

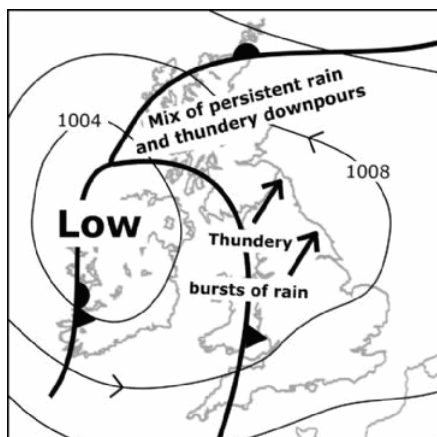
Southern Uplands

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 Tuesday, 4 August, 2026



British Mountain Summary:

Based on forecast chart for noon 4 August, 2026

Extensive rain and low cloud across Scotland, becoming thundery downpours into the afternoon from the south into the Highlands. For England & Wales, rain and low cloud most persistent in the morning, heavy showery bursts in middle of day tending to clear eastward afternoon. Strong and gusty winds widely.

Headline for Southern Uplands

Rain and thundery downpours, low cloud rising. Breezy.

Detailed Forecast for Tuesday, 4 August, 2026

How windy? (On the summits) Effect of wind on you?	East to southeasterly 30mph with stronger gusts at dawn. Turning southerly 15 to 25mph, at times 30mph later afternoon onward, sudden gusts around heavy rain. In places fairly small, but often blustery over exposed high terrain, sudden buffeting near showers.
How wet? (Precipitation and its impact)	Heavy rain and thundery bursts moving northeast Rain fairly extensive and heavy from dawn, some thundery bursts extending northeastward through the morning into middle of day. Clusters of showers tending to become focused further east and north later afternoon, but some patchy showery rain may continue in west.
Cloud on the hills? Chance of cloud free summits?	Low cloud rising, some breaks later In morning, expect blanket of fog across higher areas, ragged patches to some lower slopes. An improvement during the day as cloud base lifts to 500 to 700m, in places clearing higher summits later. 10% rising to 50%
Sunshine? Air clarity (below cloud)	Overcast and murky morning, becoming brighter with some sun later in day. Hazy, and visibility poor in rain, improving during afternoon to become very good where dry.
How Cold? (at 750m) Freezing Level	12C, rising to 15C afternoon out of cloud. Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 5 August	Thursday 6 August
How windy? (On the summits)	West-southwesterly 25mph increasing during day to 40mph, possibly 50mph afternoon.	Northwest then westerly 15 to 25mph, strongest in the morning.
Effect of wind on you?	Worsening conditions, strenuous walking, becoming challenging on exposed terrain. Marked wind chill.	Fairly small, but feeling rather chilly in exposure to breeze on higher terrain.
How wet? (Precipitation and its impact)	Frequent or persistent rain Areas of showery rain, merging into more constant heavier falls, particularly western areas, risk of thundery downpours mixed in, extending eastward later.	Often dry, rare showers One or two brief light showers. Patchy light rain may develop on western hills toward evening.
Cloud on the hills?	Fairly extensive Covering many higher slopes much of the day, lowest and most persistent west of the M74, ragged patches to lower slopes in rain. Breaks higher up more often east.	Clearing tops Patchy cloud on higher slopes in the morning, soon mostly lifting above tops.
Chance of cloud free summits?	30%	80%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly in east in morning. Visibility poor during rain, but very good where dry.	Patchwork of cloud and sun. Visibility excellent.
How Cold? (at 750m) Freezing Level	9 to 11C, coolest in Galloway, little change all day. Feeling close to freezing in the stronger wind. Above the summits.	7C rising to 9 or 10C afternoon. Feeling close to freezing if exposed to stronger wind on tops. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 5 August, 2026

Low pressure over the country during midweek brings strong winds, rain and thundery showers. Trending toward westerlies later in the week and into weekend, by then most rain and low cloud in western Scotland, but showery rain elsewhere at times, accompanied by periods of strong to gale force mountain winds at times. Generally fresh temperatures widely, often in mid-single figures over Scottish high tops. Despite falls of rain, beware of ongoing fire management restricting access to hills locally.

Forecast issued at 16:30 on Monday, 3 August, 2026

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