

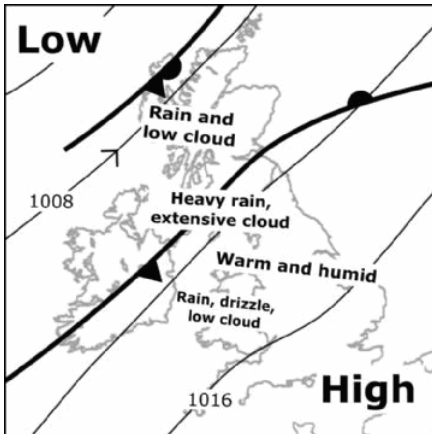
Southern Uplands

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 Thursday, 18 June, 2026



British Mountain Summary:

Based on forecast chart for noon 18 June, 2026

Rain and low cloud affects many mountains, most persistent in the west, patchier and lighter for the Highlands by afternoon. A band of heavier rain for northern England and southwest Scotland, risk some thundery bursts. Blustery southwesterly winds. Feeling humid particularly for England and Wales.

Headline for Southern Uplands

Breezy, increasingly windy. Rain setting in heavy, low cloud.

Detailed Forecast for Thursday, 18 June, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>South-southwesterly varying 25 to 35mph, strongest sustained speeds areas near and east of M74 into afternoon, strongest gusts Cheviots 40mph. Then into night increasing further widely to 40-50mph.</p> <p>Affecting comfortable walking, at times more strenuous with buffeting gusts over higher exposed tops.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain most persistent west, often heavy</p> <p>Rain soon sets in for much of day across Dumfries & Galloway, some prolonged heavier falls southern areas. Pulses of steady rain extending northeastward, odd bursts of rain, chance of isolated thunder. Streams rising to be in spate in west.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Fairly extensive, lowest southwest</p> <p>Shrouding hills widely above 300-500m near and west of M74, or lower slopes persistently toward Solway, ragged low patches widely in heavy rain. Higher cloud base north and eastward, local breaks.</p> <p>10% west, 30% north/east.</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Largely cloudy, murky in rain.</p> <p>Misty southwest areas, especially coasts, better visibility below cloud northeast, but widely poor in rain.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>9 or 10C, locally rising to 12C out of cloud, mainly north and eastern areas. Feeling nearer to 0C in stronger wind.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Friday 19 June	Saturday 20 June
How windy? (On the summits) Effect of wind on you?	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.	Southwesterly 20 to 25mph. Fairly small effect on walking, but feeling breezy on high terrain, rather cool particularly in morning.
How wet? (Precipitation and its impact)	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. Starting to fade later from west.	Showers moving east Patchy showers mostly western areas in the morning, tending to extend eastwards through middle of day into afternoon, brief bursts of rain. Fading from west in afternoon.
Cloud on the hills?	Varied, persistent west, elsewhere in rain Covering hills in west most or 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.	Lowest in west and in morning Covering the hills fairly widely in morning, to lower slopes toward Solway coast. Bases rising, tending to thin and break, but patches still likely to cap tops in west into early afternoon, then largely clearing.
Chance of cloud free summits?	20% southwest, to 70% northeast.	20% rising to 80% afternoon
Sunshine? Air clarity (below cloud)	Any sun weak through high cloud, largely overcast. Misty Solway coast; hazy or murky around rain. Local good visibility for a time east.	Misty and largely cloudy start especially in west, improving with some sun breaking through and visibility becoming very good.
How Cold? (at 750m) Freezing Level	Humid 12 to 15C, warmest east, then by evening onward dropping rapidly to 7C. Feeling near freezing in wind all day. Above the summits.	7C rising to 9 or 10C afternoon. Feeling close to freezing in wind on high tops, especially in the morning. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 19 June, 2026

Humid southwesterly winds, gales across many mountains on Friday, plus heavy rain, thundery bursts mixed in. 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 a drier day with clearer hills, light winds and feeling warmer. Into next week, a mixed west-southwesterly pattern for Scotland, rain and low cloud most common in the west, drier with higher cloud eastwards and more often dry. Warm and humid for England & Wales - often dry, but possible thunderstorms forming at times - detail more uncertain.

Forecast issued at 16:06 on Wednesday, 17 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.