

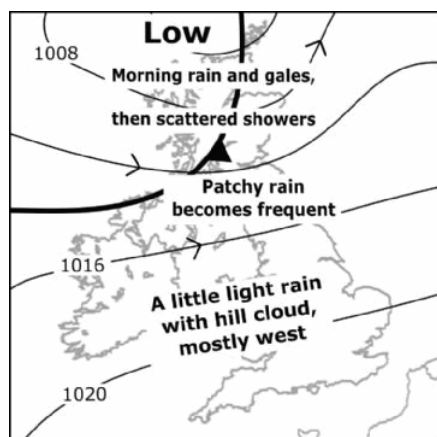
# Southern Uplands

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 Tuesday, 1 September, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 1 September, 2026

A swathe of rain and gales sweeps across the Scottish Highlands, moving over the Southern Uplands with time; bright sun breaks and scattered showers follow from the northwest. Patchy rain for western hills of England and Wales, sunny breaks east. Blustery with rain increasing later in north England.

### Headline for Southern Uplands

Patchy rain increasingly frequent; blustery, strengthening to gales

## Detailed Forecast for Tuesday, 1 September, 2026

|                                                   |                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>                | West-southwesterly 25 to 35mph, gradually strengthening through the day, likely at least 40-45mph widely and gusting up to 55mph.                                                                                                                                                                                 |
| <b>Effect of wind on you?</b>                     | <b>Walking soon strenuous in exposure and increasingly arduous as the day goes, balance becoming challenged in strongest gusts with significant wind chill.</b>                                                                                                                                                   |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Patchy rain, increasingly persistent, particularly west</b><br>Patchy rain and drizzle mostly western hills, becoming more persistent and heavier as afternoon goes with showery rain increasingly spreading east. Rain remains frequent into evening.                                                         |
| <b>Cloud on the hills?</b>                        | <b>Often covering western hills, later more widely</b><br>Shrouding hills in Dumfries & Galloway perhaps much of the day, lowest bases in rain to 400m, or lower on coast-facing aspects. Higher base and more broken eastwards, chance of a clear Cheviot for a time, but filling in here too as afternoon goes. |
| <b>Chance of cloud free summits?</b>              | <b>20% west, to 60% east, later widely 20%</b>                                                                                                                                                                                                                                                                    |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Patchy sun with very good visibility in the east through morning; overcast in the west, cloud spreading east afternoon with visibility becoming poor in cloud and rain.                                                                                                                                           |
| <b>How Cold? (at 750m)</b>                        | 9 or 10C, rising to 11C.<br>Feeling below freezing in strongest wind later in the day.                                                                                                                                                                                                                            |
| <b>Freezing Level</b>                             | Above the summits.                                                                                                                                                                                                                                                                                                |

**All mountain areas of Britain from Wednesday, 2 September, 2026**

The next week remains generally unsettled, and may well bring a deep low pressure systems with widespread gales and swathes of heavy rain. Beyond next week, indications of a more settled regime for a time.

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.