MOUNTAIN WEATHER INFORMATION SERVICE

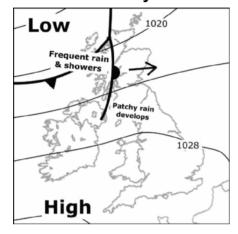
Southern Uplands

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 Thursday, 3 July, 2025



British Mountain Summary: Based on forecast chart for noon 3 July, 2025

Southwesterly winds strengthen; showery rain becomes increasingly widespread across the Highlands, more frequent rain in western areas. Patchy rain reaches Cumbria with time as cloud thickens. Wales and south Pennines stay dry with a good deal of sunshine.

Headline for Southern Uplands

Increasingly breezy. Showery rain developing from west.

Detailed Forecast for Thursday, 3 July, 2025

How windy? (On the summits)	Southwesterly 20 to 25mph, tending to strengthen, reaching 30mph higher tops.
Effect of wind on you?	Starting to affect comfortable walking on higher tops.
How wet?	Rain developing from west
(Precipitation and its impact)	A little rain mostly Galloway hills, but turning persistent with time; showery rain spreads eastwards into afternoon.
Cloud on the hills?	Mostly little, lowering from west
	Patches mostly on western tops in morning, little if any elsewhere. Lowering over upper slopes as rain develops, may fill in Galloway hills.
Chance of cloud free summits?	70%, dropping to 40% west
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, clouding over from west with time. Visibility excellent, reducing as rain occurs.
How Cold? (at 750m)	8 to 11C, highest toward east afternoon.
Freezing Level	Above the summits

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Southern Uplands - Looking Ahead

Friday 4 July	Saturday 5 July
Southwesterly 35 to 50mph, speeds may increase with time, risk 60mph on highest summits.	West to southwesterly 25 to 30mph.
Arduous walking conditions over the hills, may become difficult on high tops. Considerable wind chill.	Blustery across the hills, affecting ease of walking on exposed terrain; feeling cool.
Rain focused west, may set in	Showery rain
Rain most persistent Galloway hills, risk increasingly heavy. Occasional rain toward the M74 becoming more persistent. Further east, small amounts in the wind, but some pulses of rain developing at times.	Rain on and off, some showery bursts, may become more frequent for periods.
Lowering over western hills	Fairly extensive, lowest west
Cloud banks most frequent in western areas, lowering on Galloway hills to 600m or lower in rain. Mostly confined to higher slopes eastwards, above the hills at times.	Covering higher tops most or all day, particularly western areas, cloud base 500-700m; some higher breaks east.
40%	30%
Largely cloudy particularly west where visibility poor in rain. Glimpses of sun east in morning, visibility good when dry.	Largely cloudy, a little sun in east morning. Visibility often very good, but poor during rain.
9 or 10C, small rise during day. Feeling below freezing in the wind.	10 to 12C. Feeling near freezing directly in the wind.
Above the summits	Above the summits
	Southwesterly 35 to 50mph, speeds may increase with time, risk 60mph on highest summits. Arduous walking conditions over the hills, may become difficult on high tops. Considerable wind chill. Rain focused west, may set in Rain most persistent Galloway hills, risk increasingly heavy. Occasional rain toward the M74 becoming more persistent. Further east, small amounts in the wind, but some pulses of rain developing at times. Lowering over western hills Cloud banks most frequent in western areas, lowering on Galloway hills to 600m or lower in rain. Mostly confined to higher slopes eastwards, above the hills at times. 40% Largely cloudy particularly west where visibility poor in rain. Glimpses of sun east in morning, visibility good when dry. 9 or 10C, small rise during day. Feeling below freezing in the wind.

Planning Outlook

All mountain areas of Britain from Friday, 4 July, 2025

Friday brings sustained heavy rain to western Scotland, rain extending further south with time; gales over the mountains, severe on Scotlish tops. The weekend stays unsettled, windy and rather cool with low pressure bringing heavy showery rain widely, risk isolated thunder. Next week maintains a mixed westerly regime with greatest risk of rain toward northwest Scotland, drier and warmer further south and east.

Forecast issued at 16:00 on Wednesday, 2 July, 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.