

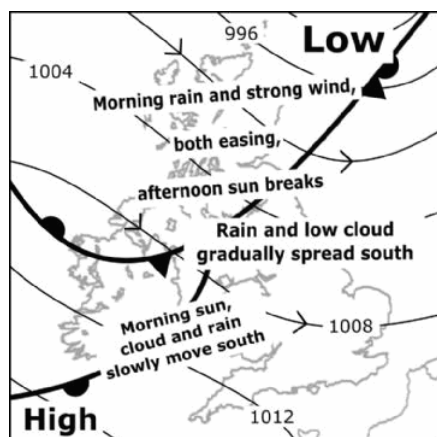
Southern Uplands

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 Saturday, 25 July, 2026



British Mountain Summary:

Based on forecast chart for noon 25 July, 2026

Windy early, gale-force gusts in Scotland with significant wind chill. Morning rain in Scotland slips south into north England by midday, patchy sun breaks out in Scotland. Morning sun in Wales, rain reaching here through afternoon from north. Most rain on western hill groups where cloud will become extensive.

Headline for Southern Uplands

Windy, gale-force gusts early; several hours of fog and rain

Detailed Forecast for Saturday, 25 July, 2026

How windy? (On the summits)	Westerly 40 to 50mph from dawn into morning, strongest north and over high tops with powerful gusts. Gradually lessening into afternoon to 25-30mph, 15-20mph by evening.
Effect of wind on you?	Challenging walking and marked chill over higher terrain in the morning hours, balance constantly impacted. Improving but likely blustery afternoon, only later easing to fairly small effects.
How wet? (Precipitation and its impact)	Several hours of rain, mostly west hills Rain and drizzle sets in through the early morning, particularly western hills, staying patchier eastwards. From midday, tending to ease off, soonest on southern slopes and towards the east, but drizzle lingers over high western tops, only fading later afternoon.
Cloud on the hills?	Extensive, lowest west, rising slowly Shrouding hills fairly widely above 400-600m in morning, lowest in western areas, particularly on northern aspects. Into afternoon, a gradual improvement, rising bases with most summits east of M74 clearing; cloud persists on tops near and west of M74 above 600-700m.
Chance of cloud free summits?	10% rising to 40% west, 70% east.
Sunshine? Air clarity (below cloud)	Cloudy, dull in morning and likely early afternoon, poor visibility in rain. Better in east, tending to improve afternoon widely with plenty of late afternoon sun.
How Cold? (at 750m)	10 to 13C, warmest in east afternoon where locally reaching 14C. Feeling near/below freezing on tops directly in the wind in the morning.
Freezing Level	Above the summits.

All mountain areas of Britain from Sunday, 26 July, 2026

West-northwesterly winds prevail this weekend and early next week, transitioning to southwesterly through mid-to-late week, bringing spells of rain, drizzle and some showery falls; low cloud persistent across hills, particularly in the west. Lower wind speeds for Scotland on Sunday, staying quite breezy England and Wales. Rather cool this weekend and Monday, single-figures Celsius on high terrain. More prolonged heavier rain possible for western Scotland Monday-Tuesday. More humid and warm into mid and late week, especially England & Wales which could become hot later in the week. More uncertainty later in the week as a slow-moving area of low pressure is nearby, but risk areas of heavy rain and showers into next weekend as well.

The Production of the Scottish forecasts is fully funded by 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, 2026.