

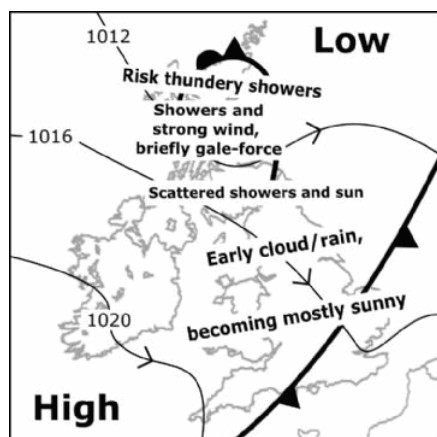
Southern Uplands

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, 30 July, 2026



British Mountain Summary:

Based on forecast chart for noon 30 July, 2026

Cool, windy, and showery in Scotland. Gales and heavy showers pass west-to-east across the highlands, showers most frequent with lightning risk north. Starting breezy with rain over the Pennines and Wales, this clearing east for sun, a few odd showers northwest England. Mild-to-warm England and Wales.

Headline for Southern Uplands

Scattered showers and sun; windy over tops

Detailed Forecast for Thursday, 30 July, 2026

How windy? (On the summits)	Southwest then westerly, 25mph strengthening during morning to reach 30-35mph, gusting 40mph over tops for a periods.
Effect of wind on you?	Increasingly affecting comfortable walking on high terrain, buffeting gusts in exposure which will occasionally challenge balance. Considerable wind chill.
How wet? (Precipitation and its impact)	A few showers Scattered or isolated showers mainly west of M74 morning, and across region afternoon.
Cloud on the hills?	Lifting above tops away from showers Patchy cloud banks around upper slopes in the morning, locally more extensive near and west of M74. Lifting mostly above the hills, but returning over tops and briefly ragged patches to lower slopes around showers, mostly in Dumfries and Galloway.
Chance of cloud free summits?	Soon almost certain
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sun, some sunnier windows but also fair weather cloud building for cloudier periods as well. Visibility very good when dry, reduced briefly in showers.
How Cold? (at 750m)	8 to 10C, coolest Galloway, slight drop later in daytime. Feeling like 0C in exposure to wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Friday, 31 July, 2026

Cool and showery westerlies into the weekend, windy over high terrain; western hills often capped in cloud. Southern Pennines and Wales likely see only scattered showers and remain warm. Cloud encroaches from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales. A complex area of low pressure is then expected to circulate slowly over Britain early next week, bringing areas of rain and heavy showers, some thundery downpours possible. Winds varying, trending northerly and strengthening, to gales over high summits on Tuesday. A window of improvement from midweek, which may persist into the weekend, but a showery northwesterly persists in Scotland. Beware ongoing fire management restricting access to some mountains.

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.