

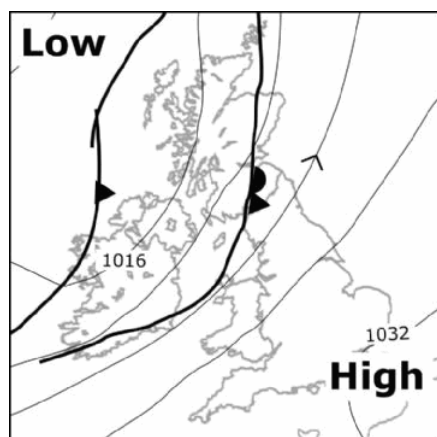
Southern Uplands

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, 2 October, 2026



British Mountain Summary:

Based on forecast chart for noon 2 October, 2026

Continuing mild, but gales - or in the north severe gales on many mountains - will make it feel cold due to wind chill. A weakening front will bring a little rain eastwards before a further front brings heavier rain in from the southwest later in the day.

Headline for Southern Uplands

Upland gales developing; occasional rain.

Detailed Forecast for Friday, 2 October, 2026

How windy? (On the summits)	Southerly, ranging from 35 to later 50mph Galloway to 30 to later 40 or perhaps 45mph higher tops Moffat to those near upper Tweed.
Effect of wind on you?	Increasingly difficult conditions and gusty winds make balance difficult on higher areas and wind chill becomes significant.
How wet? (Precipitation and its impact)	Occasional rain Rain now and again, perhaps setting in for an hour or two, particularly afternoon, though very little Galloway hills.
Cloud on the hills?	Extensive generally on higher areas; lowest cloud more southern ranges Galloway: Fog persistent across the hills all day, sometimes from lower slopes up, but middle of day into the afternoon most cloud may be above 600m for a few hours. Elsewhere: Cloud base varying, in rain patches below 500m, but particularly afternoon, clearing to or above 750m.
Chance of cloud free summits?	10% southern mountains to 60% middle of day east from Monadhliath to Deeside.
Sunshine? Air clarity (below cloud)	Glimpses of sun, mainly near and east of M74. Intermittently poor visibility, especially afternoon southern mountains. Often excellent more northern areas.
How Cold? (at 750m)	10C, but feeling as cold as minus 4C directly in the wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Saturday 3 October	Sunday 4 October
How windy? (On the summits)	West-southwesterly 15-25mph.	Southwesterly, increasing markedly with height to 35mph on higher exposed areas.
Effect of wind on you?	Fairly small.	Considerable wind chill and strenuous walking: balance may well be difficult at times on highest tops.
How wet? (Precipitation and its impact)	Little expected Isolated brief showers	Drizzly rain, mainly or only western hills. Patches of drizzly rain coming in off the sea into Galloway and penetrating 10-20 miles inland; total rainfall small. Elsewhere, drizzle, if any, now and again.
Cloud on the hills?	Increasingly clearing summits Cloud likely to cover higher areas east as far as Moffat, upper Tweed area most or all morning, before largely or completely clearing. Elsewhere hills cloud free.	Foggy across nearly all mountains all day Persistent low cloud penetrating inland from about dawn will persist all day, sometimes forming on coastal cliffs and inland from just above valleys. Cloud base will rise across the Borders: Moffat and Tweedsmuir area, cloud base 300-500m, whilst elsewhere most cloud
Chance of cloud free summits?	Rising to 90%	10% west to in afternoon 70% east
Sunshine? Air clarity (below cloud)	Intermittent sun, particularly Border hills. Very good visibility.	Sunshine may come through lower slopes east from M74, perhaps widely so Cheviot hills. Mostly very good visibility
How Cold? (at 750m)	5C rising to 7 or 8C, mildest east.	11 or 12C. Will feel near freezing point directly in the wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 3 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively further south, periods of strong winds will be increasingly infrequent. A hint of a brief period of much colder weather around the middle of next week.

Forecast issued at 7:31 on Friday, 2 October, 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.