

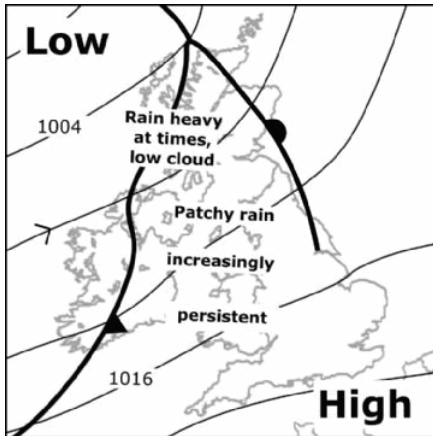
Southern Uplands

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 Sunday, 7 June, 2026



British Mountain Summary:

Based on forecast chart for noon 7 June, 2026

Scotland: Strong and gusty south-westerly winds will drive hill fog and frequent rainfall across western mountains, setting in during afternoon. Rainfall patchier across eastern hills with higher bases. England and Wales: Windy with patchy light rain onto western hills, becoming more widely damp or wet through the day.

Headline for Southern Uplands

Windy, with patchy rain, but becoming frequent west in the afternoon.

Detailed Forecast for Sunday, 7 June, 2026

How windy? (On the summits)	Southwesterly 30-40mph, likely near the higher speeds for several afternoon hours, risk gusting near 50mph in west.
Effect of wind on you?	Strenuous or arduous walking most or all day, significant wind chill. Highest speeds may knock you off balance.
How wet? (Precipitation and its impact)	Patchy rain, setting in from west afternoon Patches of rain will drift from the southwest throughout the day, falls amounting to little through morning. From midday, falls increasingly frequent, near and west of M74; may set in.
Cloud on the hills?	May be fairly extensive west Most hills in cloud above 500-600m at dawn, a lifting trend with some breaks to summits east of M74. Cloud may briefly lift in the west too, but then lowers again, towards middle or lower slopes through afternoon.
Chance of cloud free summits?	60% east, 30% west
Sunshine? Air clarity (below cloud)	Sunshine increasingly weakened by high cloud, may stay largely cloudy west. Good visibility but a haze to the west.
How Cold? (at 750m)	8 to 10C, coolest southern Galloway slopes east to Moffat hills. Feeling below freezing in strongest wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Monday 8 June	Tuesday 9 June
How windy? (On the summits)	Southwesterly 20 to 25mph.	South-westerly 15 to 20mph, may pick up to 25mph at times in afternoon, especially hills nearest Solway.
Effect of wind on you?	Fairly small effect on walking, but feeling blustery and a noticeable chill on exposed high terrain.	Mostly small, but feeling chilly in the wind.
How wet? (Precipitation and its impact)	Showery rain A band of rain clears eastward around dawn, heavy briefly Cheviots. Then broadly showery, bursts of rain passing west to east, risk isolated thunder, later particularly eastern areas.	Showers becoming widespread Showers at first, concentrated in the west, but becoming widespread across the area. Some hail possible, with the risk of thunder too.
Cloud on the hills?	Breaks to tops Varied patchy cloud over the hills, lowest most often near Solway, but good breaks to upper slopes further north and eastward.	Occasional over tops; but frequent west. Bases varying with showery environment, but cover the tops occasionally in fog. Most frequently western hills, where in morning may be down to 500m for a time.
Chance of cloud free summits?	50%	40% west, 70% east.
Sunshine? Air clarity (below cloud)	Brief bursts of sun. Visibility good away from showers and below cloud.	Often cloudy, patchy sun best in the east. Visibility sometimes poor due to rain.
How Cold? (at 750m)	5 to 7C, mildest east. Feeling below freezing directly in the wind.	4 lifting to 6C
Freezing Level	Above the summits.	Above the summits

Planning Outlook**All mountain areas of Britain from Monday, 8 June, 2026**

The unsettled period of weather will persist over the coming week with low pressure area centres tracking just to the northwest of Scotland, allowing south-westerly winds to prevail. Rainfall often showery in nature, but coming in frequently to western mountains with the greatest falls for western Scotland. Chilly and windy at times; freezing level touching highest tops Scotland on Tuesday and Wednesday, when showers will fall as snow over the tops. Temperatures trending milder again next weekend, pressure may begin to rise in the south to give drier weather more widely.

Forecast issued at 16:46 on Saturday, 6 June, 2026

The Production of the Scottish forecasts is fully funded by 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, 2026.