

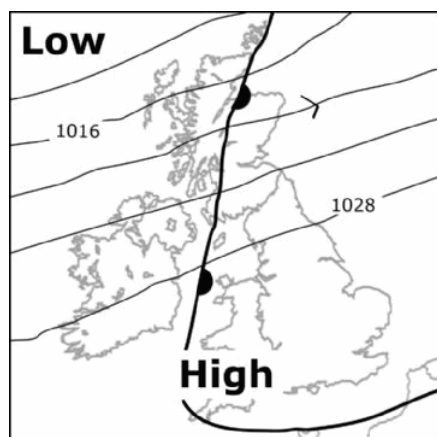
Southern Uplands

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, 4 October, 2026



British Mountain Summary:

Based on forecast chart for noon 4 October, 2026

A weakening warm front will gradually bring low cloud to western hills of NW England and Wales. Blustery N England. In Scotland, widespread gales; in the NW & W Highlands, heavy rain and fog, but only occasional rain eastern and southern Scottish mountains.

Headline for Southern Uplands

Windy; low cloud and a little rain extending slowly northeast.

Detailed Forecast for Sunday, 4 October, 2026

How windy? (On the summits)	Southwesterly, increasing markedly with height to 30 or sometimes 35mph on higher exposed areas.
Effect of wind on you?	Marked wind chill and on higher tops, strenuous walking - balance in gusts sometimes difficult.
How wet? (Precipitation and its impact)	Drizzly rain, mainly or only western hills. Here and there west of M74 a little drizzle morning; then drizzle on and off. Elsewhere a little, drizzle will reach Moffat and upper Tweedsdale areas from middle of the day, and perhaps an isolated patch elsewhere into afternoon.
Cloud on the hills?	Foggy across nearly all mountains all day Dumfries and Galloway: Persistent fog gradually penetrating inland though morning, perhaps below 200m coastal slopes and 400m well inland. Borders: Hills cloud free morning, before low cloud reaches Moffat and Tweedsmuir above 300-500m, and elsewhere patches above 700m by late afternoon.
Chance of cloud free summits?	Dropping to 10% west; 90% Borders until late in day
Sunshine? Air clarity (below cloud)	Sunshine may come through lower slopes east from M74, perhaps widely so Cheviot hills. Mostly very good visibility
How Cold? (at 750m)	9C. Will feel near freezing point directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Monday, 5 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, total rainfall small, and frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively southwards, periods of strong winds will less frequent. A brief period of colder less windy weather around the middle of next week brings snow showers to some northern mountains.

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