

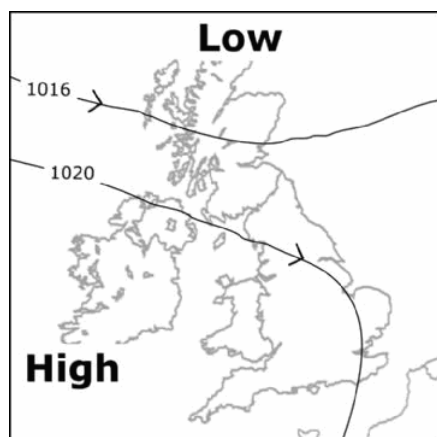
Southern Uplands

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 Saturday, 1 August, 2026



British Mountain Summary:

Based on forecast chart for noon 1 August, 2026

England and Wales extensively dry with periods of sun and particularly Wales fairly light wind. Increasingly showery northwards across Scotland, although mostly confined to afternoon eastern mountains. Fairly chilly, particularly morning.

Headline for Southern Uplands

Chilly morning; scattered showers, mainly afternoon.

Detailed Forecast for Saturday, 1 August, 2026

How windy? (On the summits)	Westerly 20 to locally 25mph.
Effect of wind on you?	Fairly small.
How wet? (Precipitation and its impact)	Scattered showers West of M74, occasional showers, tending to die out from west through afternoon. Elsewhere, scattered showers mainly from about midday onwards. Will die out evening.
Cloud on the hills?	Largely or completely clearing the hills Summits extensively cloud free, although until late morning, cloud often covering higher slopes northern Galloway and near Nithsdale, By midday, only rare (if any) patches left.
Chance of cloud free summits?	90% by midday
Sunshine? Air clarity (below cloud)	Patchwork of sun, more often cloudy central and east areas with time. Very good visibility.
How Cold? (at 750m)	7C rising to 12C, although 10C Galloway.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Sunday 2 August	Monday 3 August
How windy? (On the summits)	Westerly 10 to 15mph after dawn. Soon 10mph or less.	Easterly 15 to 25mph, possibly sometimes 30mph; very gusty in places.
Effect of wind on you?	Negligible.	Mostly fairly small, but expect sudden gusts to develop (sometimes on lower slopes) making balance tricky.
How wet? (Precipitation and its impact)	Rain not expected	Deteriorating: rain increasingly likely Low confidence - timing of changes very uncertain: As cloud thickens rain may well become increasingly widespread and persistent.
Cloud on the hills?	Very little if any Patches over a few hours on some higher slopes west of M74, but by late morning, very little anywhere.	Increasingly forming in rain Most, possibly all hills cloud free morning, possibly for most of day. In rain, fog will gradually shroud some or most higher slopes, even extending to some lower slopes, particularly in the Borders.
Chance of cloud free summits?	Almost certain	80% dropping to 40%
Sunshine? Air clarity (below cloud)	Periods of sunshine, although through afternoon the sun weakening as high cloud thickens. Slight haze clearing to give excellent visibility.	Little or no bright sunshine - although there may be some weak sunshine through thin high cloud. Excellent visibility, but dropping markedly in rain.
How Cold? (at 750m)	9C rising to 15C.	10C
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 2 August, 2026

Still a few showers W & NW Highlands on Sunday, and threat of some rain by dusk western mountains. The rain will be ahead of a very complicated weather pattern early next week; areas of rain will drift slowly across central and mainly northern Britain, but the distribution of rain (and associated low cloud) remains very uncertain.

Despite some recent rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry: 'tinder dry'.

Forecast issued at 14:18 on Friday, 31 July, 2026

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