

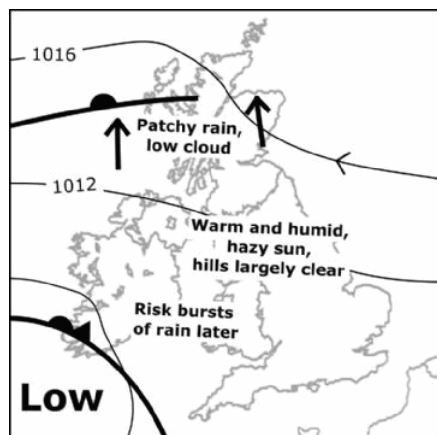
Southern Uplands

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 Monday, 3 August, 2026



British Mountain Summary:

Based on forecast chart for noon 3 August, 2026

Some rain drifts north across Scotland, with low cloud banks mostly on south-facing hill groups. A gusty east-southeasterly wind all day England & Wales, and strengthens with time across the Highlands. Humid with warm sun and thin high cloud for England & Wales, later risk of rain in west.

Headline for Southern Uplands

Gusty wind. Patchy and cloud rain mostly west.

Detailed Forecast for Monday, 3 August, 2026

How windy? (On the summits)	Easterly 20 to 25mph, sometimes a gusty 30-35mph in places.
Effect of wind on you?	Blustery, affecting ease of walking on high terrain, sudden gusts (sometimes on lower slopes) making balance tricky.
How wet? (Precipitation and its impact)	Rain mostly west; heavy rain into night A little patchy rain from dawn, tending to move away northward, but leaving patchy rain and drizzle over Dumfries & Galloway, some steadier rain southern hills. By evening, heavier rain develops from southwest, widely into the night.
Cloud on the hills?	Mostly southwestern hills Cloud banks on some slopes at first, soon largely clearing. Cloud may remain more common over southern slopes toward the Solway, otherwise many hills clear for Borders, Cheviots and northward.
Chance of cloud free summits?	40% west, 70% elsewhere.
Sunshine? Air clarity (below cloud)	Largely cloudy, a veil of high cloud, local weak sun mainly east. Visibility good below cloud, reduced at times in rain.
How Cold? (at 750m)	10C, rising to 13C afternoon, humid. Feeling near to freezing directly in the stronger wind on tops.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 4 August	Wednesday 5 August
How windy? (On the summits) Effect of wind on you?	Between east and southerly 15 or 20mph. Small	Speed and direction likely to vary considerably, a possible lull below 20mph, but risk W-SW'ly 30 locally 40mph. Expect changing conditions, risk of walking becoming strenuous with considerable buffeting on the hills. Marked wind chill.
How wet? (Precipitation and its impact)	Patches of rain and drizzle Bands of rain will circulate within an area of low pressure, giving rain intermittently or frequently. An improvement to little or no rain from south through the day, but risk odd heavy showers.	Frequent or persistent rain Areas of showery rain, merging into more constant heavier falls, particularly western areas, risk of thundery downpours mixed in, extending eastward later.
Cloud on the hills? Chance of cloud free summits?	Blanket of. or extensive fog across the hills In morning, expect blanket of fog across higher ares, sometimes the cloud below 300m Borders. An improvement as cloud base lifts to 500 to 700m, possibly in places clearing higher summits. 30%	Fairly extensive Covering many higher slopes much of the day, lowest and most persistent west of the M74, ragged patches to lower slopes in rain. Breaks higher up more often east. 30%
Sunshine? Air clarity (below cloud)	A little sunshine, most likely later in day. Hazy, and visibility poor in rain.	Glimpses of sun mostly in east in morning. Visibility poor during rain, but very good where dry.
How Cold? (at 750m) Freezing Level	12C Above the summits.	10 to 12C, coolest in Galloway, little change all day. Feeling close to freezing in the stronger wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 4 August, 2026**

Low pressure circulates slowly over Britain into midweek bringing areas of rain and thundery showers widely, accompanied by brisk winds up to gale force for periods. Trending toward westerlies later in the week and next weekend, by then most rain and low cloud in western Scotland, but showery rain elsewhere at times. Generally fresh temperatures widely, often in mid-single figures over Scottish high tops. Despite falls of rain, beware of ongoing fire management restricting access to hills locally.

Forecast issued at 16:00 on Sunday, 2 August, 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.