

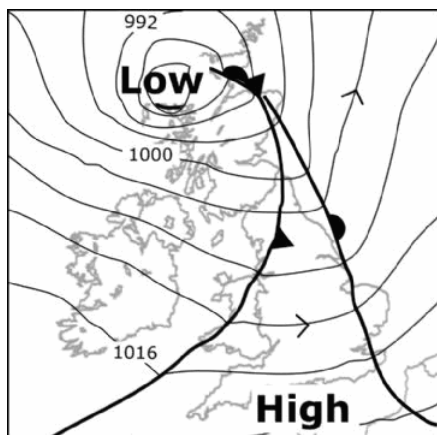
# Southern Uplands

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, 4 August, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 4 August, 2025

An exceptionally severe day for August as upland winds widely reach storm force and the Scottish Highlands experience areas of hurricane force. Rain and low cloud will be widespread morning, before from S Scotland southwards it largely clears from NW.

### Headline for Southern Uplands

Upland storm force wind. Rain and low cloud clearing middle of day.

## Detailed Forecast for Monday, 4 August, 2025

<b>How windy? (On the summits)</b>	South turning westerly; soon frequently 60mph, but 70 risk 80mph on higher terrain toward central belt early afternoon.
<b>Effect of wind on you?</b>	<b>Expect difficult conditions lower slopes up. Sometimes mobility challenging - difficult to stay upright, you may well be blown over. Severe wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Heavy rain mostly morning</b> Rain soon extensive and heavy Dumfries and Galloway; less so Borders. Will clear to bursts of showery rain between dry periods around or just after midday.
<b>Cloud on the hills?</b>	<b>Persistent fog largely clearing afternoon</b> 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.
<b>Chance of cloud free summits?</b>	<b>10% rising to 80% afternoon</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine intermittently afternoon, particularly Borders. Visibility poor during rain, improving, but very hazy indeed.
<b>How Cold? (at 750m)</b>	8C briefly rising to 11C, Directly in the wind, will feel like -5C.
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	<b>Tuesday 5 August</b>	<b>Wednesday 6 August</b>
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	Northwesterly; 35 to perhaps 40 occasionally 45mph on higher tops.  <b>Widely strenuous or in places difficult walking and considerable wind chill.</b>	Westerly; soon easing to 20-25mph; and by midday mostly 15mph. Southerly; starting to strengthen evening. <b>Mostly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showers</b> Occasional showers. In Galloway, at least in morning, the rain may be frequent for an hour or two.	<b>Rain very unlikely</b>
<b>Cloud on the hills?</b>          <b>Chance of cloud free summits?</b>	<b>Very extensive at first: cloud base gradually rising.</b>  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.  <b>20% rising to 80%</b>	<b>Mostly very little</b>  Hills extensively cloud free, although patches higher Galloway morning, before forming again here in evening (near the Solway on lower slopes).  <b>90% by late morning</b>
<b>Sunshine?</b> Air clarity (below cloud)	Ranging from glimpses of sunshine Galloway to a patchwork of sun Borders. Hazy western mountains, excellent visibility Borders.	Patchwork of bright sunshine. Hazy morning; but by afternoon very good or excellent visibility. Hazy again Galloway evening.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	6C; rising a couple of degrees or so through day, particularly Borders. Feeling below freezing point directly in the Above the summits.	8C; rising to 12C.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 5 August, 2025**

Between areas of low pressure on Tuesday and Wednesday, mostly dry with cloud clearing many summits. Still windy on Tuesday. Frequent rainfall and low cloud will follow through the week on western mountains, particularly the W & NW Highlands - least wet South Wales.

**Forecast issued at 15:23 on Sunday, 3 August, 2025**

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