

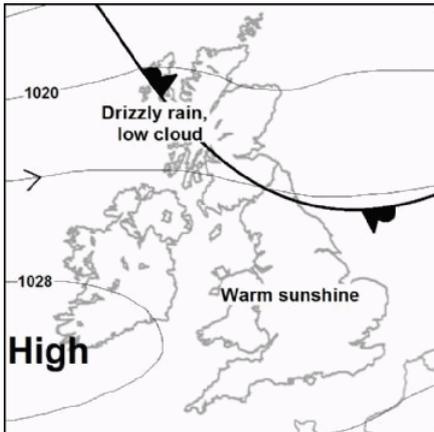
# Southern Uplands

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, 7 August, 2022



### British Mountain Summary:

#### Based on forecast chart for noon 7 August, 2022

Generally damp and murky across western Scotland, extensive fog from low elevations upward. Drizzly rain pushing northwards with lowering cloud bases. Largely dry eastern Highlands. Mostly dry northern England, some cloud banks on Lakeland tops. Widely breezy on hills. Sunny and warm for Wales and Peaks, lighter winds.

### Headline for Southern Uplands

Drizzly with low cloud west, mainly dry east. Breezy.

## Detailed Forecast for Sunday, 7 August, 2022

<b>How windy? (On the summits)</b>	Westerly, 20 to 30mph.
<b>Effect of wind on you?</b>	<b>Blustery across the hills, walking impeded on higher areas, very gusty around exposed summits. Feeling cool.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Drizzly rain mostly west</b> Drizzly showers, risk more persistent drizzly rain on Galloway hills and toward Beattock summit for periods. Very little toward the Borders.
<b>Cloud on the hills?</b>	<b>Fairly extensive over western hills, patchier east.</b> Varied cloud extent, often covering hills near and west of the M74, mostly above 600m, but risk 400m or lower for periods western hills in Galloway, lowering occasionally elsewhere around drizzle. Mostly confined to higher Cheviots, but patches may come and go.
<b>Chance of cloud free summits?</b>	<b>30% west, 60% east.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, glimpses of sun, best toward east. Visibility good or very good.
<b>How Cold? (at 750m)</b>	8C rising to 10 to 12C, coolest if in cloud at first, warmest Borders & Cheviots afternoon. Wind chill will make it feel close to freezing where exposed on highest tops.
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	<b>Monday 8 August</b>	<b>Tuesday 9 August</b>
<b>How windy? (On the summits)</b>	West or southwesterly, 15mph to often 20mph on higher summits.	Southwesterly, 15 to 20mph, or 25mph at times on higher summits.
<b>Effect of wind on you?</b>	<b>Fairly small, but blustery where exposed on tops</b>	<b>Fairly small, but may impede ease of walking at times on high tops.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>No rain</b>	<b>No rain</b>
<b>Cloud on the hills?</b>	<b>Hills clear</b>  Rare fragments around some western slopes early morning, soon dispersing.	<b>Hills clear</b>
<b>Chance of cloud free summits?</b>	<b>Above 90%</b>	<b>Practically certain</b>
<b>Sunshine?</b> Air clarity (below cloud)	Often sunny, beware sunburn; a little fair-weather cloud building, plus thin high cloud spilling in from west. Visibility excellent.	Strong sunshine and periods of high cloud. Beware sunburn. Visibility excellent.
<b>How Cold? (at 750m)</b>	10C rising to 12 to 14C, warmest Borders & Cheviots.	13 to 15C
<b>Freezing Level</b>	Above the summits	Above the summits

**Planning Outlook****All mountain areas of Britain from Monday, 8 August, 2022**

Southwesterly winds continue to influence Scotland. Rain or drizzle will be most frequent in the Northwest Highlands, where low cloud will often shroud coastal hills. Winds strengthening at times toward gale force on the tops, strongest later Tuesday. Further south and east across Scotland, it will be commonly dry with higher cloud bases, becoming warmer and more humid with time. High pressure extends across England and Wales, leading to a settled outlook for the week ahead here, generally dry with light winds, becoming increasingly warm or very warm, particularly in southern areas.

**Forecast issued at 16:00 on Saturday, 6 August, 2022**

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