

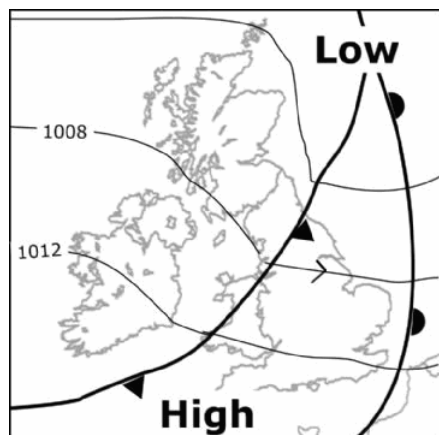
Southern Uplands

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 Sunday, 3 August, 2025



British Mountain Summary:

Based on forecast chart for noon 3 August, 2025

Rain, low cloud and fog ahead of a front will clear Scotland late morning and England and Wales afternoon - but high humidity may maintain a little drizzle and low cloud Wales (most likely SW). Cloud base may not rise sufficiently to clear higher mountains mainly in W Scotland.

Headline for Southern Uplands

Improving: wind easing; rain clearing to the odd shower, low cloud clearing.

Detailed Forecast for Sunday, 3 August, 2025

How windy? (On the summits)	Westerly, 25 to 30mph morning. Easing middle of day to 20-25mph, and by late afternoon 15-20mph.
Effect of wind on you?	Will impede ease of walking widely morning with notable wind chill; becoming small afternoon.
How wet? (Precipitation and its impact)	Morning rain, then extensively dry Morning: Rain and drizzle, most persistent and heavy Dumfries and Galloway. Will ease from west late morning. Afternoon: Isolated if any showers.
Cloud on the hills?	Fog across the mountains morning - all or nearly all clearing afternoon. Extensive down to lower slopes morning, particularly Dumfries and Galloway. From late morning or midday, hills more or less clearing - may still come and go highest Galloway summits.
Chance of cloud free summits?	Less than 10%, rising to 90% by mid afternoon
Sunshine? Air clarity (below cloud)	Patchwork of sunshine coming through afternoon, sunniest toward Cheviots. Good visibility after rain clears although slight haze; haziest Galloway,
How Cold? (at 750m)	11 to 14C, warmest Borders.
Freezing Level	Above the summits

	Monday 4 August	Tuesday 5 August
How windy? (On the summits)	South turning westerly; soon frequently 60mph, but 70 risk 80mph on higher terrain toward central belt afternoon.	Northwesterly; slowly easing through day from 35 to perhaps 40 or 45mph post dawn to 25-30mph by early evening.
Effect of wind on you?	Expect difficult conditions from lower slopes up. Sometimes any mobility challenging together with severe wind chill.	Widely strenuous or in places difficult walking and considerable wind chill, particularly morning.
How wet? (Precipitation and its impact)	Heavy rain mostly morning Rain soon extensive and heavy Dumfries and Galloway; less so Borders. Will clear to occasional showers around or just after midday.	Showery Occasional showers. In Galloway, at least in morning, the rain may be frequent for an hour or two.
Cloud on the hills?	Persistent fog largely clearing afternoon Shrouding the hills morning, covering lower slopes except Cheviots and toward Lothians. Changing abruptly, probably soon after midday as cloud clears to above 750m, although patches much lower near Solway.	Very extensive at first: cloud base gradually rising. After dawn, cloud base typically 450 to 650m, although the cloud may be well broken Borders. By early afternoon, most cloud will have lifted above the summits, but may well persist above about 700m Galloway all day.
Chance of cloud free summits?	10% rising to 80% afternoon	20% rising to 80%
Sunshine? Air clarity (below cloud)	Sunshine intermittently afternoon, particularly Borders. Visibility poor during rain, improving, but very hazy indeed.	Ranging from glimpses of sunshine Galloway to a patchwork of sun Borders. Hazy western mountains, excellent visibility Borders.
How Cold? (at 750m)	8C briefly rising to 11C, Directly in the wind, will feel like -5C.	6C; rising a couple of degrees or so through day, particularly Borders.
Freezing Level	Above the summits	Feeling below freezing point directly in the Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 4 August, 2025

A mixed week: unusually stormy for August on Monday northern Britain, then intermittent rain though the week, most frequent and heaviest western mountains together with areas of low cloud and pulses of strong wind.

Forecast issued at 14:58 on Saturday, 2 August, 2025

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