

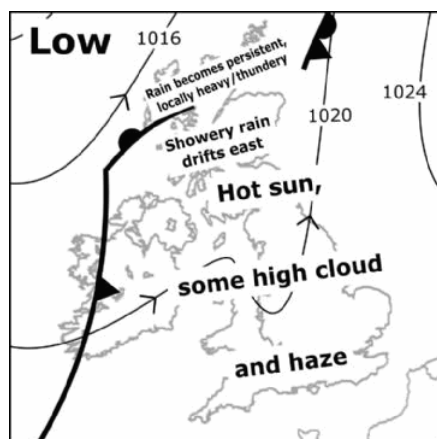
Southern Uplands

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 Thursday, 13 August, 2026



British Mountain Summary:

Based on forecast chart for noon 13 August, 2026

Exceptionally hot in England and Wales, fire risk remains high. Despite haze and high cloud, beware sunburn and dehydration. Warm too in Scotland. Hill cloud and showery rain affects west Scotland from morning, patches spreading east; rain becomes frequent west Scotland later with heavy bursts.

Headline for Southern Uplands

Rare spotty rain; patchy sun and hot

Detailed Forecast for Thursday, 13 August, 2026

How windy? (On the summits)	Southwesterly between 15 and 20mph, though stronger in the east for several morning hours, sustained speeds of 30mph here with stronger gusts.
Effect of wind on you?	Mostly small, but walking will be impeded in exposure on eastern hills in the early morning with some buffeting gusts.
How wet? (Precipitation and its impact)	Well-scattered showers, most hills dry Here and there chance of a burst of rain - perhaps just a few spots, but possibly a heavy burst in the west afternoon.
Cloud on the hills?	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.
Chance of cloud free summits?	70%, to 90% east
Sunshine? Air clarity (below cloud)	Sunshine come through at times - often through extensive high level cloud. Hazy, particularly towards the Solway.
How Cold? (at 750m)	Approaching an unusually warm 22C in the afternoon east of M74. Staying nearer 18 or 19C much of the day to the west, and a slight cooling trend begins as evening approaches.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 14 August	Saturday 15 August
How windy? (On the summits)	Westerly 10-20mph, a northwesterly trend later.	Northwesterly 10-20mph, strongest early with gusts approaching 25-30mph over tops.
Effect of wind on you?	Mostly small.	Gusts affecting ease of walking in the morning, but soon fairly small effects.
How wet? (Precipitation and its impact)	Bursts of rain early, then scattered patches Risk heavy bursts of rain in the morning, this tending to fade into patchy light rain. The least rain generally to the east, though a small risk of heavy, thundery showers in the far east later.	Few spots of rain, most hills dry Occasional spots of light rain will drift onto high tops and northern slopes from the Borders westward. Plenty of dry windows, and southern slopes see little or no rain.
Cloud on the hills?	Lowest cloud moves east From morning, cloud covers summits, to many middle slopes near/west of M74 where rain occurs. A lifting trend with some breaks as the day goes, hills east of M74 most often broken; most remaining cloud banks towards the Central Belt.	Lifting to largely clear summits Varied cloud banks from middle slopes upward in the morning, mostly north aspects and summits. Cloud lifts through morning, to largely above summits afternoon; small risk of odd caps over highest tops.
Chance of cloud free summits?	30% rising to 50%	80%
Sunshine? Air clarity (below cloud)	Bursts of sun increasingly breaking out afternoon. Varied visibility, very good as rain and cloud break.	Often sunny, some patchy cloud forming with time. Very good visibility.
How Cold? (at 750m)	15 to 17C, gradually lowering from the west, finishing near 11 or 12C.	8C rising to 11 or 12C; staying nearer 10C Ayrshire hills.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 14 August, 2026

Some rain and a fresh northwesterly breeze slips into England and Wales on Friday. 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 cloudy with patchy rain, mostly north and west.

Mixed conditions early next week with periods of rain and sunny bursts. High pressure remains present to the southwest of the British Isles, maintaining the possibility of drier brighter days; detail remains uncertain regarding risk of more unsettled weather. Temperatures likely nearer average.

Forecast issued at 16:18 on Wednesday, 12 August, 2026

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