairly hazy.
How Cold? (at 750m)	Humid 13 to 15C from dawn, dropping from the west, finishing at a fresher 10C. Feeling near/below freezing in the wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Thursday 1 October	Friday 2 October
How windy? (On the summits) Effect of wind on you?	Southwesterly 15-25mph, trending towards higher speeds, finishing near 30mph, further strengthening overnight. Fairly small, but becoming blustery on high terrain later, particularly west of the M74.	Southwesterly 25-35mph, will vary somewhat, and perhaps stronger just in the morning. Blustery all day, more strenuous moments in buffeting gusts with wind chill.
How wet? (Precipitation and its impact)	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.	Rain most of the day Rain rarely ceases over western hills, sustained heavy falls come and go from the Moffat hills westward. A few drier windows possible east of the Borders, but likely only brief.
Cloud on the hills? Chance of cloud free summits?	Lifting to clear most summits Fairly extensive above 700m in the morning. Cloud soon begins lifting, breaking up north of high tops, to just rare patches grazing high west tops. East Borders and further east stay largely clear, just a few early patches where sheltered. Rising to 80%	Extensive, some variability Hills near and west of the M74 likely shrouded above at least 500m all day, often lower south Galloway, persistent patches in valleys during rain. Some higher breaks may approach 600-700m east and north when rain breaks, but will return lower too. 20%
Sunshine? Air clarity (below cloud)	Patchy sun, extended sunny windows forming. Very good visibility, a little haze to the west.	A few bright glimpses possible but more likely overcast, dull in the west. Poor visibility.
How Cold? (at 750m) Freezing Level	8C, rising a degree Borders and Lothians. Later, feeling near 0C in direct wind. Above the summits.	8 or 9C. Feeling like 0 to 2C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 1 October, 2026

Fresher, blustery south-southwesterlies from overnight Wednesday persist on Thursday: showery in the west early but trending drier and brighter widely. A new frontal system approaches late Thursday and overnight, then Friday will be a wetter day again; rain quite frequent with extensive cloud for many and quite blustery. On Saturday, higher pressure begins expanding from the south, increasingly settling the weather in England and Wales; temperatures generally mild, some cool nights when skies are clear, also sometimes feeling humid. The following week remains mixed, some settled windows in England and Wales with bright breaks east, but more often windy, particularly Scotland with periods of rain, the wind and rain expanding more widely at times.

Forecast issued at 16:16 on Tuesday, 29 September, 2026

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