

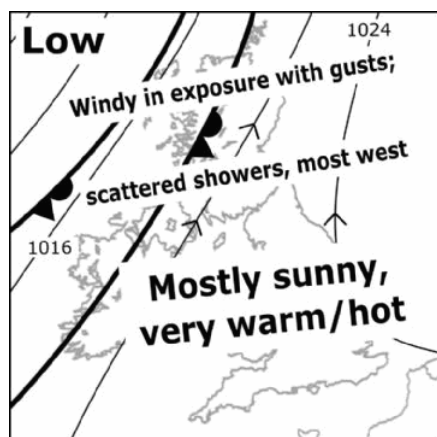
Southern Uplands

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, 12 August, 2026



British Mountain Summary:

Based on forecast chart for noon 12 August, 2026

Blustery on high terrain in Scotland, gusts pushing downslope in places. Scattered showery rain in the west, a few heavy bursts; some showers push east with time. Dry with hot sun and little wind for England and Wales, just some patchy high cloud in the north; beware risk of sunburn and dehydration.

Headline for Southern Uplands

Scattered showery bursts, often dry; blustery in exposure

Detailed Forecast for Wednesday, 12 August, 2026

How windy? (On the summits)	Southwesterly 20-30mph, some variability, and some notable gusts over high tops at times will approach 35-40mph.
Effect of wind on you?	Ease of walking impacted in exposure, periods of more strenuous walking on the high tops with buffeting gusts pushing locally downslope.
How wet? (Precipitation and its impact)	Largely dry, rising risk of showery bursts Risk of some odd showers; only a few spots with extensive dry windows through much of morning, brief bursts of heavier rain increasingly likely as afternoon goes.
Cloud on the hills?	Little if any Some patchy low fog affecting slopes near the Solway in the morning, perhaps a few higher banks here and there over Dumfries and Galloway at times, but otherwise the hills clear.
Chance of cloud free summits?	Above 90%
Sunshine? Air clarity (below cloud)	Intermittent sunshine, though some extended sunny periods are likely. Very good visibility although a haze.
How Cold? (at 750m)	14C rising to 17 to 20C, warmest temperatures over the Cheviots; staying coolest south Galloway.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Thursday 13 August	Friday 14 August
How windy? (On the summits) Effect of wind on you?	Southwesterly between 15 and 20mph. Small	Westerly 10-20mph, trending towards higher speeds later with a northwesterly shift. Mostly small.
How wet? (Precipitation and its impact)	Substantially or completely dry Here and there chance of a burst of rain - perhaps just a few spots, but possibly a heavy burst in the west.	Rain trends eastward Often raining through morning, a few drier windows, and increasingly dry in the west with time. More often raining over eastern hills early afternoon (at least) with a risk of thunder.
Cloud on the hills? Chance of cloud free summits?	Little expected A few cloud banks will drift over the high tops near and west of the M74 from time to time in the afternoon, but most hills largely clear well into the day, particularly east. 70%, to 90% east	Lowest cloud moves east From morning, cloud extensively covers summits, to many middle slopes where rain occurs. A lifting trend with some breaks in the west as the day goes, hills east of M74 stay shrouded, particularly around Cheviots. 30%
Sunshine? Air clarity (below cloud)	Sunshine come through at times - often through extensive high level cloud. Hazy, particularly towards the Solway.	Glimpses of sun here and there. Varied visibility, very good where rain and cloud break.
How Cold? (at 750m) Freezing Level	Approaching an unusually warm 22C in the afternoon east of M74, nearer 20C to the west. Above the summits.	17C, gradually lowering from the east, finishing near 11 or 12C. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 13 August, 2026

Thursday remains dry and exceptionally hot across England and Wales; very dry ground conditions. Rain will begin to spread across Scotland through Thursday, this slipping into England and Wales on Friday and bringing a fresher breeze with its passing. Though weekend, high pressure is never far away to the southwest, keeping conditions generally drier and brighter across England and Wales, though a northwesterly flow will bring some cloud to western hills. Scotland is more often cloud with patchy rain in the north and west.

Mixed conditions early next week with patchy rain and sunny bursts here and there. With time, a trend towards stronger westerly winds with a few spells of more widespread rain; forecast confidence is low beyond the weekend.

Forecast issued at 15:50 on Tuesday, 11 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.