

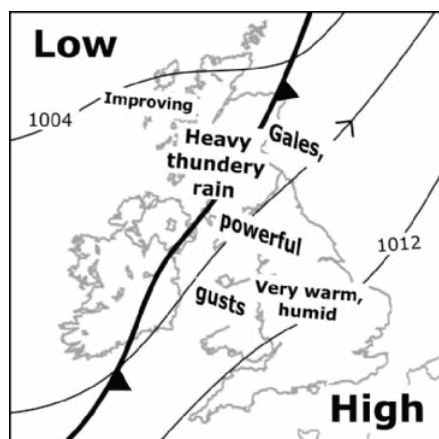
Southern Uplands

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 Friday, 19 June, 2026



British Mountain Summary: Based on forecast chart for noon 19 June, 2026

A swathe of heavy rain extends across the Highlands, southern Scotland then into Cumbria and west Wales, some torrential bursts, thunder and lightning possible. A belt of gale-force upland winds just ahead of the rain. Warm and humid. Winds ease in western Scotland, rain fades, cloud lifts, dropping cooler.

Headline for Southern Uplands

Heavy rain, setting in at times. Low cloud. Gales ease.

Detailed Forecast for Friday, 19 June, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>South-southwesterly, 40 to 50mph, gusts 60mph on tops in morning; lessening from west into afternoon, but some marked variations possible, in range 25 to 40mph, strongest gusts in east.</p> <p>Challenging walking, particularly morning, then more variable; gusts knocking you off balance, including on some downslopes to north. Considerable wind chill on tops despite warm air.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Frequent heavy or thundery rain</p> <p>Areas of rain from overnight into morning in west, further pulses of rain through day, varying in extent, some prolonged heavy or torrential falls, particularly in west, drifting east later. Risk of thunder mixed in.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Varied, persistent west, elsewhere in rain</p> <p>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.</p> <p>20% southwest, to 70% northeast.</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Any sun weak through high cloud, largely overcast.</p> <p>Misty Solway coast; hazy or murky around rain. Local good visibility for a time east.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>Humid 12 to 14C, warmest east, then into night dropping from west to 8C.</p> <p>Feeling near freezing in wind all day.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Saturday 20 June	Sunday 21 June
How windy? (On the summits)	Southwesterly 20mph, occasional 25mph early in day.	Variable direction 10mph or less.
Effect of wind on you?	Fairly small effect on walking, but feeling rather cool in exposure on tops in morning.	Negligible.
How wet? (Precipitation and its impact)	Brief showers for a time Light showers mostly western areas in the morning, tending to extend eastwards through middle of day but largely fading during afternoon.	Rain not expected
Cloud on the hills?	Early low cloud clearing Covering hills fairly widely in morning, particularly in west, lowest toward Solway coast, to some lower slopes for a time. Bases rising, tending to thin and break above all tops into middle of day.	Little if any Local patchy cloud on some slopes near Solway for a time, but all dispersing, or cloud then forming above the summits.
Chance of cloud free summits?	30% rising to 90% afternoon	Above 90%
Sunshine? Air clarity (below cloud)	Largely cloudy start in west, improving with some sun breaking through. Visibility becoming very good.	Sunshine fairly widely, then some fair-weather cloud inland into afternoon. Visibility very good.
How Cold? (at 750m)	8C rising to 11C afternoon. Feeling close to 0C in wind on high tops early morning.	9C at dawn, rising to 14C afternoon.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 20 June, 2026**

Cooler and less humid for Saturday, some showery rain and low cloud in the west, tending to improve. Sunday is a dry day for most with clearer hills, light winds and feeling warmer, becoming more humid again from the south. More uncertainty early next week - some rain possible for Scotland into Monday, potential scattered thunderstorms for England and Wales as it becomes very humid. A fresher westerly wind is indicated into Tuesday with some showers, then higher pressure likely expands over the country from the south midweek with drier weather then likely for a few days. Scope for higher temperatures and humidity to build toward next weekend, which may eventually break into thunderstorms.

Forecast issued at 16:25 on Thursday, 18 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.