

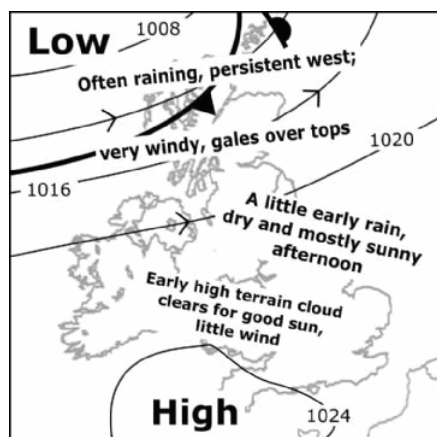
# Southern Uplands

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 Friday, 7 August, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 7 August, 2026

Rain in the Scottish Highlands, persistent central/west areas; windy too, gales developing over summits. Some early rain in England, cloud covering high terrain, improving for frequent sun and minimal hill cloud. Light wind and mostly sunny Wales, just some early cloud and dampness high Snowdonia terrain.

### Headline for Southern Uplands

Well-scattered showers, breezy summits; improving trend

## Detailed Forecast for Friday, 7 August, 2026

|                                                |                                                                                                                                                                                                                                                                               |
|------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>             | Southwesterly 20-25mph, some variability both above and below this range, but strongest speeds typically towards the Central Belt and eastern hills (including the Cheviot), gusting 30-35mph sometimes.                                                                      |
| <b>Effect of wind on you?</b>                  | <b>Fairly small in places, but high tops and eastern hills often quite blustery, some strenuous moments and feeling chilly.</b>                                                                                                                                               |
| <b>How wet? (Precipitation and its impact)</b> | <b>Occasional rain, total rainfall small</b><br>Bursts of rain rarely, mainly east and west of M74.                                                                                                                                                                           |
| <b>Cloud on the hills?</b>                     | <b>Varied morning cloud, largely clear afternoon</b><br>Banks cover most high tops at dawn, locally lower banks coming and going where rain occurs. Bases will lift to clear the summits most of the day, a chance of some passing caps over highest tops but these fleeting. |
| <b>Chance of cloud free summits?</b>           | <b>Rising to 80%</b>                                                                                                                                                                                                                                                          |
| <b>Sunshine?</b><br>Air clarity (below cloud)  | A mix of cloud and sun, both sunnier and cloudier periods through the day.<br>Excellent visibility.                                                                                                                                                                           |
| <b>How Cold? (at 750m)</b>                     | 9C rising to 11C most hills, locally 12C eastern Borders/Lothians as well as near Solway; starting to feel humid.<br>Feeling like 3 to 6C in strongest wind.                                                                                                                  |
| <b>Freezing Level</b>                          | Above the summits.                                                                                                                                                                                                                                                            |

## Southern Uplands - Looking Ahead

|                                                                            | Saturday 8 August                                                                                                                                                                                                                                                                                                                                                         | Sunday 9 August                                                                                                                                                                                                                                                                                                   |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b><br><br><b>Effect of wind on you?</b>    | Southwesterly sustained 25-35mph, strengthening to sustained 40mph later with gusts over tops approaching 50mph.<br><br><b>Conditions become challenging in exposure with notable wind chill; powerful gusts knocking you off balance.</b>                                                                                                                                | West-southwesterly 25-30mph, strongest early with sustained speeds of 35mph over high tops.<br><br><b>Comfort of walking affected in exposure much of the day, particularly early when feeling chilly.</b>                                                                                                        |
| <b>How wet?</b><br>(Precipitation and its impact)                          | <b>Rain increasingly persistent</b><br>Patchy rain in Dumfries and Galloway from dawn; east hills start largely dry. Rain becomes frequent and spreads east, setting in persistently with extended heavy falls from Moffat hills westward, more widely later.                                                                                                             | <b>Rain breaks to showers</b><br>Several periods of extended rain will affect most hills, a few drier windows but relatively brief. Though afternoon, rain tends to break into a more showery regime with longer dry windows, but timing is uncertain.                                                            |
| <b>Cloud on the hills?</b><br><br><br><b>Chance of cloud free summits?</b> | <b>Early breaks east, becoming extensive</b><br><br>High terrain of Dumfries and Galloway shrouded all day; varied high cloud further east early with summit breaks east of Moffat hills. Becoming extensive, first in the west, and later widely shrouding hills to middle slopes, to lower slopes around Solway.<br><br><b>60% north/east at first, lowering to 20%</b> | <b>Fairly extensive, lifting and breaking trend</b><br><br>Fairly extensive to middle slopes much of morning, most consistently western hills but some variability. Through afternoon, a rising trend in bases, breaks forming to or above tops; Merrick sees the least clearing.<br><br><b>30% rising to 60%</b> |
| <b>Sunshine?</b><br>Air clarity (below cloud)                              | Patchy sun in the east with good visibility early; becoming overcast and increasingly dull with poor visibility west, more widely with time.                                                                                                                                                                                                                              | Cloudy to start, sometimes dull with poor visibility, some patchy sun breaking out with time when visibility will be good.                                                                                                                                                                                        |
| <b>How Cold? (at 750m)</b><br><br><b>Freezing Level</b>                    | 10 to 12C, feeling very humid and staying elevated into night.<br>Feeling at or below freezing in direct wind.<br>Above the summits.                                                                                                                                                                                                                                      | 9 to 11C, mildest in the east, may rise to 12C, but trending lower with time.<br>Feeling like 3 to 5C in early wind.<br>Above the summits.                                                                                                                                                                        |

## Planning Outlook

## All mountain areas of Britain from Saturday, 8 August, 2026

Westerly winds prevail into the weekend: Saturday will see extensive cloud and heavy rain develop across Scotland with gales; bands of rain passing to the south and east into England and Wales through Sunday with showers in Scotland. A ridge of high pressure early next week brings warmer temperatures and clearer hills, though western areas likely remain fairly cloudy with some drizzle on the high tops. Westerly flow returns through mid-week and a series of low pressure systems will pass west-to-east across the country with periods of strong wind (sometimes gales), rain, and low cloud, western hill groups always most affected. Mild-to-warm temperatures and sometimes quite humid. Changeable conditions persist into next weekend.

## Forecast issued at 7:43 on Friday, 7 August, 2026

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