

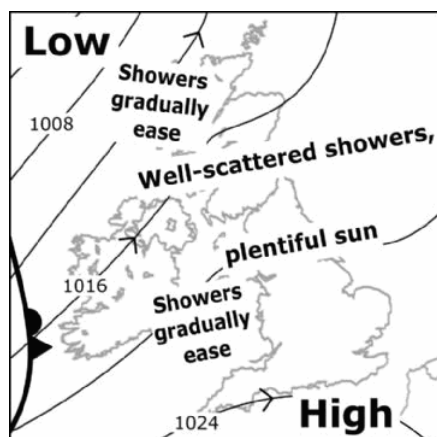
Southern Uplands

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, 1 October, 2026



British Mountain Summary:

Based on forecast chart for noon 1 October, 2026

Showers, although in Scotland away from near the coast north from Mull, very few. Cloud will progressively lift above most mountain areas, particularly away from showers.

Headline for Southern Uplands

Risk of a shower, early hill cloud clear for plentiful sun

Detailed Forecast for Thursday, 1 October, 2026

How windy? (On the summits)	Southwesterly 15-25mph, strengthening late in the day to 30mph over tops, further strengthening into night.
Effect of wind on you?	Fairly small, but becoming blustery on high terrain later, further deteriorating overnight.
How wet? (Precipitation and its impact)	Isolated showers, many hills dry Isolated brief showers
Cloud on the hills?	Lifting to clear most summits Fairly extensive above 700-800m at dawn. Cloud soon lifting, with summits frequently cloud free.
Chance of cloud free summits?	Rising to 90%
Sunshine? Air clarity (below cloud)	Often sunny, patchy fair weather cloud around at times. Very good visibility, a little haze to the west.
How Cold? (at 750m)	8C, rising a degree near the Lothians and Cheviots. Later, feeling near 0C in direct wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 2 October	Saturday 3 October
How windy? (On the summits) Effect of wind on you?	Southwesterly 25-35mph, will vary somewhat, and perhaps stronger just in the morning. Blustery all day, more strenuous moments in buffeting gusts with wind chill.	West-southwesterly 15-25mph. Fairly small.
How wet? (Precipitation and its impact)	Rain most of the day Rain rarely ceases over western hills, sustained heavy falls come and go from the Moffat hills westward. A few drier windows possible east of the Borders, but likely only brief.	Little expected Occasional light rain may drift onto the hills west of the M74, otherwise dry.
Cloud on the hills? Chance of cloud free summits?	Extensive, some variability Hills near and west of the M74 likely shrouded above at least 500m all day, often lower south Galloway, persistent patches in valleys during rain. Some higher breaks may approach 600-700m east and north when rain breaks, but will return lower too. 20%	Increasingly clearing summits Ragged patches at varied heights at dawn, locally quite low where sheltered. Soon lifting to just tops and mostly dissipating. Caps lingering longer on high tops Borders and westward, these increasingly breaking too. Rising to 80%
Sunshine? Air clarity (below cloud)	A few bright glimpses possible but more likely overcast, dull in the west. Poor visibility.	Intermittent sun, weakened by high cloud. Good visibility, a little haze.
How Cold? (at 750m) Freezing Level	9 or 10C. Feeling like 0 to 2C in direct wind. Above the summits.	5C rising to 7 or 8C, mildest east. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 2 October, 2026

Friday starts the weekend with windy and damp weather, rain quite frequent with extensive cloud for some. On Saturday, higher pressure expands from the south, gradually settling the weather in England and Wales. Scotland remains breezy with cloud and showers, mostly impacting western regions. The following week remains mixed: high pressure to the south and west bringing some windows of brighter, drier weather primarily to England and Wales, but active low pressure systems will break through as well for spells of widespread wind, sometimes gale force, and bands of rain followed by showers. Precise timing of settled versus unsettled weather is currently uncertain. Temperatures variably mild to cool, beginning to reach freezing on Scottish summits, or lower down on clear nights.

Forecast issued at 7:45 on Thursday, 1 October, 2026

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