

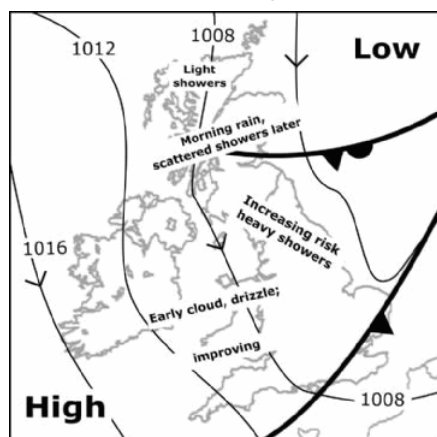
# Southern Uplands

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 Sunday, 6 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 6 July, 2025

Cloud on higher hills with patchy rain for many areas in the morning. Later, a band of showers forms from central highlands southward into England, drifting down the Pennines; showers will give heavy bursts with a risk of few lightning flashes southern Scotland. Damp in Wales early, gradually improving.

### Headline for Southern Uplands

Spotty rain, showers later with heavy bursts

## Detailed Forecast for Sunday, 6 July, 2025

<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	Northwesterly 15-25mph, stronger breezes at times Galloway near the North Channel. Shifting northerly through afternoon and variable but gusty speeds around rain, at times dropping very low central areas.  <b>Comfortable walking at times affected, notably in Galloway. Risk rapid changes in speed and direction late in the day; stability may be challenged in sudden gusts. Feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain, increasing risk east</b> Spots of showery rain; drizzly for a time on western and high slopes of Galloway. Showers return later in the day, risk heavy spots with chance of few flashes of lightning around the Borders into evening.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Intermittently covering high terrain</b> 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.  <b>Becoming 60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun, more frequent Galloway later. Visibility very good during cloud breaks.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	8C, rising to 11C. Feeling just above freezing in strongest winds.  Above the summits

## Southern Uplands - Looking Ahead

	Monday 7 July	Tuesday 8 July
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	Northwesterly 25-30mph, often stronger west Galloway. Strengthening later, 35-40mph. <b>Walking impeded in strongest wind, becoming more strenuous with buffeting gusts later. Feeling cool.</b>	Northwesterly 15mph, gradually shifting westerly. Some stronger winds early, notably Galloway. <b>Fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Risk of showers in the east later</b> An odd drizzly shower may drift into western Galloway. Later in the day, showers may form from the Borders eastward, risk of heavy bursts.	<b>Dry, then spotty light rain west</b> Spotty light rain arrives into Galloway in the afternoon, some local areas of drizzly rain drifting east toward the M74.
<b>Cloud on the hills?</b>	<b>Lifting off high terrain through morning</b>  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.	<b>Largely clear until late</b>  Cloud caps drift over tops from the Borders westward, some banks drift down north Galloway slopes. Lifting through morning to clear the tops. Later, patchy cloud returns to tops as rain arrives, at times filling in more extensively over high terrain.
<b>Chance of cloud free summits?</b>	<b>Becoming 90%</b>	<b>Above 90%, reducing to 50% late</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sun becoming fairly extensive; fair weather cloud develops east later. Very good visibility, some haze west.	Morning sunshine gradually weakened by building high cloud, quite cloudy later. Excellent visibility.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	7C, rising with great east-to-west variability: 9C coastal Galloway, 11C Borders, up to 12 or 13C Cheviots. Above the summits	7C rising to 11C; some contrast west-to-east, Galloway may stay cooler, east of M74 may rise further. Above the summits

## Planning Outlook

## All mountain areas of Britain from Monday, 7 July, 2025

A generally settled start to the week as high pressure will become dominant across England and Wales Monday and Tuesday. Expect substantially dry conditions here through much of the week with good periods of sunshine. In Scotland, low pressure to the north will facilitate a consistent west-southwesterly wind, driving several weak fronts onto northwestern coasts as the week goes - 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 and north England, though possibly interrupted by dry and warm air from the continent.

## Forecast issued at 16:29 on Saturday, 5 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.