MOUNTAIN WEATHER INFORMATION SERVICE

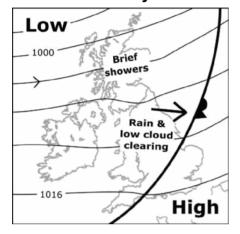
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

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?	Rare showers	
(Precipitation and its impact)	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.	

MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands - Looking Ahead

	Friday 8 August	Saturday 9 August
How windy? (On the summits)	Southwesterly 30-35mph. Trending towards higher speeds later in the day, gusts up to 40mph+ over high tops.	Southwesterly 30 to 40mph, risk 50mph for periods on higher tops.
Effect of wind on you?	Strenuous walking over high terrain, deteriorating as the day goes. Considerable wind chill.	Strenuous walking on exposed higher terrain, frequent buffeting in places. Marked wind chill.
How wet?	Little rain expected	Drizzle, then some heavier rain
(Precipitation and its impact)	Odd spots of drizzly rain, mostly west of the M74; amounting to little.	Drizzly rain on hills near/west of the M74 in the morning, becoming more persistent rain, heavier for a time, then tending to fade later in day from northwest. Smaller amounts reaching Borders.
Cloud on the hills?	Most tops clearing	Extensive, lowest west
	Cloud banks drifting around high terrain early with breaks here and there, some lower patches in the morning. Largely lifting off tops for cloud-free hills, though cloud banks may occasional graze highest tops, notably west of the M74.	Shrouding the hills widely in morning and during rain, to lower elevations near Solway and western hills in Galloway. Mostly above 500-600m in Borders and Cheviots. Base may rise later.
Chance of cloud free summits?	80%	20%
Sunshine? Air clarity (below cloud)	Bursts of sun increasingly frequent. Good visibility though some haze.	Glimpses of sun mostly east. Hazy, misty, visibility generally reduced in rain, may improve later.
How Cold? (at 750m)	7C rising to 11C. Feeling at or just below freezing in strongest wind.	9 or 10C. Feeling near/just below freezing in wind.
Freezing Level	Above the summits	Above the summits

Planning Outlook

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.

Forecast issued at 16:00 on Wednesday, 6 August, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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, 2025.