

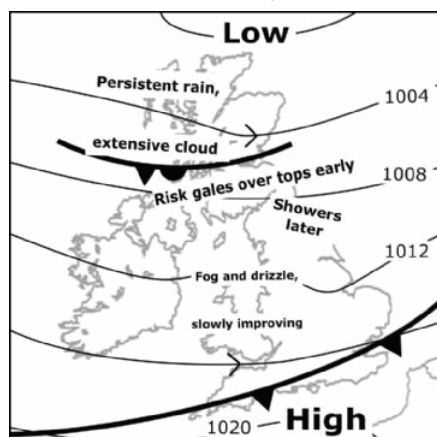
Southern Uplands

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 Saturday, 5 July, 2025



British Mountain Summary:

Based on forecast chart for noon 5 July, 2025

Extensive cloud and frequent rain from central Highlands westward, northwest as well; east Scotland may see some improvement later. Mild but feeling cool in the breeze. Drizzly rain much of the day across Lakeland and west Wales, likely more patchy over the Pennines and gradually improving, though risk of showers later N England.

Headline for Southern Uplands

Drizzly rain and cloud over tops, slightly improving; risk gales early

Detailed Forecast for Saturday, 5 July, 2025

How windy? (On the summits)	At dawn, westerly 40-45mph. Easing through morning and settling near 30mph.
Effect of wind on you?	Blustery across the hills, affecting ease of walking on exposed terrain; walking arduous around and soon after daybreak. Feeling cool.
How wet? (Precipitation and its impact)	Light rain on and off, a dry spell afternoon Drizzly over high tops early with patchy light rain, primarily west. Easing somewhat for a time, though light rain likely returning for a time afternoon.
Cloud on the hills?	Fairly extensive over high tops, lower patches west Covering higher tops most of the day, particularly west of M74, variable patches reach lower slopes in and after rain. Some breaks forming later, briefly to the tops eastern Borders/Cheviot.
Chance of cloud free summits?	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, a few glimpses of weak sunshine if cloud sufficiently breaks. Visibility often very good, but poor during rain.
How Cold? (at 750m)	9 or 10C, always coolest in the west. Local eastern slopes of Cheviots/Lothians reaching 11C. Feeling near freezing directly in the wind.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Sunday 6 July	Monday 7 July
How windy? (On the summits) Effect of wind on you?	West to northwesterly 20-25mph. Some increase later, greatest in Galloway, risk reaching 35-40mph here. Walking increasingly impeded through the day, may become strenuous in the west later. Feeling cool.	Northwesterly 25-30mph, strongest winds early. Winds often near 35mph Galloway coasts. Becoming gusty into evening. Walking impeded in strongest wind, some buffeting gusts may challenge stability. Feeling cool.
How wet? (Precipitation and its impact)	Showery rain, increasing risk east Showery rain; drizzly for a time on western and high slopes of Galloway. Risk of heavier bursts of rain eastern Borders/Cheviots later in the day.	Risk of showers in the east later An odd drizzly shower may drift into western Galloway. Later in the day, showers may form easternmost slopes, risk of heavy bursts.
Cloud on the hills? Chance of cloud free summits?	Intermittently covering high terrain Fairly extensive over high terrain in the morning, banks drifting downslope in Galloway. Becoming patchy with breaks to and above tops, though intermittently filling in, particularly around rain. Becoming 60%	Lifting off high terrain through morning Cloud banks cover highest terrain early, drifting down northern slopes somewhat. Soon lifting to clear summits by afternoon. Northwest Galloway slopes may see occasional cloud. Becoming 90%
Sunshine? Air clarity (below cloud)	Glimpses of sun, more frequent Galloway later. Visibility very good during cloud breaks.	Patchy sun becoming fairly extensive, some fair weather cloud around east. Excellent visibility.
How Cold? (at 750m) Freezing Level	8C, rising to 11C Feeling at/near freezing in strongest wind. Above the summits	7C, rising with great east-to-west variability: 9C coastal Galloway, 11C Borders, up to 13C Lothians/Cheviot. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 6 July, 2025

A settling trend begins later Sunday as high pressure begins building from the southwest. High pressure will become dominant across England and Wales Monday and Tuesday, keeping weather substantially dry with increasing chance of sunny spells. In Scotland, low pressure to the north will facilitate a consistent westerly through much of the week, driving several weak fronts onto northwestern coasts - often cloudy here with periods of rain, tending to be drier with sunny spells in east Scotland. Temperatures will be near average. Some uncertainty about next weekend - fronts are likely to continue drifting towards Scotland, though possibly interrupted by dry and warm air from the continent pushing north.

Forecast issued at 15:52 on Friday, 4 July, 2025

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