

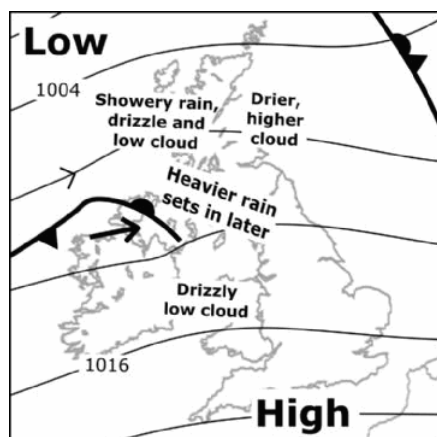
Southern Uplands

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, 3 September, 2026



British Mountain Summary:

Based on forecast chart for noon 3 September, 2026

Strong to gale-force winds over high terrain. A lot of cloud, shrouding all western hills, plus patchy rain and drizzle, becoming heavier persistent falls in the west later; a swathe of more intense rain develops for southwest Scotland into northwest England by evening, later into north Wales.

Headline for Southern Uplands

Windy; cloudy with some rain, sustained heavy falls later.

Detailed Forecast for Thursday, 3 September, 2026

How windy? (On the summits)	Southwesterly 25-40mph, variable, and easing for a time, then increasing sustained speeds again later in day.
Effect of wind on you?	Walking impeded all day, strenuous moments with notable wind chill; a brief easing of effects later.
How wet? (Precipitation and its impact)	A little rain, setting in heavy later west Patchy rain drifts from the west, mostly affecting hills west of the M74, largely just light, drizzly spots of rain. Later afternoon onward into evening, rain setting in persistent and heavy, most sustained in Dumfries & Galloway.
Cloud on the hills?	Lifting towards tops, most cloud west Extensive to start, particularly west of M74 where most hills shrouded from lower slopes up. Lifting with time, breaks above eastern summits increasingly. Some high breaks west, but banks regularly returning towards 700m, and later fills in again and extensively lowering in rain.
Chance of cloud free summits?	Rising to 70% east, 50% west
Sunshine? Air clarity (below cloud)	A little patchy sun, weakened by high cloud and more overcast at times. Good visibility, some haze, notably west; later widely poor in rain.
How Cold? (at 750m)	10 or 11C, rising to 12C Cheviots; quite humid. Feeling just above freezing in strongest wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Friday, 4 September, 2026

A series of weather systems moves in from the Atlantic over the next 10 days to bring spells of rain and showers, accompanied by frequently strong to gale force mountain winds. A window of better weather is likely on Saturday for Scotland and northern England, but further rain is expected to move in from the southwest by Saturday night and Sunday, heaviest western Scotland; a risk of more powerful upland gales developing over Scotland into Sunday. Temperatures will vary, mildest toward the south, but some cooler air moves in from the north at times bringing higher Scottish tops close to freezing point.

Forecast issued at 7:30 on Thursday, 3 September, 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.