

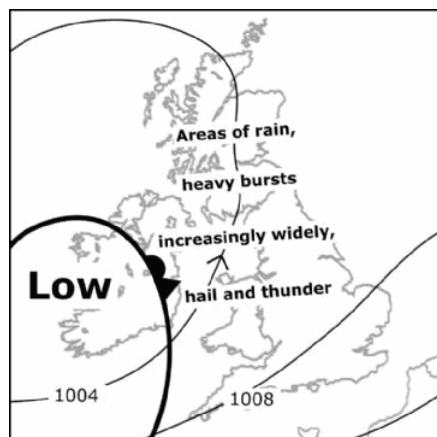
Southern Uplands

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 Sunday, 30 August, 2026



British Mountain Summary:

Based on forecast chart for noon 30 August, 2026

Areas of rain and low cloud around many mountains. Some drier periods in the morning, but into afternoon increasingly widespread heavy downpours and thunderstorms develop. Fairly light winds for much of the Highlands, becoming breezier England, stronger winds on Welsh mountains.

Headline for Southern Uplands

Rain and increasingly thundery bursts, low cloud.

Detailed Forecast for Sunday, 30 August, 2026

How windy? (On the summits)	South to southwesterly 10mph strengthening into middle of day more often 20mph, at times 25mph.
Effect of wind on you?	Mostly small, though becoming breezier, sudden gusts in showers.
How wet? (Precipitation and its impact)	Frequent rain, heavy downpours form; risk of lightning Areas of rain and drizzle in the morning, some locally heavier falls. Developing into widely heavy bursts of rain middle of day into afternoon, advancing northeastwards with risk of hail and thunder.
Cloud on the hills?	Lifting for a time, best chance breaks east Starting fairly extensive on high terrain with varied lower banks, but lifting towards summit height, possibly breaks for a time. Moffat hills westward will likely stay shrouded above 700m, and fill in more widely later in the day as rain arrives.
Chance of cloud free summits?	Rising to 60% for a time in the east
Sunshine? Air clarity (below cloud)	Largely cloudy, rare weak sun mainly toward the north. Visibility poor in rain, occasional improvements.
How Cold? (at 750m)	10C rising to 12 or 13C mainly eastern hills and away from showers.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Monday 31 August	Tuesday 1 September
How windy? (On the summits) Effect of wind on you?	Westerly 20-25mph early in day, strengthening from west to 30mph, stronger gusts widely afternoon. Walking increasingly uncomfortable on exposed high terrain, buffeting in exposure; feeling rather cool.	Westerly 25 to 35mph, small risk stronger speeds for a time. Strenuous walking conditions over the hills. Marked wind chill where exposed on high terrain.
How wet? (Precipitation and its impact)	Rain on and off moves east Showery rain mostly western hills in the morning, but extending eastward middle of day into afternoon, an odd brief heavier burst possible. Patchy rain returns from west into night.	Rain most persistent west Patchy rain and drizzle mostly western hills, becoming more persistent and heavier for a few hours.
Cloud on the hills? Chance of cloud free summits?	Lowest morning, rising above many tops Varied cloud banks perhaps fairly widely to low elevations early in day. The base tending to rise to upper slopes through middle of day, breaks form above tops. 20% rising to 70%	Often covering western hills Shrouding hills in Dumfries & Galloway perhaps much of the day, lowest bases in rain to 500-600m, or lower coasts. Higher base and more broken eastwards. 30% west, 50% east.
Sunshine? Air clarity (below cloud)	Largely cloudy, rare glimpses of sun. Visibility good away from showers, some haze in west.	Largely cloudy, some brighter moments mainly east. Visibility poor in rain, better east if drier.
How Cold? (at 750m) Freezing Level	7 to 9C, coolest in Galloway, later widely. Feeling near to freezing as wind increases. Above the summits.	8 to 10C, little change, coolest Galloway. Feeling around 0C in the wind on tops. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 31 August, 2026

A generally unsettled outlook during the first two weeks of September with frequent rain and strong winds. Low pressure dominates and a series of frontal systems move in from the Atlantic. West to southwesterlies, often gale force over the mountains in the second half of this week. Heavy rain most prolonged in the west where increasingly wet underfoot, streams rising to be in spate. Low cloud often covering the hills. Temperatures varying, some notably cooler days for Scotland, at times more humid air mainly toward the south.

Forecast issued at 16:30 on Saturday, 29 August, 2026

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