

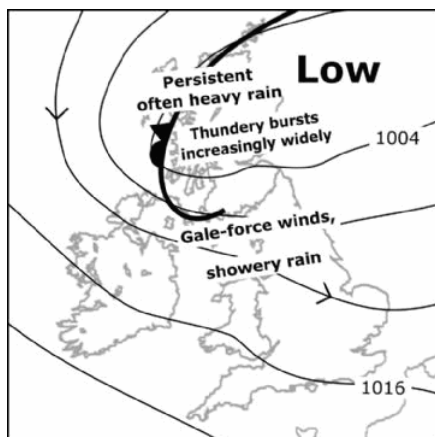
Southern Uplands

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 Wednesday, 5 August, 2026



British Mountain Summary:

Based on forecast chart for noon 5 August, 2026

Increasingly gale-force winds over high terrain in northern England and near west coast of Scotland; wind strengthening widely over the Highlands. Areas of persistent rain and heavy downpours becoming widespread for the Highlands, local thunderstorms. Frequent rain for northern England, less for Wales.

Headline for Southern Uplands

Wind strengthening to gales. Rain on and off, some heavy.

Detailed Forecast for Wednesday, 5 August, 2026

How windy? (On the summits)	Southwest later westerly, 25-30mph in the morning, increasing into the middle of the day to 40mph, then 50mph afternoon, soonest in Galloway, gusts 60mph widely around higher tops afternoon into evening, easing into night.
Effect of wind on you?	Worsening conditions, strenuous walking, becoming challenging on exposed terrain, in places difficult mobility in afternoon and gusts could knock you over. Marked wind chill.
How wet? (Precipitation and its impact)	Bursts of rain develop and move eastwards, risk of lightning Areas of showery rain, merging into more constant heavier falls, mostly western areas in morning. Thundery downpours extend eastward increasingly in afternoon. Further thundery bursts may move in from north in evening.
Cloud on the hills?	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.
Chance of cloud free summits?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly in east in morning. Visibility poor during rain, but very good where dry.
How Cold? (at 750m)	9 to 11C, coolest in Galloway, little change all day. Feeling close to freezing or later below in the stronger wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Thursday 6 August	Friday 7 August
How windy? (On the summits)	Northwest then westerly 15 to 25mph, strongest in the morning.	Southwesterly 15-25mph, some variability and trending towards higher speeds later.
Effect of wind on you?	Fairly small, but feeling rather chilly in exposure to breeze on higher terrain.	Fairly small.
How wet? (Precipitation and its impact)	Often dry, rare showers One or two brief light showers. Patchy light rain may develop on western hills toward evening.	Patchy rain, may ease Rain drifting from west-to-east through the morning, a period of steadier falls may occur in central and western areas. An easing tendency, notably east with extended dry windows afternoon.
Cloud on the hills?	Clearing tops Patchy cloud on higher slopes in the morning, soon mostly lifting above tops.	Varied morning cloud, largely clear afternoon Terrain above 700-800m in cloud at dawn, varied areas of lower bases. A lifting trend, some varied lower bases during morning rain, but mostly just at summits by afternoon and often breaking above, clearest around east Borders and Lothians.
Chance of cloud free summits?	80%	Rising to 70%
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun. Visibility excellent.	Patchy sunshine, weakened by high cloud. Visibility becomes very good, excellent east.
How Cold? (at 750m) Freezing Level	7C rising to 9 or 10C afternoon. Feeling close to freezing if exposed to stronger wind on tops. Above the summits.	9C rising to 11C, or 12C eastern Borders and Lothians. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 6 August, 2026

West to southwesterly winds prevail later this week and into the weekend and further weather fronts will come in off the Atlantic to bring low cloud and rain especially to western mountains in Scotland. A brief ridge of high pressure this Thursday offers a better day with the wind lessening for a time and fewer showers, but winds likely strengthen again by Friday, toward gale force over northwestern Scottish mountains at least. Heavy rain likely affects western Scotland on Saturday, becoming widely showery into Sunday. A brief window of improvement is indicated early next week, but a generally unsettled theme likely continues into mid-month.

Forecast issued at 16:00 on Tuesday, 4 August, 2026

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