

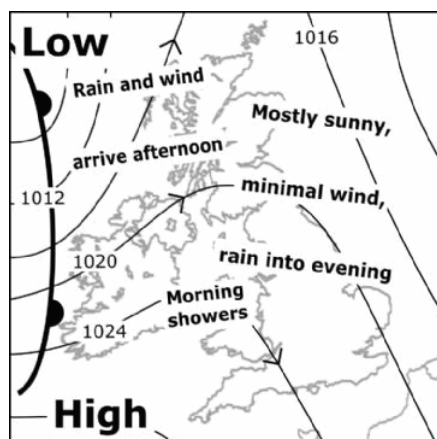
Southern Uplands

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 Thursday, 8 October, 2026



British Mountain Summary:

Based on forecast chart for noon 8 October, 2026

Early showers in north Scotland and Wales will fade, widely dry and bright conditions for several midday/afternoon hours. Cool-to-chilly, little wind. High cloud builds west, wind and rain arriving to west Scotland afternoon, spreading east and into England and Wales as evening approaches, deteriorating into night.

Headline for Southern Uplands

Chilly sun, clear hills, then rain spreads from west later

Detailed Forecast for Thursday, 8 October, 2026

How windy? (On the summits) Effect of wind on you?	Northwesterly shifting southwesterly, 10-15mph much of the day, though a stronger start, to 25-30mph highest tops. Strengthening west later afternoon, returning to 30mph evening, further strengthening widely overnight. Mostly small, though blustery early and again later in the west.
How wet? (Precipitation and its impact)	Rain arrives west through afternoon, spreading east Dry through morning into afternoon. Rain arrives from the west as afternoon goes, setting in fairly persistently and spreading east, though east areas may only see patchy rain during daylight. Rain sets in widely overnight.
Cloud on the hills? Chance of cloud free summits?	Little until later A little ragged 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%, lowering to 40% late afternoon west
Sunshine? Air clarity (below cloud)	Extensive sun from dawn, high cloud arriving west, thickening with time, western areas perhaps overcast by evening. Excellent visibility.
How Cold? (at 750m) Freezing Level	5C, warming from the west late afternoon into evening, to 10C or higher overnight. Above the summits, some light frosts in sheltered valleys just at dawn.

Southern Uplands - Looking Ahead

	Friday 9 October	Saturday 10 October
How windy? (On the summits) Effect of wind on you?	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.	West-northwesterly 40-50mph, very gusty, and may strengthen for a few hours, tops speeds to 60mph. Challenging conditions, stability requiring constant effort, gusts knocking you around. Significant wind chill.
How wet? (Precipitation and its impact)	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.	Frequent showers A near-constant stream of showers into Dumfries and Galloway likely all day, some persistent falls with heavy bursts. A scattering of showers further east, and some risk of rain setting in for a few hours widely.
Cloud on the hills? Chance of cloud free summits?	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, extended foggy periods above 700m in Galloway. 70%, lowering to 40% west	Fairly extensive west Terrain above 700m in cloud most of the day near and west of M74, a few higher breaks east, only fleetingly to summits. Bases regularly lower around showers, ragged patches into valleys, and filling in widely extensively during sustained rain. 20%
Sunshine? Air clarity (below cloud)	Patchy sun, best of sunshine in the east early. Very good visibility, variably poor during showers, increasingly so in the west.	Some sunny bursts east, but more often overcast. Generally poor visibility on high terrain and a haze west.
How Cold? (at 750m) Freezing Level	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.	4 or 5C, may locally reach 6C on sunny aspects in the east but will vary in showers. Feeling near -10C in strongest wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 9 October, 2026

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 many summits. Sunday sees a more settled day as a small ridge of high pressure builds from the west; wind eases, plenty of bright breaks, cool temperatures.

Next week sees continued mixed weather: bands of rain coming and going, temperatures similarly fluctuating: generally mild, but sometimes chilly in Scotland with freezing levels lowering onto high Munros where rain turns to snow; any accumulating snow soon thaws. Westerly wind will be dominant, often quite strong, gales at times, but this allows for drier, brighter windows on eastern hill groups between weather systems.

Forecast issued at 15:27 on Wednesday, 7 October, 2026

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