

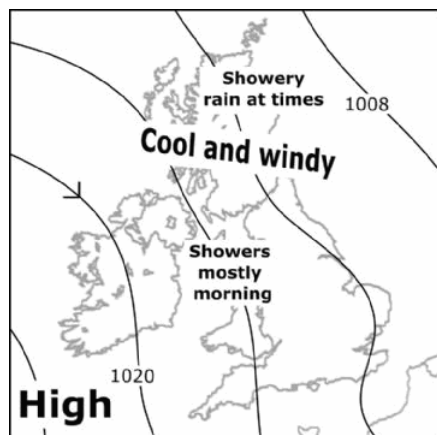
Southern Uplands

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, 7 July, 2025



British Mountain Summary:

Based on forecast chart for noon 7 July, 2025

Northwesterly winds will be blustery over the mountains, feeling distinctly chilly in exposure. Plenty of dry weather, some showers toward the north and east of Scotland. Showery rain for Wales early in the day fades. Cloud clearing many tops and some sun.

Headline for Southern Uplands

Windy and cool. Largely dry, broken cloud.

Detailed Forecast for Monday, 7 July, 2025

How windy? (On the summits)	Northwesterly 25-30mph, often stronger west Galloway. Strengthening later, 35-40mph.
Effect of wind on you?	Walking impeded in strongest wind, becoming more strenuous with buffeting gusts later. Feeling cool.
How wet? (Precipitation and its impact)	Risk of showers mainly east later An odd drizzly shower may drift into western Galloway in morning. Late in the day, showers may form from the Borders eastward, risk of heavy bursts toward dusk.
Cloud on the hills?	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 on tops.
Chance of cloud free summits?	Becoming 90%
Sunshine? Air clarity (below cloud)	Patchy sun becoming fairly extensive; fair weather cloud develops east later. Very good visibility, some haze west.
How Cold? (at 750m)	7C, rising with great east-to-west variability: 9C coastal Galloway, 11C Borders, up to 12 or 13C Cheviots. Feeling near freezing in wind in morning, 4C afternoon.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Tuesday 8 July	Wednesday 9 July
How windy? (On the summits) Effect of wind on you?	Northwesterly 15mph, gradually shifting westerly, strengthening through afternoon to 20-25mph. Fairly small, becoming more blustery with time.	Westerly 15 to 20mph, up to 25mph for a time in morning. Fairly small, but feeling breezier early in day on higher terrain.
How wet? (Precipitation and its impact)	Dry, then spotty light rain west Spotty light rain arrives into Galloway in the afternoon, some local areas of drizzly rain drifting east toward the M74.	Drizzly rain mostly morning Drizzle over hills in Dumfries and Galloway in morning, patchy light rain extending east for a time. Tending to fade out in afternoon, but leaving fine drizzle where in cloud.
Cloud on the hills?	Largely clear until late 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.	Extensive, some improvement Shrouding hills widely in morning, bases 400-600m, lowest in west, to some lower slopes for a time. Base rising a little, breaks forming eastwards, but likely to linger across western hills.
Chance of cloud free summits?	Above 90%, reducing to 50% late	30%
Sunshine? Air clarity (below cloud)	Morning sunshine gradually weakened by building high cloud, quite cloudy later. Excellent visibility.	Largely cloudy, glimpses of sun developing mostly eastern areas. Visibility becoming good below cloud.
How Cold? (at 750m) Freezing Level	7C rising to 11C; some contrast west-to-east, Galloway may stay cooler, east of M74 may rise further. Above the summits	12C, rising to 15C toward east afternoon, humid. Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 8 July, 2025**

Low pressure to the northwest maintains a humid southwesterly wind mid-late this week, with fronts situated near northwestern coasts - often extensive low cloud here with some drizzly rain. Drier with sun and broken cloud in east and southern Scotland. High pressure expanding over England and Wales brings more sunshine and draws in increasingly very warm air again in the later part of this week, higher temperatures extending into Scotland with time; some mist may continue to affect coasts in the west.

Forecast issued at 16:00 on Sunday, 6 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.