

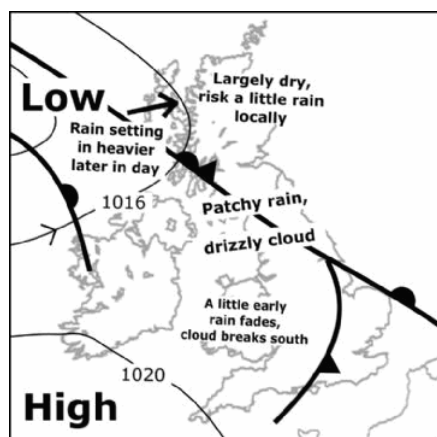
Southern Uplands

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 Monday, 17 August, 2026



British Mountain Summary:

Based on forecast chart for noon 17 August, 2026

Much of the Highlands largely dry well into the afternoon with light winds, but some local patchy light rain and varied cloud. Rain develops from the west later, setting in heavy into evening. England and Wales sees patchy rain, drizzle and low cloud, though mid & south Wales tends to improve.

Headline for Southern Uplands

Patchy rain, low cloud most persistent west, wetter later.

Detailed Forecast for Monday, 17 August, 2026

How windy? (On the summits) Effect of wind on you?	Variable direction then southerly, 5-10mph or less until early afternoon, increasing a little to 10-15mph afternoon, turning southwesterly, by evening rising to 25mph, soonest in west, 30mph from dusk. Small much of daytime, feeling breezier later on exposed terrain.
How wet? (Precipitation and its impact)	A little rain in places, then later persistent rain becoming heavy Patchy light rain and drizzle in the morning and early afternoon, mostly small amounts, but risk a brief burst of rain locally; drier toward the Lothians. Later afternoon, more extensive steadier rain moves into Galloway, extending east and setting in heavier into evening. Heavy rain continues into night.
Cloud on the hills? Chance of cloud free summits?	Varied low cloud, most persistent in west; lowering later. Fairly extensive cloud across the hills early morning, lowest in Galloway, here may persist over upper slopes all day, some lower patches in southwest and more widely lowering again later afternoon. Breaks form best in east. 30% west, to 70% east afternoon
Sunshine? Air clarity (below cloud)	Largely cloudy, some weak sun occasionally through high cloud in east. Visibility varying, at times very good, but poorer around rain locally.
How Cold? (at 750m) Freezing Level	9C rising to 12C if out of cloud. Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 18 August	Wednesday 19 August
How windy? (On the summits)	Westerly 20 to 30mph.	West or southwesterly 10 to 20mph, occasional stronger gusts in rain.
Effect of wind on you?	Affecting comfortable walking on higher terrain, at times more strenuous in exposure. Marked wind chill.	Mostly small.
How wet? (Precipitation and its impact)	A few showers Overnight rain clears southeast by dawn, leaving occasional showery rain.	Heavy showers forming, risk lightning Patchy rain and showers mostly western areas in the morning, developing into showers increasingly widely middle of day onward, heavy bursts in afternoon tending to drift eastwards. Risk of thunder.
Cloud on the hills?	Tending to break higher Covering hills above 600m in morning, some lower patches, but tending to lift to 800m with breaks to many tops.	Mostly in west and in showers Patchy cloud above 600-700m in morning, mostly in western areas. During and after rain, cloud lowering over tops widely, ragged patches to lower slopes.
Chance of cloud free summits?	50%	70%
Sunshine? Air clarity (below cloud)	Broken cloud and sun, best in east. Visibility very good, briefly reduced in showers.	Sunshine mostly early in day in east, then cloud bubbling up and filling in. Visibility very good, reducing to poor in showers.
How Cold? (at 750m)	9 or 10C, trending cooler later in day. Feeling like 2 to 4C in the wind.	8 to 10C, coolest west, little change all day.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Tuesday, 18 August, 2026

Rain spreads to most places on Monday night as a frontal system moves eastward. Low pressure to the north will gradually drift south to envelop most of Britain into midweek, bringing showery conditions widely, some more organised bands of rain at times. Some heavy and thundery downpours forming, mostly into the afternoons in the second half of this week, becoming focused further south with time. Fresh westerly winds turning northerly and temperature lowering later in the week, dropping close to freezing on high Scottish tops by Friday and frost may occur in Highland glens over a couple of nights. Drier weather is likely by the weekend as higher pressure builds.

Forecast issued at 15:56 on Sunday, 16 August, 2026

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