

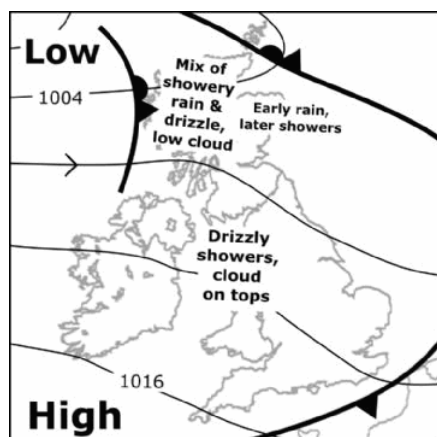
Southern Uplands

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 Tuesday, 18 August, 2026



British Mountain Summary:

Based on forecast chart for noon 18 August, 2026

Fresh-to-strong westerly breezes bring frequent showery rain and drizzle to western Scotland all day, plus patchy rain western England and Wales in the morning, here becoming drier until rain returns by evening. All western tops often in cloud. Some showery rain extends east across the Highlands.

Headline for Southern Uplands

Blustery, a little rain, cloud lifting above most tops.

Detailed Forecast for Tuesday, 18 August, 2026

How windy? (On the summits)	Westerly 25 to 30mph, gusts 35mph around highest summits.
Effect of wind on you?	Affecting comfortable walking on higher terrain, at times more strenuous in exposure. Marked wind chill.
How wet? (Precipitation and its impact)	A few showers Overnight rain clears east before dawn, leaving occasional light showery rain spreading from the west, but often dry.
Cloud on the hills?	Tending to break higher Covering many hills above 600m in morning, some lower patches, but tending to lift to 800m with breaks to many tops.
Chance of cloud free summits?	30% rising to 70%
Sunshine? Air clarity (below cloud)	Broken cloud and sun, best in east. Visibility very good, briefly reduced in showers.
How Cold? (at 750m)	9 or 10C, trending cooler later in day. Feeling like 2 to 4C in the wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 19 August	Thursday 20 August
How windy? (On the summits)	West or southwesterly 10 to 20mph, occasional stronger gusts in rain.	Northeasterly 20 to 30mph.
Effect of wind on you?	Mostly small.	Feeling noticeably cool on exposed high terrain. Breezy over hills, in places may affect comfortable walking.
How wet? (Precipitation and its impact)	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 forming, may merge to constant rain later. Risk of thunder.	Showery rain Areas of rain from dawn tending to move southwards, becoming a scattering of showers, brief heavy bursts.
Cloud on the hills?	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.	Clearing many tops Patchy cloud around higher slopes in the morning, tending to lift above many tops, some patches may come and go.
Chance of cloud free summits?	70%	60%
Sunshine? Air clarity (below cloud)	Sunshine mostly early in day in east, then cloud bubbling up and filling in. Visibility very good, reducing to poor in showers.	Fairly cloudy, some sun breaking through. Visibility very good, but reduced in rain.
How Cold? (at 750m)	8 to 10C, coolest west, little change all day.	7 to 9C. Feeling like 0 to 3C in stronger wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 19 August, 2026

Low pressure dominates across 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, becoming focused further south with time. Fresh westerly winds turning northerly and temperature lowering later this week, dropping close to freezing on high Scottish tops by Friday and frost may occur in Highland glens over a couple of nights. More often dry with rare lighter showers over the weekend as higher pressure builds. Strengthening south-southwesterly winds into early next week with a risk of rain returning from the west, but warmer temperatures are likely.

Forecast issued at 16:26 on Monday, 17 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.