#### MOUNTAIN WEATHER INFORMATION SERVICE

# **Southern Uplands**

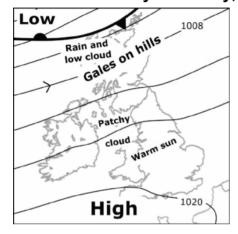
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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# General Summary for Friday, 8 August, 2025



# **British Mountain Summary:**

## Based on forecast chart for noon 8 August, 2025

Gale-force winds persist over higher terrain in Scotland. Rain and drizzle throughout the day toward the northwest, low cloud covering western mountains extensively; higher cloud bases eastwards. Cloud banks common on hills near the Irish Sea, clearer with more sun eastwards over England & Wales.

## **Headline for Southern Uplands**

Windy over hills. Largely dry, cloud base lifting.

# **Detailed Forecast for Friday, 8 August, 2025**

How windy? (On the summits)	Southwesterly 30 to 35mph, tending to increase later, up to 40mph over high tops. Into night, reaching 50mph higher areas.	
Effect of wind on you?	Strenuous walking over high terrain, becoming more arduous later in day.  Considerable wind chill.	
How wet? (Precipitation and its impact)	Little rain expected Odd spots of drizzly rain, mostly west of the M74; amounting to little.	
Cloud on the hills?	Most tops clearing Cloud banks drifting around high terrain in morning, some lower patches to 500-600m toward west. Largely lifting off tops for cloud-free hills, though cloud banks may occasional graze highest tops, notably west of the M74.	
Chance of cloud free summits?	50% rising to 80%	
Sunshine? Air clarity (below cloud)	Bursts of sun increasingly frequent, best in eastern areas. Good visibility though some haze.	
How Cold? (at 750m)	8C rising to 11C. Feeling at or just below freezing in strongest wind.	
Freezing Level	Above the summits	

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## Southern Uplands - Looking Ahead

summits) period  Effect of wind on you?  Street terra  Mark	thwesterly 30 to 40mph, risk 50mph for ods on higher tops.  nuous walking on exposed higher hin, frequent buffeting in places.  ked wind chill.	Westerly 25-30mph for a few hours from dawn, easing a little to 20mph, turning southwesterly; risk later in day 30mph.  Blustery and feeling chilly early in day, lessening through middle of day, but into
How wet? Rain		evening may deteriorate.
l .	for a time mostly west	Rain unlikely
impact) M74 for a from	and drizzle on hills near/west of the in the morning, more persistent, heavier time, then tending to fade into afternoon northwest. iller amounts reaching Borders.	Small risk spots of light rain Galloway hills toward evening.
Cloud on the hills? Exte	ensive, lowest west	Lifting and clearing
durin and v 500-	ouding the hills widely in morning and ng rain, to lower elevations near Solway western hills in Galloway. Mostly above 600m in Borders and Cheviots. Base rise later.	Cloud banks in the morning mostly hills toward west of M74, lifting, but capping some tops for a few hours, breaking above the hills midday into afternoon.
Chance of cloud 20% free summits?		40% rising to 90%
Air clarity (below Hazy	pses of sun mostly east. y, misty, visibility generally reduced in may improve later.	Sunshine best toward east. Visibility increasingly very good.
How Cold? (at 9 or 750m)	10C. ing near/just below freezing in wind.	8C rising to 12C afternoon, may rise slightly higher evening onward. Feeling near freezing in wind in morning.
Freezing Level Abov	ve the summits	Above the summits

## **Planning Outlook**

## All mountain areas of Britain from Saturday, 9 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

## Forecast issued at 16:00 on Thursday, 7 August, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2025.