

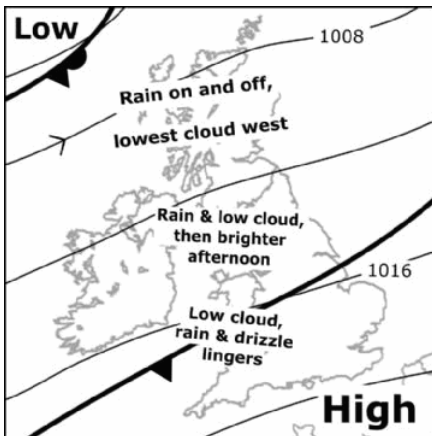
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Wednesday, 17 June, 2026



British Mountain Summary:

Based on forecast chart for noon 17 June, 2026

Southwesterly winds will be fresh to strong over the mountains. Rain widely fairly persistent in the morning, more showery for Scotland into afternoon, fading for northern England and Wales, but patchy rain lingers in south Wales. Cloud shrouding most high terrain, lowest in west, some breaks afternoon.

Headline for Southern Uplands

Strong breeze. Rain then showers, cloud base rising.

Detailed Forecast for Wednesday, 17 June, 2026

How windy? (On the summits)	Southwesterly 25mph, in places 30mph around high tops, small fluctuations during day, slightly stronger by evening.
Effect of wind on you?	Breezy over the hills, strenuous walking on some exposed higher slopes. Feeling cool in exposure.
How wet? (Precipitation and its impact)	Wettest early in morning, then scattered showers Rain persistent fairly widely from dawn into early morning, some heavier falls especially in west, fading, breaking up during morning. Then a few showers passing west to east, locally briefly heavier.
Cloud on the hills?	Most persistent in morning, rising into afternoon Fairly extensive across the hills from dawn, some banks on southern slopes to 500m or lower for a time. Base rising toward higher slopes, some clearer breaks afternoon - more often above hills near central belt and Borders.
Chance of cloud free summits?	20% rising to 40% west, 70% north/east.
Sunshine? Air clarity (below cloud)	Fairly cloudy, glimpses of sun, mainly eastern areas. Visibility very good, but reduced briefly around rain.
How Cold? (at 750m)	9C rising to 12C out of cloud in afternoon. Feeling near to freezing directly in wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Thursday 18 June	Friday 19 June
How windy? (On the summits) Effect of wind on you?	South-southwesterly varying 20 to 35mph, strongest gusts Cheviots. Then into night increasing further to 40-50mph. Affecting comfortable walking, at times more strenuous with buffeting gusts over higher exposed tops.	South-southwesterly, rising from before dawn to 40-50mph, gusts 60mph on tops; lessening only late in day from west. Challenging walking, gusts knocking you off balance, including on some downslopes to north. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain most persistent west, often heavy Rain soon likely to set in for much of day across Dumfries & Galloway, some heavier falls southern areas. Pulses of steady rain extending northeastward, odd bursts of rain. Streams rising to be in spate in west.	Frequent heavy or thundery rain Areas of rain from overnight into morning in west, further pulses of rain through day, some prolonged heavy or torrential falls, tending to extend eastwards. Risk of thunder. May start to fade later from west.
Cloud on the hills?	Fairly extensive, lowest southwest Shrouding hills widely above 300-500m near and west of M74, or lower slopes persistently toward Solway. Higher cloud base north and eastward, local breaks.	Varied, persistent west, elsewhere in rain May cover hills in west all day, fog from low slopes up near Solway, higher base northward. Lothians to Borders clearer. Lowering and filling in widely around rain with ragged low patches.
Chance of cloud free summits?	10% west, 30% north/east.	20% southwest, to 70% northeast.
Sunshine? Air clarity (below cloud)	Largely cloudy, brighter northeastward. Misty southwest areas, especially coasts, better visibility below cloud northeast.	Any sun weak through high cloud, largely overcast. Misty Solway coast; hazy or murky around rain. Local good visibility for a time east.
How Cold? (at 750m) Freezing Level	9 or 10C, locally rising to 12C out of cloud, mainly north and eastern areas. Feeling nearer to 0C in stronger wind. Above the summits.	Humid 12 to 15C, warmest east, then by evening onward may drop rapidly to 7C. Feeling near freezing in wind all day. Above the summits.

Planning Outlook**All mountain areas of Britain from Thursday, 18 June, 2026**

Humid southwesterly winds persist late this week, reaching gale-force over hills - affecting northern England and Wales on Thursday, then Scotland by Friday. Periods of rain, some heavy falls with possible thundery bursts mixed in. Low cloud most persistent in the west. Less windy, but still breezy into Saturday in Scotland, feeling less humid for most, but western Scottish hills at least stay cloud capped and with showery rain. Sunday is more uncertain, but a risk of some further rain pushing in from the southwest - warmer again over England and Wales. A mixed west-southwesterly pattern into next week, rain and low cloud most common in western Scotland, drier with higher cloud eastwards and more often dry for England & Wales. Near average temperatures, may rise late week in south.

Forecast issued at 16:30 on Tuesday, 16 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.