

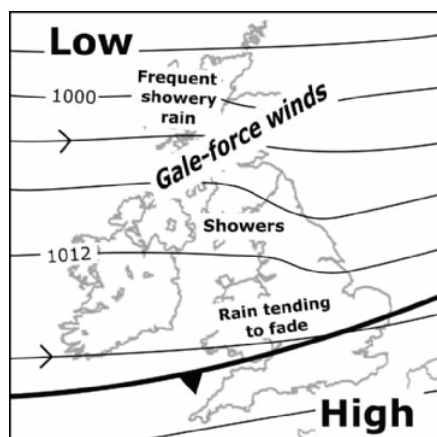
Southern Uplands

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 Saturday, 19 September, 2026



British Mountain Summary:

Based on forecast chart for noon 19 September, 2026

Challenging conditions over high terrain with gale-force winds extensive; feeling notably cold in exposure. Showery rain, most frequent western Scotland. Persistent rain for Wales tends to clear southward and the strongest winds will lessen here.

Headline for Southern Uplands

Gales on tops; showery, most rain west.

Detailed Forecast for Saturday, 19 September, 2026

How windy? (On the summits)	Southwesterly 40 to 45mph, in places 50mph on higher tops.
Effect of wind on you?	Arduous walking conditions, frequent buffeting on high exposed terrain. Considerable wind chill.
How wet? (Precipitation and its impact)	Showers mostly west A scattering of showers spreading from the west, most common over Galloway hills. More often dry eastern Borders and Cheviots.
Cloud on the hills?	Most common on western tops Banks of cloud over higher slopes, most often in the west, base typically 600-700m in west Galloway, but often above 700m elsewhere, good breaks eastward.
Chance of cloud free summits?	40% west, 70% east.
Sunshine? Air clarity (below cloud)	Glimpses of sun west, longer periods of sun Borders to Lothians. Visibility good where dry, slight haze especially west, reduced in showers.
How Cold? (at 750m)	7 to 9C, trending slightly cooler later in the daytime. Feeling like -2 to -5C directly in the wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Sunday 20 September	Monday 21 September
How windy? (On the summits) Effect of wind on you?	Westerly 45mph early morning, tending to lessen gradually to 25mph, slightly less later in day. Challenging conditions moderating, but still blustery and affecting comfortable walking on exposed tops. Marked wind chill.	Westerly 25 to 40mph, very gusty in places; speeds may ease a little during the day. Blustery, affecting ease of walking and balance in places, some buffeting gusts in places downslope from high tops.
How wet? (Precipitation and its impact)	Light showers for a time west A little light showery rain mainly Galloway hills in the morning, fading to be often dry across the region.	Drizzle mostly west Drizzle and light rain most common Dumfries & Galloway. Patchy drizzle into the western Cheviots, but more often dry Borders to Lothians.
Cloud on the hills? Chance of cloud free summits?	Lifting above the tops Patchy cloud above 700m, most common in Galloway in the morning. Lifting and clearing above most or all hills. 80%	Extensive much of the day Blanket cloud shrouding the hills, foggy from some lower elevations upward in the west of Galloway and near Solway. Cloud base higher eastward and a slow lift of base may occur widely, local breaks later. 20%
Sunshine? Air clarity (below cloud)	Broken cloud and sunshine; thin high cloud may thicken later. Visibility very good, early slight haze west.	Glimpses of sun mostly eastern valleys, locally may break through more. Misty poor visibility many hills, but locally good below cloud in east.
How Cold? (at 750m) Freezing Level	6 or 7C, little change all day, then tending to rise onward into night. Feeling sub-zero in the stronger wind. Above the summits.	12 to 14C, little change into night; quite humid, but still feeling like 5C if directly in wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 20 September, 2026

Improving on Sunday as gale-force winds on Scottish mountains gradually lessen and showers become fewer. Warm and humid into early next week, on Monday extensive low cloud and drizzly rain particularly in the west. High pressure to the south will generally dominate the extended outlook particularly for England & Wales with more often drier and warmer conditions through late September into early October. Fine weather likely extends across Scotland for periods too, but a more changeable autumnal mix may continue especially further northwest with rain and stronger winds at times.

Forecast issued at 16:00 on Friday, 18 September, 2026

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