

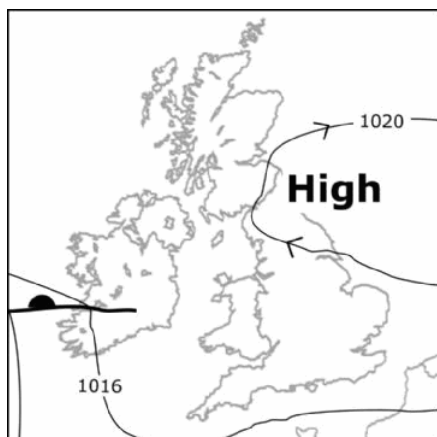
Southern Uplands

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 Sunday, 2 August, 2026



British Mountain Summary:

Based on forecast chart for noon 2 August, 2026

A temporary ridge of high pressure will bring a fine day with light wind almost everywhere. Cloud will be above nearly all summits and the air will be very clear. Nevertheless a few showers at first NW Scotland and later cloud thickening many areas ahead of rain.

Headline for Southern Uplands

Light wind; very clear air; sunshine gradually weakening.

Detailed Forecast for Sunday, 2 August, 2026

How windy? (On the summits) Effect of wind on you?	Westerly 10 to 15mph after dawn. Soon 10mph or less. In the evening southeasterly and starting to strengthen. Negligible.
How wet? (Precipitation and its impact)	Rain not expected until about dusk Risk of rain starting about dusk.
Cloud on the hills? Chance of cloud free summits?	Very little if any There may after dawn be patches for a few hours on some higher slopes west of M74, but soon summits cloud free. Almost certain
Sunshine? Air clarity (below cloud)	Periods of sunshine, although from west through afternoon the sun weakening as high cloud thickens. Slight haze clearing to give excellent visibility.
How Cold? (at 750m) Freezing Level	9C rising to 15C. Above the summits.

Southern Uplands - Looking Ahead

	Monday 3 August	Tuesday 4 August
How windy? (On the summits)	Easterly 15 to 25mph, sometimes a gusty 30-35mph in places.	Between east and southerly 15 or 20mph.
Effect of wind on you?	Mostly fairly small, but expect sudden gusts to develop (sometimes on lower slopes) making balance tricky.	Small
How wet? (Precipitation and its impact)	Deteriorating: rain increasingly likely Low confidence: Rain on and off, rarely heavy, perhaps easing to very little if any from the south.	Patches of rain and drizzle Bands of rain will circulate within an area of low pressure, giving rain intermittently or frequently. Confidence low - but there may be an improvement to little or no rain from south through the day.
Cloud on the hills?	Increasingly forming in rain Most, possibly all hills cloud free for periods, possibly for most of day. In rain, fog will shroud some or most higher slopes, even extending to some lower slopes, particularly in the Borders (especially Cheviots) late in day.	Blanket of. or extensive fog across the hills Confidence low: In morning, expect blanket of fog across higher areas, sometimes the cloud below 300m Borders. There may be an improvement as cloud base lifts to 500 to 700m, possibly in places clearing higher summits.
Chance of cloud free summits?	60%	30%
Sunshine? Air clarity (below cloud)	Little or no bright sunshine - although there may be some weak sunshine through thin high cloud. Excellent visibility, but dropping markedly in rain.	A little sunshine, most likely later in day. Hazy, and visibility poor in rain.
How Cold? (at 750m)	10C	12C
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 3 August, 2026

Confidence in the detail remains low through the first half of the coming week. Areas of rain (and accompanying low cloud) will circulate across Scotland - quite large falls in some areas. Although total rain fairly small across England and Wales, bursts of rain, in places thundery, will occur in some areas.

Later in the week, very little rainfall England and Wales, whilst mainly in western Scotland, some rain from time to time - though probably total rainfall small.

Terrain remains exceptionally dry, ('tinder dry') except for W Scotland.

Forecast issued at 14:07 on Saturday, 1 August, 2026

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.