

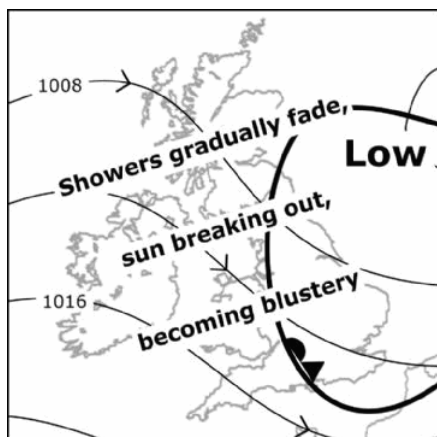
Southern Uplands

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 Monday, 31 August, 2026



British Mountain Summary:

Based on forecast chart for noon 31 August, 2026

Showers scattered across most hills through morning, locally clustering for frequent falls with heavy bursts. Showers gradually clear eastward, spotty light rain fades out with time as sunny bursts break out (though weakened by high cloud). Cool-to-mild, but feeling chilly in a strengthening wind.

Headline for Southern Uplands

Patchy rain gradually fades; becoming windy

Detailed Forecast for Monday, 31 August, 2026

How windy? (On the summits)	Northwesterly 15-25mph, orienting westerly and gradually strengthening, to sustained speeds of 25-30mph widely, stronger gusts briefly approaching 40mph.
Effect of wind on you?	Walking increasingly impeded on exposed high terrain, buffeting in exposure affecting stability with notable wind chill.
How wet? (Precipitation and its impact)	Patchy rain eases Patchy rain from dawn, a few local heavy bursts may form here and there though morning and into afternoon, but a tendency towards drier conditions with just spotty drizzly rain onto western hills later.
Cloud on the hills? Chance of cloud free summits?	Lowest morning, rising above many tops Varied cloud banks perhaps fairly widely to low elevations early in day, most notably northern slopes. The base tending to rise to upper slopes through middle of day, breaks increasingly to tops, but cloud caps continue to graze highest tops from the Borders westward. 20% rising to 70%
Sunshine? Air clarity (below cloud)	Largely cloudy to start, glimpses of sun breaking out, more widely with time and particularly on lower slopes. Some thin high cloud moves in from the west. Visibility very good away from showers, some haze in west.
How Cold? (at 750m) Freezing Level	8 or 9C to start, coolest in Galloway. Rising, locally to 11C eastern hills, but soon beginning to cool in Galloway towards 7C, later more widely. Feeling near to freezing as wind increases. Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 1 September	Wednesday 2 September
How windy? (On the summits)	West-southwesterly 30 to 45mph, some stronger gusts at times over the high tops.	Southwesterly 20-25mph, some variability, and may strengthen, speeds to 35-45mph over high tops.
Effect of wind on you?	Strenuous walking conditions over the hills, some more arduous moments. Marked wind chill where exposed on high terrain.	Fairly small, but comfort of walking at times affected, likely more strenuous later with buffeting gusts and feeling chilly.
How wet? (Precipitation and its impact)	Rain most persistent west Patchy rain and drizzle mostly western hills, becoming more persistent and heavier for a few hours, perhaps remaining quite frequent into evening.	Rain most of the day Frequently raining across all hills, some heavier bursts come and go, and will set in widely for several hours, at least. May break up somewhat late in the day, but staying damp on high tops in the west.
Cloud on the hills?	Often covering western hills, later more widely Shrouding hills in Dumfries & Galloway perhaps much of the day, lowest bases in rain to 500-600m, or lower coasts. Higher base and more broken eastwards, but tending to fell in more widely with time.	Extensive Blanket cloud from 600m up most of the day, regularly lowering around rain and widely lower when rain sets in for a few hours. Any chance of higher breaks early and late in the day but high terrain stays shrouded.
Chance of cloud free summits?	30%	10%
Sunshine? Air clarity (below cloud)	Largely cloudy, some brighter moments mainly east earlier. Visibility poor in rain, better east if drier.	Overcast, dull on high terrain with poor visibility all day.
How Cold? (at 750m)	8 to 10C, little change, coolest Galloway. Feeling around 0C in the wind on tops.	10C rising to 12 or 13C, staying elevated into night. Feeling like 2 to 4C in strongest wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Tuesday, 1 September, 2026

A generally unsettled outlook during the first two weeks of September with frequent rain and strong winds. Low pressure dominates and a series of frontal systems move in from the Atlantic. West to southwesterlies, often gale force over the mountains in the second half of this coming week. Heavy rain most prolonged in the west where increasingly wet underfoot, streams rising to be in spate. Low cloud often covering the hills, rarely clearing western summits. Temperatures varying, some notably cooler days for Scotland, at times more humid air mainly toward the south. A few brighter windows will break out, mostly south and eastern areas, but always brief and any detail on timing remains uncertain.

Forecast issued at 16:32 on Sunday, 30 August, 2026

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