

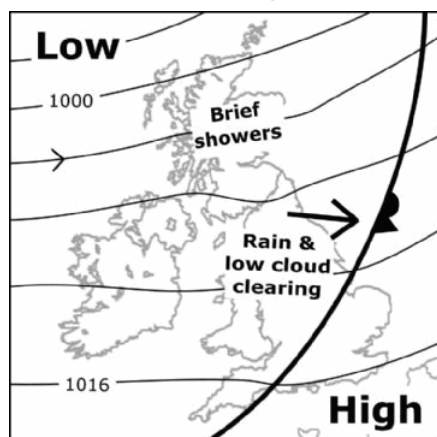
Southern Uplands

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, 7 August, 2025



British Mountain Summary:

Based on forecast chart for noon 7 August, 2025

Gale-force winds across higher mountains in Scotland all day; windy on tops for England and Wales, strongest in morning. Early rain clears southeastwards, leaving scattered showery rain but many places often dry. Cloud bases generally rising, though often covering west coastal mountains in Scotland.

Headline for Southern Uplands

Windy on tops. Largely dry, cloud soon above most hills.

Detailed Forecast for Thursday, 7 August, 2025

How windy? (On the summits)	West-southwesterly 25 to 30mph, at times 35mph higher tops.
Effect of wind on you?	Blustery over tops may start to affect comfortable walking where exposed, feeling cool.
How wet? (Precipitation and its impact)	Rare showers Frequent showery rain at dawn soon beginning to disperse. Isolated brief showers for the rest of the day, often dry.
Cloud on the hills?	Soon mostly clear Patchy cloud from dawn soon dispersing. Higher tops in Galloway may see patches come and go.
Chance of cloud free summits?	90%
Sunshine? Air clarity (below cloud)	Sunshine increasingly frequent, most extensively Borders. Good visibility but a haze.
How Cold? (at 750m)	10C. Will feel near freezing point directly in the wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Friday, 8 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland - wettest here around Friday night into early Saturday. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

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