

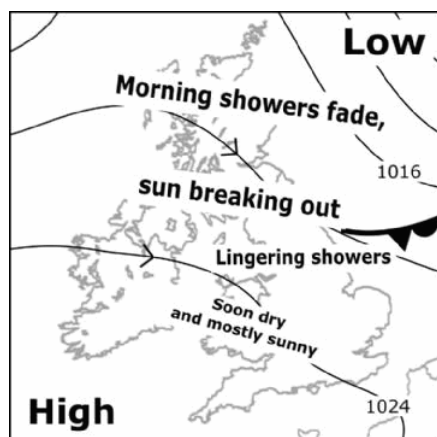
Southern Uplands

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, 6 August, 2026



British Mountain Summary:

Based on forecast chart for noon 6 August, 2026

Blustery with showers into Scotland and northern England in the morning; wind and rain easing, sun breaking out with time, mild high temperatures. Risk more frequent showers and strong wind in the Peak District through morning, improving afternoon. Rare early showers in Wales, cloud clearing most hills.

Headline for Southern Uplands

Windy early, easing; cloud lifts off summits

Detailed Forecast for Thursday, 6 August, 2026

How windy? (On the summits)	Northwesterly 30-40mph at dawn, strongest in the east, soon easing and shifting westerly settling near 15-20mph.
Effect of wind on you?	Strenuous walking at dawn and feeling chilly, easing to fairly small effects.
How wet? (Precipitation and its impact)	Rare showers, most hills dry Sustained rain from overnight in the east breaks up around dawn for well-scattered showers, largely fading for dry conditions for most hills. A few light spots of rain here and there near and west of the M74, mostly towards Ayrshire.
Cloud on the hills?	Mostly in the east in the morning, clearing all tops Patchy cloud on higher slopes in the morning, most extensive from the Borders eastward. Cloud begins to break up and lift, a few fleeting lower bases around showers, but all cloud lifting above the summits with time.
Chance of cloud free summits?	Rising to 80%
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, more overcast just at dawn in the east. Visibility excellent.
How Cold? (at 750m)	7C rising to 9 or 10C afternoon, mildest in the east. Feeling close to freezing if exposed to stronger wind on tops.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 7 August	Saturday 8 August
How windy? (On the summits) Effect of wind on you?	Southwesterly 20-25mph, some variability and trending towards higher speeds, particularly northern areas. Fairly small, but becoming quite blustery over high tops and north slopes.	Southwesterly sustained 30-35mph, strong gusts over tops approach 50mph, and trending stronger, sustained 40mph. Often challenging conditions in exposure with notable wind chill; powerful gusts knocking you off balance.
How wet? (Precipitation and its impact)	Occasional rain, drier areas Patchy rain drifting from west-to-east through the morning, a period of more frequent falls may occur in central and western areas. An easing tendency, notably east with extended dry windows afternoon.	Rain increasingly persistent Patchy rain drifts into Dumfries and Galloway from dawn; eastern hills may start substantially dry. Rain increasingly frequent and spreading east, setting in persistently with extended heavy falls from Moffat hills westward.
Cloud on the hills? Chance of cloud free summits?	Varied morning cloud, largely clear afternoon Terrain above 700-800m in cloud at dawn, varied areas of lower bases around rain. Bases lifting, mostly just at summits by afternoon and often breaking above, clearest around east Borders and Lothians. Rising to 70%	Early breaks east, becoming extensive High terrain of Dumfries and Galloway shrouded all day; varied high cloud further east early with summit breaks east of Moffat hills. Cloud increasingly extensive, first in the west, and later widely shrouding hills to middle slopes, to lower slopes around Solway. 60% east at first, lowering to 20%
Sunshine? Air clarity (below cloud)	Patchy sunshine, weakened by high cloud. Excellent visibility.	Patchy weak sun in the east with good visibility early; soon overcast and dull with poor visibility west, gradually more widely.
How Cold? (at 750m) Freezing Level	9C rising to 11C, or 12C eastern Borders and Lothians. Above the summits.	10 to 12C, feeling very humid. Feeling at or below freezing in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 7 August, 2026

Westerly winds prevail into the weekend and further weather fronts will come in off the Atlantic, bringing rain and low cloud to most mountains. Saturday into Sunday in particular will see extensive cloud and heavy rain across Scotland with strong wind, bands of rain passing to the south and east into England and Wales. A ridge of high pressure returns early next week for warmer temperatures and clearer hills, though western Scotland likely remains fairly cloudy with some drizzle on the high tops. Following this high pressure, west-southwesterly flow returns and a series of low pressure systems will pass west-to-east across the British Isles with periods of strong wind (sometimes gale-force), rain, and low cloud, western hill groups away most affected. Unsettled conditions likely persist into next weekend.

Forecast issued at 15:59 on Wednesday, 5 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.