

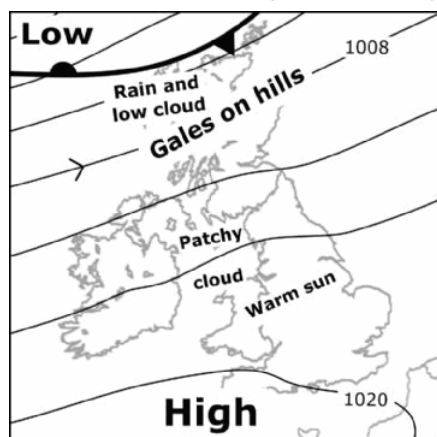
# Southern Uplands

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

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

**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.

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