

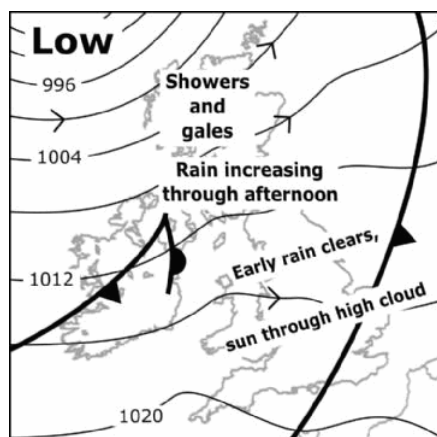
# Southern Uplands

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 Monday, 7 September, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 7 September, 2026

Showers in west Scotland from dawn, spreading east. Gales across the highlands, severe northwest, feeling cold. Early rain in England and Wales breaks for sun through high cloud, windy in the north. Prolonged rain arrives into south Scotland from midday, spreading into north England with time, and later Wales.

### Headline for Southern Uplands

Bright start east, rain spreads from the west; increasingly windy

## Detailed Forecast for Monday, 7 September, 2026

|                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>                                     | Southwesterly 25-40mph, some variability but trending towards higher speeds, particularly in the east for several afternoon hours.                                                                                                                                                                                                                                                                                                           |
| <b>Effect of wind on you?</b>                                          | <b>Walking often strenuous in exposure, more arduous for several afternoon hours, buffeting deflecting your steps. Considerable wind chill.</b>                                                                                                                                                                                                                                                                                              |
| <b>How wet?</b><br>(Precipitation and its impact)                      | <b>Dry window to start, then showery rain, increasingly frequent</b><br>Overnight rain likely clears eastward up to dawn, leaving a morning drier window. Showery rain develops from west from midday, spreading eastward and becoming more frequent, persistent falls forming particularly southern slopes as the day goes.                                                                                                                 |
| <b>Cloud on the hills?</b><br><br><b>Chance of cloud free summits?</b> | <b>Best breaks east early, becoming fairly extensive</b><br>Early varied cloud over the hills, lifting during morning to mostly patches over higher western tops, may come and go above 700-800m. Hills east of M74 likely have several clear hours. Lowering patches in showers. Lowering as rain forms, increasingly widespread to 700m, or to 400-500m on slopes towards the Solway.<br><b>70% east, lowering to 20% widely with time</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                          | Occasional sun, best central-east hills, but weakened by high cloud, and increasingly overcast through afternoon.<br>Visibility good when dry, hazier toward Solway, and widely reducing through afternoon.                                                                                                                                                                                                                                  |
| <b>How Cold? (at 750m)</b><br><br><b>Freezing Level</b>                | 8 to 10C, some variability, but generally mildest eastern hills.<br>Feeling at or just below freezing in exposure to wind.<br><br>Above the summits.                                                                                                                                                                                                                                                                                         |

## Southern Uplands - Looking Ahead

|                                                                                    | <b>Tuesday 8 September</b>                                                                                                                                                                                                                                                                                                              | <b>Wednesday 9 September</b>                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b><br><br><b>Effect of wind on you?</b>            | West-southwesterly 40-55mph, trending slightly northwesterly with time, and perhaps stronger.<br><br><b>Arduous conditions all day, more challenging moments with gusts knocking you off balance; significant wind chill.</b>                                                                                                           | Northwesterly 25-35mph, up to 40mph over the Cheviot early, easing and shifting westerly, to 10-15mph.<br><br><b>Blustery to start, more strenuous in exposure east with notable wind chill; easing to small effects.</b>                                                              |
| <b>How wet?</b><br>(Precipitation and its impact)                                  | <b>Showers, some steadier falls</b><br><br>Showers drift onto most hills from the northwest all day, some heavy bursts and increasingly merging into prolonged falls. Best chance of dry windows towards the Cheviot.                                                                                                                   | <b>Substantially dry</b><br><br>A few showers in the east to start the day will soon clear. Some chance of light spotty rain in the west with time, but amounting to very little, and otherwise dry.                                                                                   |
| <b>Cloud on the hills?</b><br><br><br><br><br><b>Chance of cloud free summits?</b> | <b>Most extensive west</b><br><br>Cloud blankets high terrain from dawn, bases regularly dropping in rain, to lower slopes facing Ayrshire/Central Belt. Generally lifting, breaks increasingly approach the high Cheviots, but will again lower in rain, later more extensively west of M74.<br><br><b>40% Cheviots, 20% elsewhere</b> | <b>Lifting off summits</b><br><br>Varied banks of cloud around in the morning, mostly in Galloway and around the Cheviot, soon lifting, largely breaking above the summits. A few patches may roll over Merrick at times, but increasingly clear here too.<br><br><b>Rising to 80%</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                                      | Sunny glimpses at times but often overcast. Varied visibility, mostly poor on summits, hazy west; very good out of cloud/rain east.                                                                                                                                                                                                     | Frequent sunshine.<br>Very good visibility.                                                                                                                                                                                                                                            |
| <b>How Cold? (at 750m)</b><br><br><b>Freezing Level</b>                            | 6 or 7C, rising a degree eastern hills. Feeling like -5C in strongest wind.<br><br>Above the summits.                                                                                                                                                                                                                                   | 7C rising to 10C, locally 11C east of M74. Feeling as cold as -5C east at dawn, wind chill effect easing.<br><br>Above the summits.                                                                                                                                                    |

**Planning Outlook****All mountain areas of Britain from Tuesday, 8 September, 2026**

Generally unsettled through next week with spells of rain and showers moving in from the Atlantic, accompanied by strong to gale force mountain winds. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times bringing higher Scottish tops occasionally close to freezing point, feeling cold in the wind chill. A few high pressure ridges bring settled windows, notably afternoons of Wednesday and Friday; northwestern areas, particularly in Scotland, will tend to hold onto some hill cloud despite high pressure.

An unsettled weekend is indicated, followed by a rising chance of longer settled windows from mid-month, particularly England and Wales. Temperatures will be generally near or above average, best sunny windows east hill groups.

**Forecast issued at 16:19 on Sunday, 6 September, 2026**

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