

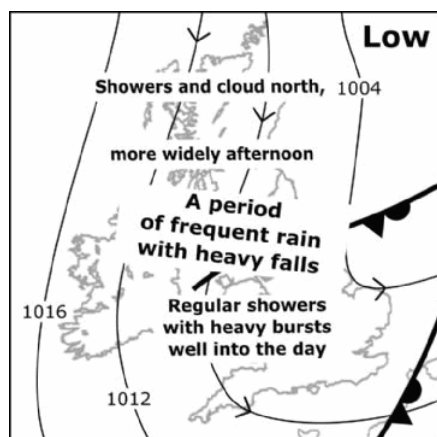
Southern Uplands

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, 20 August, 2026



British Mountain Summary:

Based on forecast chart for noon 20 August, 2026

Showers and low cloud push into north Scotland all day, feeling chilly in the wind. Showers more scattered over southern Munros. Showers affect south Scotland, England, and Wales all day, with a notable cluster of frequent heavy rain drifting south through England into the Peak District around midday, showers follow behind.

Headline for Southern Uplands

Clusters of showers; blustery at times

Detailed Forecast for Thursday, 20 August, 2026

How windy? (On the summits)	Northeasterly 20 to 30mph, occasional breezes approaching 35mph over high tops from the M74 west through the morning. Trending northerly and towards lighter speeds in the west.
Effect of wind on you?	Feeling noticeably cool on exposed high terrain. Breezy over hills, in places may affect comfortable walking, and likely more strenuous in the morning over some high tops.
How wet? (Precipitation and its impact)	Showery rain A fairly broad cluster of rain just around dawn, local heavy downpours, moving south and becoming a scattering of showers. Periods of more frequent showers return afternoon.
Cloud on the hills?	Clearing many tops, returning to high terrain in rain At dawn, fairly extensive cloud with patches into sheltered valleys. Beginning to lift from the north, to patches around higher slopes, and increasingly breaking off the tops. Where showers return banks will return to summits with lowest bases on northern aspects to 700-800m.
Chance of cloud free summits?	60%
Sunshine? Air clarity (below cloud)	A cloudy start gives way to a patchwork of cloud and sun, some brief cloudier periods. Visibility becomes very good but briefly deteriorates in rain.
How Cold? (at 750m)	7 to 9C, mildest west. Feeling like 0 to 3C in stronger wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 21 August	Saturday 22 August
How windy? (On the summits)	North-northwesterly 5 to 15mph.	Northwesterly 10-15mph.
Effect of wind on you?	Small.	Small.
How wet? (Precipitation and its impact)	A few showers An odd shower here and there, mostly along the coasts much of the day but a few spots breaking out inland too, amounting to little. A cluster of showers may break out in south Galloway.	Little or no rain Some damp air/fine drizzle on the high summits in the morning, this fading for dry hills.
Cloud on the hills?	Banks over tops Banks come and go above 700-800m, most extensive near and east of M74. Lifting to generally clear tops, but banks likely continue to affect the Cheviot, and a few caps here and there towards the west as showers come and go.	Early patchy cloud lifts above summits Banks of cloud at varied heights, including sheltered valleys just at dawn, lifting after dawn to gradually clear the summits. As evening approaches, cloud banks return to highest summits in the west.
Chance of cloud free summits?	70%	80%
Sunshine? Air clarity (below cloud)	Patchy sunshine, clouding over for periods. Very good visibility.	Often sunny in the morning, fair-weather cloud building in the afternoon. Excellent visibility.
How Cold? (at 750m)	6 to 8C, or locally 9C hills near the M74.	7 to 9C, locally rising to 10C (southern slopes in particular).
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 21 August, 2026

As the weekend approaches, wind shifts northerly, moving showers southward. Generally lighter wind but gusts will be common around showers. Temperature lowers too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. Heavy showers in England and Wales on Friday, then more often dry with few lighter showers through the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side into early next week. Wind shifts southwesterly and pressure drops again as the week goes, bringing periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail is uncertain, but some windows of better weather are possible, notably in north and eastern areas.

Forecast issued at 16:30 on Wednesday, 19 August, 2026

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