

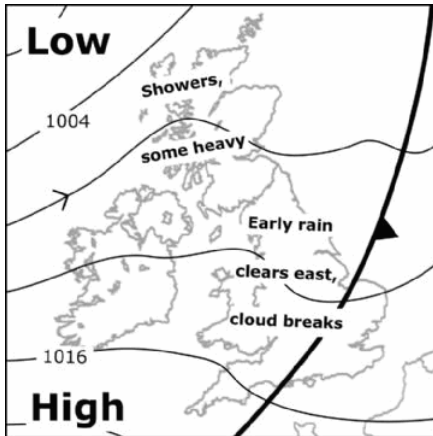
Southern Uplands

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 Monday, 8 June, 2026



British Mountain Summary:

Based on forecast chart for noon 8 June, 2026

Early rain across England and Wales, and perhaps eastern Scotland, soon clears eastwards. Following on, a south-westerly with scattered showers: risk of afternoon thundery ones northeast Scotland. Fewer showers and turning much brighter for England and Wales with hills becoming mostly clear.

Headline for Southern Uplands

Early rain clears east, then mostly dry with sun in and out, some passing showers.

Detailed Forecast for Monday, 8 June, 2026

How windy? (On the summits)	Southwesterly 20 to 25mph.
Effect of wind on you?	Fairly small effect on walking, but feeling blustery and a noticeable chill on exposed high terrain.
How wet? (Precipitation and its impact)	Early rain clears, then mostly dry. 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.
Cloud on the hills?	Clearing hills by late morning Areas of low cloud from dawn, in rain band, bases down to 300-500m, lowest over southern facing slopes. As rain clears east by early to late morning, bases will rise markedly with hills clearing by late morning.
Chance of cloud free summits?	40% lifting to 90%
Sunshine? Air clarity (below cloud)	Brief bursts of sun. Visibility good away from showers and below cloud.
How Cold? (at 750m)	5 to 7C, mildest east. Feeling below freezing directly in the wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 9 June	Wednesday 10 June
How windy? (On the summits) Effect of wind on you?	South-westerly 15 to 20mph, may pick up to 25mph at times in afternoon, especially hills nearest Solway. Mostly small, but feeling chilly in the wind.	Westerly 15 to 25mph Mostly small, but marked wind chill where exposed to the strongest breeze.
How wet? (Precipitation and its impact)	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.	Showers forming widely, risk thunder Showers initially near to west coast. These will move inland and develop further to give widespread showers. Risk some hail, thunder well inland too.
Cloud on the hills?	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.	Lowering onto tops at times in rain. Varied bases. At first, banks over western tops, elsewhere mostly clear. As showers develop widely, expect patches or banks to form at times over the tops.
Chance of cloud free summits?	40% west, 70% east.	60%
Sunshine? Air clarity (below cloud)	Often cloudy, patchy sun best in the east. Visibility sometimes poor due to rain.	Best sun early in day, before skies tend to fill in with cloud by late morning. Visibility very good, but poor in afternoon showers.
How Cold? (at 750m) Freezing Level	4 lifting to 6C Above the summits	3C lifting to 6C Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 9 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 may fall as wet snow at times over the tops. Temperatures trending warmer again next weekend, as pressure is likely to rise from the south to give drier weather more widely.

Forecast issued at 16:26 on Sunday, 7 June, 2026

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