

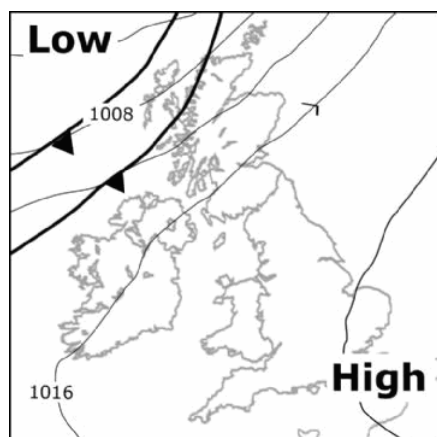
Southern Uplands

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, 8 August, 2026



British Mountain Summary:

Based on forecast chart for noon 8 August, 2026

Ranging from persistent gales, and increasingly toward west and north, rain and fog across the Scottish Highlands to blustery but largely dry Cumbria and S Scotland. Extensively warm and sunny elsewhere.

Headline for Southern Uplands

Windy higher areas; risk rain western hills late in day.

Detailed Forecast for Saturday, 8 August, 2026

How windy? (On the summits)	Southerly 25 to on higher tops 30mph most of the day, although 5 to 10mph lighter post dawn and again in evening.
Effect of wind on you?	Mostly fairly small, but on higher fells, expect significant buffeting intermittently.
How wet? (Precipitation and its impact)	Rain late in day, mainly or only west of M74 Isolated drizzly rain Dumfries and Galloway before in evening risk of rain here becoming widespread. Elsewhere, rain unlikely.
Cloud on the hills?	Extensive on higher areas High terrain of Dumfries and Galloway shrouded all or near all day; cloud base between 600 and 750m. Tweedsmuir hills (immediately east of upper Tweed) base 750m or above. Elsewhere, hills widely cloud free.
Chance of cloud free summits?	20% Dumfries & Galloway and Tweedsmuir; 90% elsewhere.
Sunshine? Air clarity (below cloud)	Patchy sun, tending to give way from west. Excellent visibility before from west tending to become hazy.
How Cold? (at 750m)	10 to 12C, feeling very humid and staying elevated into night. Feeling at or below freezing in direct wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Sunday 9 August	Monday 10 August
How windy? (On the summits) Effect of wind on you?	Westerly 30-40mph, notable gusts. Timing uncertain but from north will drop to 15 or 20mph. Strenuous-to-arduous conditions; buffeting gusts and notable wind chill. However, conditions will very likely ease markedly.	Northwesterly 10 to 20mph, strongest Borders; dropping from west to very low speeds by afternoon. Becoming negligible
How wet? (Precipitation and its impact)	Rain and drizzle tending to clear Rain and drizzle on and off, perhaps frequent Dumfries and Galloway. Most likely middle of day and afternoon, dry weather will edge slowly south - timing uncertain.	Rain very unlikely
Cloud on the hills? Chance of cloud free summits?	Extensive; probably eventually clearing Widespread fog across the mountains, from lower slopes up near Solway and widely below 500m east as far as Tweedsmuir hills (just east of upper Tweed). Will slowly all clear from north. 20% later from north rising to 70%	Very little if any 80%
Sunshine? Air clarity (below cloud)	Cloudy or dull with poor visibility will later be replaced by sunshine and excellent visibility. .	Periods of sun - perhaps through areas of high level cloud. Excellent or increasingly superb visibility.
How Cold? (at 750m) Freezing Level	11C. Feeling close to freezing point before the wind drops. Above the summits.	8C, rising to 13C. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 9 August, 2026

Extensively fine and warm early next week - indeed very little rain or low cloud and frequently light winds England and Wales all week.

Generally less settled after midweek northwestwards across Scotland where occasional rain and areas of low cloud.

Forecast issued at 16:00 on Friday, 7 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.