

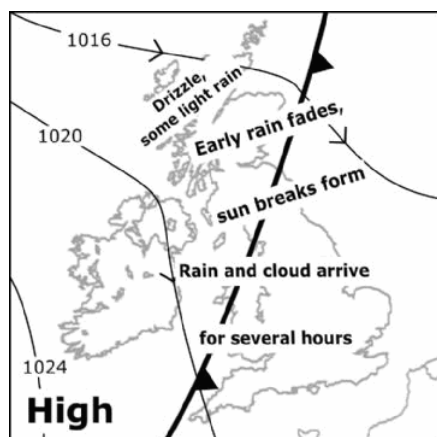
Southern Uplands

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, 14 August, 2026



British Mountain Summary:

Based on forecast chart for noon 14 August, 2026

A band of rain over central Scotland in the morning sweeps into England and Wales; some heavy bursts with extensive cloud. Rain eases afternoon, to patches over Wales and the Peak District. Drizzle and light rain follows in west Scotland, little reaching eastward where high cloud breaks form.

Headline for Southern Uplands

Early rain, locally heavy; becoming largely dry, hills clearing

Detailed Forecast for Friday, 14 August, 2026

How windy? (On the summits)	Westerly 10-20mph, a northwesterly trend later.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	Bursts of rain early, then scattered patches Heavy bursts of rain in the morning passing east, this fading into patchy light rain. A few spots of showery rain here and there through the afternoon, with a remote risk of a heavier, thundery shower around the Cheviots afternoon.
Cloud on the hills? Chance of cloud free summits?	Early low cloud lifts to largely clear summits From morning, cloud covers summits, to many middle slopes near/west of M74 where rain occurs. A lifting trend, breaks beginning to form as the day goes, plenty of clear windows over tops but occasional banks returning to highest tops, mostly towards Galloway and the Central Belt. 30% rising to 70%
Sunshine? Air clarity (below cloud)	Bursts of sun breaking out afternoon. Varied visibility, becoming very good as rain and cloud break.
How Cold? (at 750m) Freezing Level	15 to 17C, warmest in the east and rising a degree here. Soon beginning to gradually lower from the west, finishing near 11 or 12C. Eastern hills, particularly Cheviots, stay warmest longest. Above the summits.

All mountain areas of Britain from Saturday, 15 August, 2026

Though the 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, and a rising risk of cloud and some bursts of rain more widely into Sunday with fresher air. Windier and wetter conditions are indicated next week, though day-by-day detail is currently uncertain. Monday sees a rising risk of strengthening wind and rain, at least in northern areas, then a blustery northwesterly wind draws fresher air and showers more widely through midweek; some drier, brighter windows to the east. Staying mixed into next weekend.

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.