

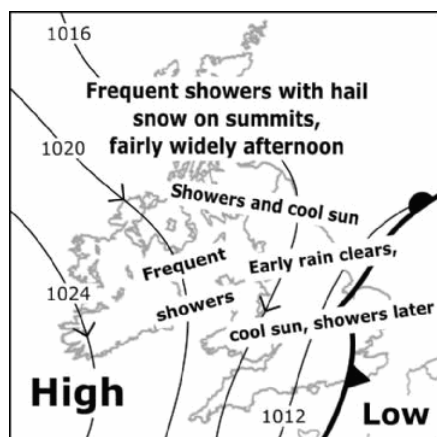
Southern Uplands

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, 7 October, 2026



British Mountain Summary:

Based on forecast chart for noon 7 October, 2026

Chilly Scotland, frequent showers over central and west mountains, hail mixed in with snow on summits. Showers spread widely afternoon. Wales and south Pennines start dull and rainy, this soon clearing to cooler, brighter weather. Showers and wind follow in north Wales, then into England later afternoon.

Headline for Southern Uplands

Starting sunny, showers west, spreading more widely

Detailed Forecast for Wednesday, 7 October, 2026

How windy? (On the summits)	Northwesterly 15-20mph, some gustiness west, spreading widely along with showers. Sustained speeds generally rising, approaching 30mph Galloway late in the day, more broadly strengthening overnight.
Effect of wind on you?	Fairly small, some nuisance gustiness, then walking becoming more impeded on western hills as afternoon goes, more widely into night. Feeling chilly in exposure.
How wet? (Precipitation and its impact)	Showers with hail Sudden showers with hail, sometimes frequent mainly west of M74, will extend eastwards from midday onward, and risk a cluster of more frequent showers coming and going.
Cloud on the hills?	Variably covering high terrain, well-broken east Cloud comes and goes above 700-800m west of the M74 much of the day, well-scattered at first. Eastern hills largely clear of cloud to start, then as showers arrive, cloud base lowers onto hills, as low as 500-600m Ayrshire, but breaks will continue to form as well.
Chance of cloud free summits?	70%, lowering to 40% Dumfries and Galloway
Sunshine? Air clarity (below cloud)	Often sunny, patchier west and later more widely patchy. Visibility mostly good, but variable poor as showers come and go.
How Cold? (at 750m)	5C, lowering a degree Dumfries and Galloway. Feeling like -3C in direct wind.
Freezing Level	Above the summits, though some light frosts likely in sheltered valleys.

Southern Uplands - Looking Ahead

	Thursday 8 October	Friday 9 October
How windy? (On the summits) Effect of wind on you?	Northwesterly shifting southwesterly, 10-15mph, but stronger to start. Significantly strengthening into evening, Mostly small.	Westerly sustained 35-40mph, increasingly gusty with top speeds to 50mph or higher. Walking strenuous all day, gusts challenging balance and sometimes requiring bracing; considerable wind chill.
How wet? (Precipitation and its impact)	Rain arrives afternoon Dry through morning into afternoon. Rain arrives from the west as afternoon goes, becoming frequent at least in the west; east areas may only see patchy rain during daylight, then rain spreads widely overnight.	Showers mostly west Showers stream into Dumfries and Galloway most of the day, rather frequent and sometimes merging into extended falls with heavy bursts and hail. Showers more scattered east, but trending more frequent.
Cloud on the hills? Chance of cloud free summits?	Little until later A little patchy cloud at varied heights in the morning, mostly Dumfries and Galloway, breaking up as the day gets going for clear hills. From later afternoon, banks return to high west terrain, spreading east and filling in overnight. 80%	Increasingly covering high terrain west Blanket fog from overnight breaking up right around dawn, into varied cloud banks mostly above 700m west of M74; eastern hills perhaps largely clear until afternoon. Cloud more frequently covering the tops afternoon, some extended foggy periods above 700m in Galloway. 70%, lowering to 40% west
Sunshine? Air clarity (below cloud)	Extensive sun from dawn, high cloud arriving west, thickening with time. Very good visibility.	Patchy sun, best of sunshine in the east early. Very good visibility, variably poor during showers, increasingly so in the west.
How Cold? (at 750m) Freezing Level	5C, warming from the west later, to 10C or higher overnight. Above the summits, some light frosts in sheltered valleys just at dawn.	6C, perhaps a degree or two milder east just at dawn. Lowering a degree. Feeling like -4 to -8C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 8 October, 2026

Thursday begins chilly with bright sun, some frosts in sheltered glens and valleys, and a few showers along Scottish and Welsh coasts. Westerly wind returns as Thursday goes, bringing rain, low cloud and strong upland winds across Britain overnight into Friday morning. Friday and Saturday are windy and showery with bright breaks, a risk of severe gales on Scottish tops. Sunday sees a more settled day as a small ridge of high pressure builds from the west. The following week looked mixed with bands of rain coming and going, temperatures similarly fluctuating: generally mild, but sometimes chilly in Scotland with freezing levels lowering onto high Munros and rain turning to snow. Some indications of more settled weather into the following weekend, but confidence is low.

Forecast issued at 15:31 on Tuesday, 6 October, 2026

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