

# Southern Uplands

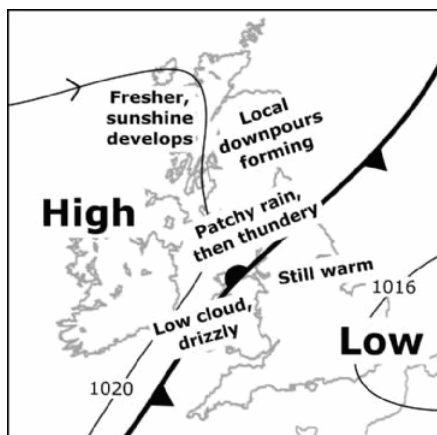
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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## General Summary for Tuesday, 1 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 1 July, 2025

Cooler for Scotland and northern England. Patchy rain and low cloud across central-southern Scotland and northern England, risk of developing into slow-moving heavy downpours into the afternoon. Low cloud and a little rain for Wales. West & northwest Scotland better, cloud lifting to give sunshine near the coast. Mostly light winds.

### Headline for Southern Uplands

Low cloud, patchy rain, then local thundery downpours. Light wind.

## Detailed Forecast for Tuesday, 1 July, 2025

<b>How windy? (On the summits)</b>	Direction variable 10mph or less; sudden gusts during and just before downpours locally.
<b>Effect of wind on you?</b>	<b>Small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Local bursts of rain forming increasingly, risk thunderstorms</b> Patchy rain from dawn, drizzly over eastern hills, may persist here, but amounts small. By middle of day into afternoon, scattered slow-moving heavy bursts forming increasingly, local thunderstorms, greatest risk in central areas, later also Cheviots.
<b>Cloud on the hills?</b>	<b>Varied, most extensive around rain</b> Variable cloud across the hills in the morning, to lower slopes in eastern areas, whilst further west likely more broken cloud. Will vary during day, may rise for a time, but extensive in rain, patches from forest canopies upward during/after heavy bursts.
<b>Chance of cloud free summits?</b>	<b>40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, some weak sun through high cloud, sun may develop more in western areas later. Hazy, murky around rain, particularly central-eastern areas but visibility very good in west.
<b>How Cold? (at 750m)</b>	9C rising to 12C afternoon.
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	Wednesday 2 July	Thursday 3 July
<b>How windy? (On the summits)</b>	West to northwesterly 10 to 15mph, occasional 20mph Galloway.	Southwesterly 20 to 25mph.
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Fairly small, but may start to affect comfortable walking on higher tops.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Risk local heavy showers in east later</b> Scattered showers forming mainly mid-late afternoon onward, local heavy bursts, greatest risk central-eastern areas toward evening, chance of isolated thunder.	<b>Occasional rain mostly west</b> A little rain mostly Galloway hills; may become more frequent showery rain moving eastwards with time.
<b>Cloud on the hills?</b>	<b>Little if any</b>  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.	<b>Mostly little, may lower from west</b>  Rare if any brief patches on tops in morning. Lowering over upper slopes if rain develops, mostly western hills.
<b>Chance of cloud free summits?</b>	<b>80%</b>	<b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchwork of sun and cloud, may build and fill in afternoon. Visibility excellent.	Patchwork of cloud and sun, may cloud over from west with time. Visibility excellent, reducing if rain occurs.
<b>How Cold? (at 750m)</b>	8 to 11C.	8 to 11C, highest toward east afternoon.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

### All mountain areas of Britain from Wednesday, 2 July, 2025

Fresher westerly air into midweek. Some heavy showers forming, mostly in eastern Scotland and Pennine areas - with light winds some slow-moving heavy downpours, possible thunder locally. By Thursday, west to southwesterly winds increase for Scotland, with more persistent rain and low cloud returning from the west associated with fronts over the Atlantic. Friday brings a risk of heavier rain to western Scotland and gales over higher terrain for Scotland and possibly northern England, rain extending further south with time. The weekend looks unsettled with low pressure bringing heavy showery rain widely, risk isolated thunder.

### Forecast issued at 16:07 on Monday, 30 June, 2025

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