

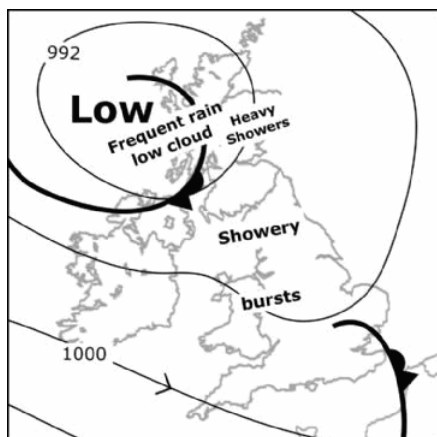
# Southern Uplands

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, 29 August, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 29 August, 2025

Rain frequent or persistent for western Scotland most of the day, some slow-moving heavy bursts, these extending increasingly eastwards over the Highlands. Clusters of showery rain over western England and Wales will drift eastwards during the day on fresh and gusty winds.

### Headline for Southern Uplands

Showery, brisk winds.

## Detailed Forecast for Friday, 29 August, 2025

<b>How windy? (On the summits)</b>	Southwesterly 25-30mph, trending westerly through the day, gusty around showers.
<b>Effect of wind on you?</b>	<b>Noticeably uncomfortable winds for most with walking impeded over high tops.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain</b> Clusters of showery rain passing eastward in morning, but some drier conditions for a few hours, particularly toward Lothians. Showery rain becomes more frequent from west during afternoon, risk isolated thunder.
<b>Cloud on the hills?</b>	<b>Fairly extensive, breaks best in east</b> From dawn, fairly extensive from middle slopes upward, more patchy up to higher slopes Borders/Lothians. Bases rise somewhat with occasional breaks, best in east, but variable cloud returns during and after rain.
<b>Chance of cloud free summits?</b>	<b>30% west to 60% east</b>
<b>Sunshine?</b> Air clarity (below cloud)	Little or no sun west, breaking through at times in east. Visibility often poor in cloud and rain, very good out of cloud.
<b>How Cold? (at 750m)</b>	9 or 10C. May rise slightly from Lothians south to Cheviots. Feeling near to freezing in the wind on tops.
<b>Freezing Level</b>	Above the summits

	Saturday 30 August	Sunday 31 August
How windy? (On the summits)	South then southeasterly 20-25mph early, rising rapidly to 50-60mph from the west, risk 70mph coastal Galloway for a time.	Southerly, 35 to 45mph, but over 50mph for periods on higher terrain, stronger gusts.
Effect of wind on you?	Deteriorating; walking increasingly strenuous then difficult, severe on high tops in Galloway. Significant wind chill.	Arduous walking conditions across the hills, in places more difficult where exposed.
How wet? (Precipitation and its impact)	Rain develops widely, heaviest west  Dry start for many areas. Drizzly rain from dawn in Galloway sets in as persistent rain and spreads east, becoming widespread rain, heavy in west afternoon, torrential downpours. May break into showers later.	Showery rain  Rain on and off all day in Dumfries and Galloway, heavy bursts mixed in; showers developing more widely with time.
Cloud on the hills?	Increasingly extensive, particularly Galloway  From dawn, variable cloud banks from middle slopes up - may be more extensive southern Galloway hills. Filling in extensively above 500m as rain sets in with variable patches to low slopes, southern Galloway perhaps widely shrouded. May break somewhat if rain eases.	Most persistent western tops  Cloud often covering western hills above 600-700m in the morning, patches lowering during rain. Breaking for periods toward or above higher slopes afternoon.
Chance of cloud free summits?	10%	40%
Sunshine? Air clarity (below cloud)	Weak glimpses of sun through high cloud, soon overcast, first in the west. Visibility increasingly poor as rain sets in.	Glimpses of sun mostly Borders. Visibility good away from showers, but general slight haze.
How Cold? (at 750m)  Freezing Level	8 or 9C. May briefly rise slightly in the afternoon. Feeling below freezing in strongest wind.  Above the summits	9 or 10C, little change all day. Wind chill feeling below freezing in exposure on tops.  Above the summits

**All mountain areas of Britain from Saturday, 30 August, 2025**

An unsettled weekend ahead driven by low pressure to the west/north of Scotland. Brisk westerlies will drive showery rain onto western mountains, at times drifting eastwards. Some local thundery downpours may arise. Saturday in particular will be very windy with widespread risk of gales and heavy rain setting in from the southwest. Sunny periods will arise between weather features, greatest chance in eastern areas later in the weekend and early next week. Next week stays mixed with low pressure in charge, frequent rain or showers continuing. Some improvement later in the week as pressure tends to rise.

**Forecast issued at 16:30 on Thursday, 28 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.