

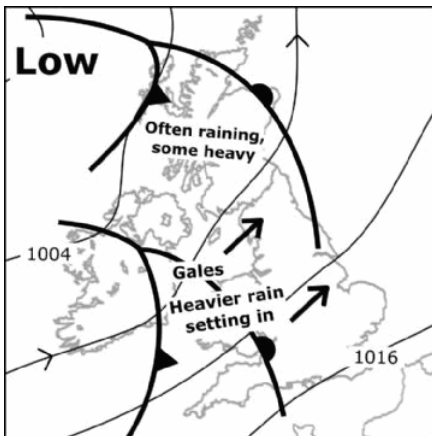
Southern Uplands

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 Monday, 1 June, 2026



British Mountain Summary:

Based on forecast chart for noon 1 June, 2026

Rain affects all areas during the day, some heavy falls widely, most constant in Wales. Low cloud across the hills, blanketing to lower slopes in west coastal areas. South-southwest winds, varied in Scotland, but stronger England and particularly Wales, here gales over tops. Fairly mild air, but feeling cooler in wind.

Headline for Southern Uplands

Windy, rain on and off, some heavy; low cloud.

Detailed Forecast for Monday, 1 June, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>South-southwesterly 20 to 30mph, strengthening during morning, reaching 35-40mph on high tops for a time, tending to transfer eastward and lessen a little from west afternoon.</p> <p>Becoming strenuous walking in morning with marked wind chill, moving east and improving somewhat from west later.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain frequent or persistent</p> <p>Rain drifting from the southwest from dawn, frequently raining much of the day, heavy falls particularly M74 corridor westwards. Patchier further northeast toward the Lothians, may intermittently ease elsewhere.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Increasingly extensive, very low cloud southwest</p> <p>Variable banks above 600-700m early morning north and east, but soon bases as low as 300m southwestern hills, and lowering widely across hills in morning, rarely above 500-600m all day, highest bases towards Central Belt.</p> <p>Soon below 10%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Overcast and dull, murky across hills in rain, local improvements below cloud mainly in east, but visibility often poor central-western areas.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>9 or 10C, may briefly rise to 11C Cheviots.</p> <p>Feeling below freezing in strongest wind, near -5C highest tops.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Tuesday 2 June	Wednesday 3 June
How windy? (On the summits) Effect of wind on you?	Westerly 15 to 20mph. Mostly small.	South-southwesterly 25 to 40mph, risk of increasing further for a few hours at least, to 50mph on higher summits. Very blustery, strenuous walking in exposure, buffeting gusts around higher tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Showers, locally heavy, thundery Scattered showers in morning developing more widely into afternoon, some heavier bursts drifting eastwards, risk of isolated thunder, mainly eastern hills later.	Rain becomes persistent Rain extends in from the southwest, becoming fairly persistent particularly Dumfries & Galloway, heavier at times, drizzly even when heavier rain fades; patchier toward Lothians.
Cloud on the hills? Chance of cloud free summits?	Lifting above tops away from showers Patchy cloud banks over hills in morning, becoming confined to upper slopes and lifting above hills for periods. Around showers, varied ragged patches. 60%	Extensive Covering the hills all day in west, from lower slopes upward near Solway, rarely above 400-500m inland. Higher bases north and eastward, breaks to 600m. 10%
Sunshine? Air clarity (below cloud)	Glimpses of sun, becoming sunnier around western coasts then later inland in west. Visibility very good, reduced in showers.	Glimpses of sun mostly Lothians to Borders where visibility good below cloud. Hazier west, misty toward Solway.
How Cold? (at 750m) Freezing Level	9C up to 11C afternoon. Above the summits.	7 or 8C, slight rise afternoon if not in cloud. Wind chill feeling like -5C. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 2 June, 2026**

An unsettled spell through early June, possibly through the first two weeks, as low pressure over the north Atlantic and southwesterly winds dominate. Periods of rain mixed with showery days widely - the most constant rain over western mountains with low cloud often shrouding the hills. Wind speed will vary, but up to gale-force for periods over the hills, mostly in Scotland by later this week. Higher pressure to the south tends to expand across and just east of Britain later in the week, bringing some drier weather, but western hills even in England and Wales may remain often misty and drizzly. Temperatures near average, cooler at times. Mid June onward shows signs of drier and warmer weather.

Forecast issued at 16:00 on Sunday, 31 May, 2026

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