

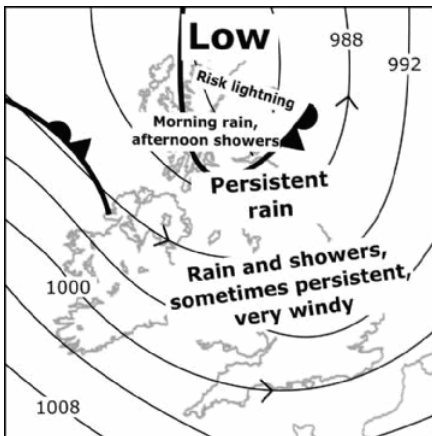
# Southern Uplands

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 Thursday, 4 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 4 June, 2026**

Rain and showers in Scotland, showers heaviest east afternoon with risk of thunder. Light wind early, increasingly blustery from south. Persistent rain and windy south Scotland and Lakeland/N Pennines. Very windy Peak District and Wales too, gales later, morning rain and afternoon showers.

### Headline for Southern Uplands

Persistent rain and strong wind all day

## Detailed Forecast for Thursday, 4 June, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southwest then westerly 15-25mph morning, some stronger winds, then shifting westerly and strengthening to sustained speeds of 30-35mph, and often reaching 40mph over tops.</p> <p><b>Walking increasingly strenuous from midday, arduous moments over the high tops with considerable wind chill and stability challenges.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Rain nearly persistent most of the day</b></p> <p>Frequent showery rain fairly widespread for most of the day, sometimes merging into broader areas of extended falls that will at times be heavy. Rain rarely ceasing Ayrshire hills. Best dry windows around the Cheviot but these usually short.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>Fairly extensive</b></p> <p>Extensive cloud to low slopes near and west of M74 at dawn, higher bases east but most hills shrouded above 500m at first. Bases lift through morning to mostly 600-700m, some chance of a few afternoon higher breaks, but only briefly; Ayrshire hills stay shrouded from 400-500m up likely all day.</p> <p><b>20%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Largely overcast, only a few rare glimpses of sun here and there.</p> <p>Visibility mostly poor due to extensive cloud and frequent rain, only brief windows where better.</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>6 or 7C, rising to 9C near and east of M74, possibly 10C Lothians and Cheviot. May only reach 8C Ayrshire hills.</p> <p>Feeling at freezing point in direct wind.</p> <p>Above the summits.</p>

## Southern Uplands - Looking Ahead

	Friday 5 June	Saturday 6 June
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Westerly 30-40mph early, stronger gusts east at first. Easing and shifting southwesterly, 15-25mph later afternoon. <b>Strenuous walking east early with stability challenged and significant wind chill. Effects ease to nuisance wind over tops.</b>	S-SE'ly, later SW'ly, high uncertainty of extent of stronger winds - likely in range 25 to 40mph, but risk 50mph for a time. <b>Beware of changing conditions and monitor subsequent forecasts - risk of being difficult at least part of the day.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain</b> Patches of rain drifting from the west for much of the day, may occasionally merge into broader areas of rain, most likely west; dry windows likely too. Any heavier falls will be brief.	<b>Risk of rain developing</b> A chance of substantially dry conditions for a few hours at least, particularly north/east, but patchy rain likely soon develops western areas, risk becoming more persistent, widespread, heavier in west - timing of this uncertain.
<b>Cloud on the hills?</b>	<b>Lifting, likely clearing all summits</b>  Most hills above 700m in cloud from before dawn, most extensive with lowest bases Ayrshire hills, locally 400m. Soon lifting through morning, breaks forming, soonest Cheviot; Merrick/Ayrshire slowest to clear, and a risk of caps returning here later too.	<b>Becoming extensive</b>  Cloud banks already covering hills near Solway from early in day, whilst more north and eastern hills may start clearer. Cloud likely lowering more widely, filling in to lower elevations southwest areas.
<b>Chance of cloud free summits?</b>	<b>Rising to 80%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sunshine, perhaps more often sunny for a few morning hours. Excellent visibility.	Sun weak at best through high cloud early in day in east, becoming widely overcast. Visibility very good where dry, but reducing in rain, risk becoming poor in west.
<b>How Cold? (at 750m)</b> <b>Freezing Level</b>	4 or 5C, rising to 7 or 8C, mildest east. Feeling like -5C in strongest early wind, this effect easing. Above the summits.	6C rising to 9C afternoon, then lowering into late evening-night. Feeling near/below freezing in the wind. Above the summits.

## Planning Outlook

### All mountain areas of Britain from Friday, 5 June, 2026

Friday sees a slight settling trend compared to recent days with sunny spells in east Scotland as well as England and Wales, some patchy showers. Unsettled again over the weekend, as southwesterly flow draws several areas of rain across the country, best of dry slopes to the northeast. Showers affect most hills Monday and Tuesday, lowest cloud and most persistent rain along western slopes, but with some breaks as well with sunshine. Wednesday is likely more unsettled as gales spread across most tops and heavy rain drives into northwest England and Scotland. Conditions settling into the weekend as high pressure builds from the south. Low cloud will gradually dissipate for increased sun. Scotland slower to settle, some cloud and drizzly rain lingering in the west.

### Forecast issued at 16:29 on Wednesday, 3 June, 2026

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