

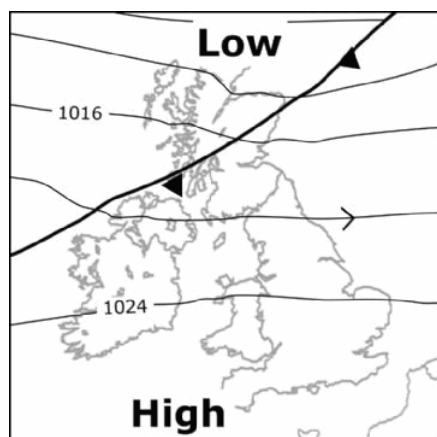
Southern Uplands

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 Monday, 5 October, 2026



British Mountain Summary:

Based on forecast chart for noon 5 October, 2026

Humid air ahead of a cold front moving slowly south across Scotland will bring fog and drizzle to most mountain areas, although some improvement from the north across the Scottish Highlands. Upland gales will be widespread - least windy southwards along the Pennines and also Wales.

Headline for Southern Uplands

Gale force upland wind. Rain and drizzle (often dry E. Borders). Fog.

Detailed Forecast for Monday, 5 October, 2026

How windy? (On the summits)	Southwesterly increasingly markedly with height to 40 or 45mph. Generally a slight easing through the day.
Effect of wind on you?	Expect considerable wind chill and walking to be strenuous, sometimes difficult on higher tops. Balance difficult at times higher up.
How wet? (Precipitation and its impact)	Occasional rain, mostly dry E & N Drizzly rain on and off, most persistent Galloway east to the Moffat area. A little rain into the Borders, but very little if any penetrating north or east of Tweedsmuir hills toward the Lothians and The Cheviot.
Cloud on the hills?	Persistent fog higher areas. Persistent fog above 200 to 450m Dumfries and Galloway, lowest near the coast. Base nearer 600m east of Moffat and upper Tweed, and generally 700m elsewhere.
Chance of cloud free summits?	Less than 10% most of region; 70% toward Lothians.
Sunshine? Air clarity (below cloud)	Extensively cloudy and hazy. There may be a little sun toward Lothians and near Cheviots (mostly lower slopes)
How Cold? (at 750m)	10C. Feeling near or below freezing point in the wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 6 October	Wednesday 7 October
How windy? (On the summits)	Northwesterly 15-20mph, but perhaps westerly 30mph for a few hours from dawn.	West veering northwesterly in the range 20 to perhaps 30mph. May strengthen Galloway later in day.
Effect of wind on you?	Becoming small.	Often fairly small, but ease of walking and balance sometimes difficult near showers. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain clearing Overnight rain may will continue into the day before over a couple of hours clearing from northwest. Timing of change uncertain, best estimate during morning.	Hail showers Sudden hail showers, sometimes frequent mainly west of M74, will extend eastwards during the morning and middle of day..
Cloud on the hills?	Blanket of fog probable at first, very likely to clear Fog across the hills overnight and into the day will largely or completely clear, probably by midday. May leave fragments above about 800m.	Extensive on higher areas Cloud base sometimes confined above 750m, perhaps widely morning Borders, but near showers, patches to around 400m, temporary lower Galloway.
Chance of cloud free summits?	20% rising to 90%	40%
Sunshine? Air clarity (below cloud)	Periods of sunshine and excellent visibility after a dull mist start, Excellent visibility	Occasional sun, most widely Borders in morning. Visibility sometimes very poor (particularly Galloway), but otherwise good, although a haze.
How Cold? (at 750m)	Dropping to 6C during morning. Will feel near freezing point directly in the wind.	5C; will feel as cold as minus 4C directly in wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Tuesday, 6 October, 2026

A brief colder period with the wind easing on Wednesday and Thursday - some snow will lie on higher Scottish summits. Winds then return to the southwest, bringing bands of rain, low cloud and strong upland winds across Britain. Most frequent severe weather will be on the W and NW Highlands, where there will be considerable rain and frequent upland gales.

Forecast issued at 15:52 on Sunday, 4 October, 2026

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