

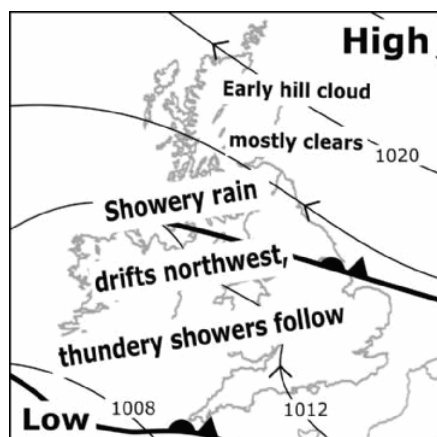
# Southern Uplands

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, 26 August, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 26 August, 2026

East Scotland, the Pennines, and Wales start cloudy, this lifting, dissipating over much of Scotland. Early showery rain and cloud in Wales migrates to England and southwest Scotland, thundery showers following over Wales and England; driest/clearest northwest Scotland. Warm, humid, and breezy.

### Headline for Southern Uplands

Breezy, gusty; bursts of rain arrive, most in the west

## Detailed Forecast for Wednesday, 26 August, 2026

|                                                   |                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>                | East-southeasterly 25 to 30mph, in places gusty 35mph, particularly western hills, where may approach 40mph in the early morning.                                                                                                                                                                                                                  |
| <b>Effect of wind on you?</b>                     | <b>Blustery, some notable gusty areas may suddenly affect balance around high tops and locally downslope to the west; walking more strenuous in the earlier hours.</b>                                                                                                                                                                             |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Patchy rain, least in the morning</b><br>Spots from high cloud, some chance a few odd heavier bursts. Rain becomes more frequent, some steady, heavier falls arriving in central and western areas, tending to drift northward.                                                                                                                 |
| <b>Cloud on the hills?</b>                        | <b>Varied, mostly above summits west for a time</b><br>Cloud shrouding hills above 500-600m early, some lower banks toward east. More broken west and lifting, much cloud dissipating for a time, mainly toward Ayrshire slopes, though cloud will return here as rain arrives, perhaps quite extensively. The Cheviot will often but under cloud. |
| <b>Chance of cloud free summits?</b>              | <b>Rising to 60% central and west hills for a time</b>                                                                                                                                                                                                                                                                                             |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Occasional weak sun through high cloud, often overcast.<br>Visibility good at times, but reduced in rain, some haze.                                                                                                                                                                                                                               |
| <b>How Cold? (at 750m)</b>                        | 11C rising to 14 or 15C, mildest on slopes towards Ayrshire.<br>Feeling like 4 to 6C in strongest wind.                                                                                                                                                                                                                                            |
| <b>Freezing Level</b>                             | Above the summits.                                                                                                                                                                                                                                                                                                                                 |

## Southern Uplands - Looking Ahead

|                                            | Thursday 27 August                                                                                                                                                                                                                                     | Friday 28 August                                                                                                                                                                                                                                                           |
|--------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| How windy? (On the summits)                | East-southeasterly 15-25mph, a gusty start, approaching 35mph, but an easing trend with time.                                                                                                                                                          | Variable 10-15mph, orienting generally westerly, some local breezes approaching 20mph.                                                                                                                                                                                     |
| Effect of wind on you?                     | Nuisance gusts in the early hours will ease, most small effects much of the day.                                                                                                                                                                       | Mostly small.                                                                                                                                                                                                                                                              |
| How wet?<br>(Precipitation and its impact) | Largely dry start, rain sets in, risk thunder<br>A few spots of rain south early, many hills start dry. Bursts of rain arriving from the south, setting in with time though afternoon with an increasing risk of heavy, thundery bursts widely.        | Persistent rain, heavy east<br>Rain rarely ceases on hills near/east of the M74, heavy bursts and risk of thundery downpours. Lighter westward, may break up for periods, notably later. Fast-flowing streams, risk local flooding.                                        |
| Cloud on the hills?                        | Fairly extensive<br><br>Most slopes shrouded just at dawn, lifting towards high terrain for a time in the west; eastern hills unlikely clearing above 600-700m. Returning extensively to middle slopes as rain arrives, patches increasingly lowering. | Extensive<br><br>Cloud shrouds the hills in the morning, widely to middle slopes, to lower north and eastern hills. May locally lift, but eastern hills covered likely all day. A few higher breaks may begin to form late in the day, though low chance reaching summits. |
| Chance of cloud free summits?              | 30%                                                                                                                                                                                                                                                    | 20%                                                                                                                                                                                                                                                                        |
| Sunshine?<br>Air clarity (below cloud)     | Patchy sun through morning, some haze at first, trending overcast and increasingly dull as rain and cloud arrive.                                                                                                                                      | A few brighter glimpses may break out west, but otherwise overcast, often dull with poor visibility.                                                                                                                                                                       |
| How Cold? (at 750m)                        | 12 or 13C rising to 16C; humid.                                                                                                                                                                                                                        | 12 to 14C.                                                                                                                                                                                                                                                                 |
| Freezing Level                             | Above the summits.                                                                                                                                                                                                                                     | Above the summits.                                                                                                                                                                                                                                                         |

## Planning Outlook

**All mountain areas of Britain from Thursday, 27 August, 2026**

Heavy, thundery rain likely affects England, Wales & southern Scotland on Thursday and Friday, potentially prolonged heavy falls bringing a risk of local flooding. A westerly wind will establish into the weekend, drawing cloud and drizzle onto western high terrain, several frontal systems sweeping more broadly across the country. The strongest wind and heavy rain may pass mostly across England and Wales, with the lightest rain in west Scotland. Best chance of cloud base rising towards higher terrain in western areas, perhaps briefly to higher summits, but the hills more often shrouded, patches to low slopes around heaviest rain. A west-southwesterly weather track prevails next week: cloud and drizzle on western hill groups (particularly west Scotland), breezy, areas of rain regularly spreading more widely.

**Forecast issued at 16:30 on Tuesday, 25 August, 2026**

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