

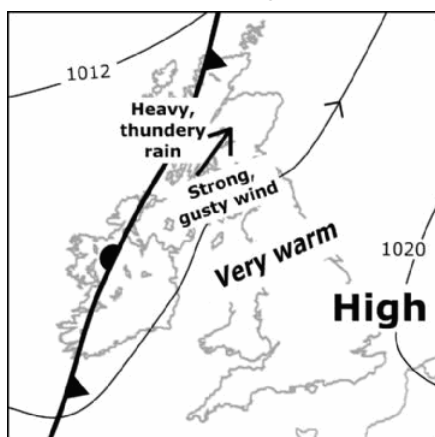
Southern Uplands

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, 30 June, 2025



British Mountain Summary:

Based on forecast chart for noon 30 June, 2025

Very warm and humid. Gale force southerly winds for NW Scotland at first will ease, but gusty winds strengthen elsewhere. As a front encroaches from the west across the Highlands, bursts of rain will merge into a swathe of more extensive heavy rain, possible thunder. Dry with sunshine for England and Wales, small risk local showers.

Headline for Southern Uplands

Increasingly windy. Very warm; low cloud near Solway in morning.

Detailed Forecast for Monday, 30 June, 2025

How windy? (On the summits)	Southerly 25 to 30mph, at times 35mph toward west, gusty in places; strengthening more widely afternoon, reaching 40mph at times high tops.
Effect of wind on you?	Affecting comfortable walking, becoming strenuous for periods on higher terrain, especially in west, more widely later afternoon-evening.
How wet? (Precipitation and its impact)	Largely dry, low risk a thundery shower later Some fine drizzle Solway hills if in cloud. Most or all day dry, but toward evening, chance of an isolated burst of rain forming, remote risk a brief local thunderstorm in east. By evening-night, rain encroaching in from the west.
Cloud on the hills?	Low cloud especially west in morning Low cloud fairly extensive in the morning, most persistent western areas, slowly thinning and breaking, but fog may linger near Solway to lower slopes. Patches north and eastwards all clearing.
Chance of cloud free summits?	20% rising to 80% away from Solway
Sunshine? Air clarity (below cloud)	Sunshine and some thin high cloud, best in east and north of the region. Western areas misty in the morning at least, for longer near Solway.
How Cold? (at 750m)	14C where in cloud west, up to 18C further north and east; very humid. Likely to drop considerably into night, toward 8C in west.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Tuesday 1 July	Wednesday 2 July
How windy? (On the summits)	Direction variable 10 to 15mph or less.	West to northwesterly 10 to 15mph, occasional 20mph Galloway.
Effect of wind on you?	Small	Mostly small
How wet? (Precipitation and its impact)	Risk bursts of rain Patchy rain from before dawn, but mostly dry in morning. Scattered slow-moving showers forming into afternoon, possible thundery bursts later.	Risk local heavy showers later Scattered showers forming mainly mid-late afternoon onward, local heavy bursts, greatest risk central-eastern areas toward evening, chance of isolated thunder.
Cloud on the hills?	Lifting and mostly clearing Variable cloud across the hills in the morning, briefly to some lower slopes, soon mostly confined higher up. Lifting to clear the tops, patches return in showers.	Little if any The hills clear most or all day. Any patches in morning soon lifting above tops. If showers form, cloud banks drifting over tops, local patches lower down.
Chance of cloud free summits?	70%	80%
Sunshine? Air clarity (below cloud)	A little sun breaking through. Visibility mostly excellent.	Patchwork of sun and cloud, may build and fill in afternoon. Visibility excellent.
How Cold? (at 750m)	9 to 12C.	8 to 11C.
Freezing Level	Above the summits	Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 1 July, 2025**

Cooler across Scotland by Monday night as a cold front advances eastwards. Risk of scattered thundery showers Tuesday-Wednesday, mostly eastern areas. High pressure then builds to the south, whilst a humid southwesterly returns to bring spells of rain and low cloud to western Scotland. The second week of July looks cooler for all with sunshine and showers.

Forecast issued at 16:01 on Sunday, 29 June, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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, 2025.