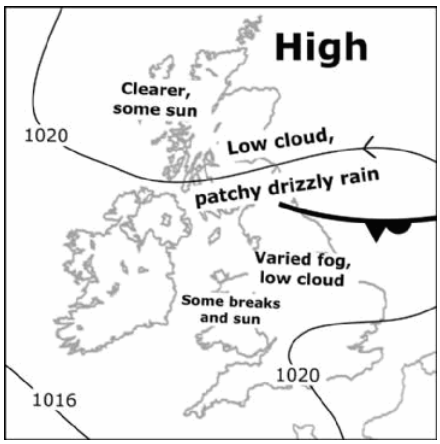
Southern Uplands

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, 8 November, 2026



British Mountain Summary:
Based on forecast chart for noon 8 November, 2026

Patchy drizzle and areas of low cloud or fog, mostly east and southern Scotland, Pennines and inland across Wales, whilst western regions tend to fare better for cloud breaks and some sun. Very little wind overall. Near freezing on highest Scottish tops.

Headline for Southern Uplands

Mix of cloud and fog, a little dampness.

Detailed Forecast for Sunday, 8 November, 2026

How windy? (On the summits)	East to northeasterly 10mph or less.
Effect of wind on you?	**Negligible**
How wet? (Precipitation and its impact)	**Patchy drizzle** Local pockets of light or very light drizzle, mostly eastern hills, perhaps also locally near to Solway coast.
Cloud on the hills?	**Extensive; cloud base sometimes very different on nearby slopes** Some local variations, but cloud likely extensive or persistent above 700m. Lower down, fog clinging to many slopes from valleys up all day, whilst others are fog free or between layers of cloud. Generally least foggy toward Galloway.
Chance of cloud free summits?	**10%**
Sunshine? Air clarity (below cloud)	Cloudy or dull with extensive fog - some areas brighter with glimpses of sun and very good visibility toward Galloway.
How Cold? (at 750m)	4C
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Monday 9 November	Tuesday 10 November
How windy? (On the summits)	Easterly 10mph or less further northeast, but Galloway hills more often 10-15mph, rising a little up to dusk.	Southeasterly 15 to 20mph, strongest over Galloway hills and gusty, may reach 25mph.
Effect of wind on you?	**Small**	**Fairly small, but noticeably breezy and in places toward the west gusts starting to affect comfortable walking.**
How wet? (Precipitation and its impact)	**No rain expected** Locally feeling damp where in fog.	**Rain not expected**
Cloud on the hills?	**Varied fog and low cloud** Some uncertainty, but cloud likely to fairly extensively cover high terrain, plus areas of fog in the valleys. Some slopes may be clearer between fog layers. Likely to be clearer in areas west of the M74.	**Areas of fog, most widely east hills** Various cloud banks, including some fog on lowest terrain. A deck of cloud may drift around many eastern hills up to some tops. Some slopes may emerge between fog layers. Generally clearer hills westwards.
Chance of cloud free summits?	**30% east to 70% west.**	**50%**
Sunshine? Air clarity (below cloud)	Mostly little sun, best chance toward west, possibly breaking through in Galloway. Generally hazy, or foggy, some local improvements in west.	Sun fairly weak through high cloud. Visibility very good in places, but some haze or patchy fog in valleys.
How Cold? (at 750m)	2 or 3C.	3 or 4C.
Freezing Level	Above the summits, but patchy frost some inland valleys early morning.	Above the summits, but frost likely in sheltered valleys early morning.

Planning Outlook

All mountain areas of Britain from Monday, 9 November, 2026

A slack pressure pattern to start the new week over Scotland, maintaining varied low cloud and fog. Lowering pressure to the south and an increasing easterly wind for England & Wales. Rain pushes into Wales on Tuesday, reaching the south Pennines with time, persisting in these areas into Wednesday, but very little extending further northwards. Into the second half of the week, a switch to a colder northerly flow will likely drop the freezing level to 800m increasingly widely for Thursday-Friday, plus frost on low ground. Some snow showers on northern Scottish mountains, but largely dry weather elsewhere. During next weekend, a shift to a less cold Atlantic influence - a changeable mix likely into the following week.

Forecast issued at 15:00 on Saturday, 7 November, 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.