

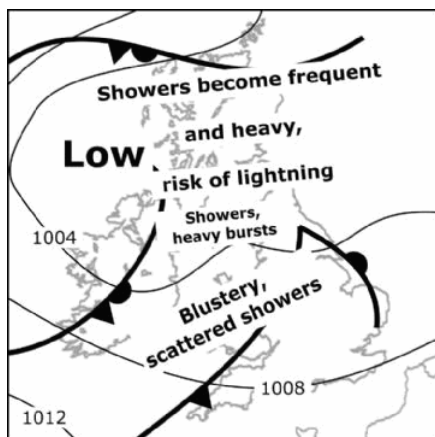
Southern Uplands

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 Wednesday, 19 August, 2026



British Mountain Summary:

Based on forecast chart for noon 19 August, 2026

Slow-moving showers across Scotland, trending more frequent and heavy afternoon with thundery downpours; light wind but gusty around showers. Showers in England, most frequent and heavy early and into night in northern areas with thunder risk. Scattered showers and sun in Wales on a westerly wind.

Headline for Southern Uplands

Showers increasingly frequent, later heavy with thundery bursts

Detailed Forecast for Wednesday, 19 August, 2026

How windy? (On the summits)	West or southwesterly 10 to 15mph, occasional stronger gusts in rain. Trending lighter and variable later in the day.
Effect of wind on you?	Mostly small, some gusty moments here and there.
How wet? (Precipitation and its impact)	Heavy rain forming, risk lightning Patchy rain and showers mostly western areas in the morning, developing into showers increasingly widely middle of day onward, heavy bursts forming, merging into areas constant rain later with risk of thunder.
Cloud on the hills?	Mostly in west and in showers, increasingly extensive Patchy cloud above 600-700m in morning, mostly in western areas. Cloud will tend to lift and break for a period, but as rain arrives, cloud lowering over tops widely, ragged patches to lower slopes and increasingly extensive.
Chance of cloud free summits?	70% lowering to 30%
Sunshine? Air clarity (below cloud)	Sunshine mostly early in day in east, then cloud bubbling up and filling in. Visibility very good, reducing to poor in showers.
How Cold? (at 750m)	9 or 10C, coolest west, little change all day. Cooling notably in the later overnight hours.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Thursday 20 August	Friday 21 August
How windy? (On the summits)	Northeasterly 20 to 30mph, trending towards lighter speeds in the west.	Northerly 5 to 15mph.
Effect of wind on you?	Feeling noticeably cool on exposed high terrain. Breezy over hills, in places may affect comfortable walking.	Small.
How wet? (Precipitation and its impact)	Showery rain Areas of rain from dawn tending to move southwards, becoming a scattering of showers, may become more frequent again afternoon; brief heavy bursts.	A few showers An odd shower here and there, mostly along the coasts much of the day but a few spots breaking out inland for several afternoon hours; amounting to little.
Cloud on the hills?	Varied, clearing many tops Patchy cloud around higher slopes in the morning, tending to lift above many tops, some patches may come and go, most notably east of the M74 with bases to 700m around rain.	Banks over tops Banks come and go above 700-800m, plenty of clear windows, particularly inland in the morning. A rising chance of a few more patches over the tops around afternoon showers but these fading again later.
Chance of cloud free summits?	60%	70%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaking through. Visibility very good, but reduced in rain.	Patchy sunshine, clouding over for periods. Good visibility
How Cold? (at 750m)	7 to 9C, mildest west. Feeling like 0 to 3C in stronger wind.	6 to 8C.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 20 August, 2026

As the weekend approaches, wind will shift northerly, moving showers and afternoon thundery downpours further south with time. Generally lighter wind but gusts will be common around showers. Temperature lowering later this week too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. More often dry with few lighter showers over the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side early next week, pressure dropping again as the week goes: periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail beyond the weekend is uncertain, and there may well be windows of better weather through the week too.

Forecast issued at 16:28 on Tuesday, 18 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.