

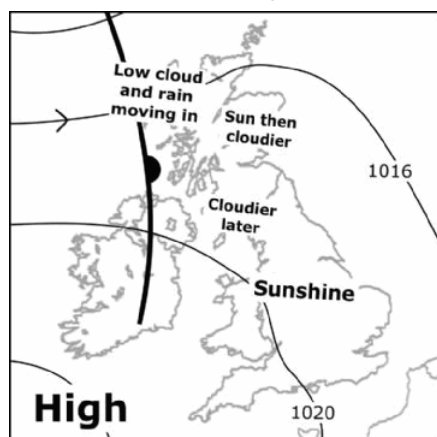
Southern Uplands

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, 8 July, 2025



British Mountain Summary:

Based on forecast chart for noon 8 July, 2025

A bright and sunny morning particularly in the east, then thickening cloud will lower across Scottish mountains from the west, with rain and drizzle developing, persistent in west; wind also increasing. England & Wales sees sunshine then high cloud, lowering onto tops by evening with a little rain arriving.

Headline for Southern Uplands

Breezy early and late. A little rain and lowering cloud west.

Detailed Forecast for Tuesday, 8 July, 2025

How windy? (On the summits) Effect of wind on you?	Northwesterly 15-20mph at dawn, strongest east, soon dropping 10mph or less. Then shifting westerly, strengthening through afternoon 15-20mph, by evening 25mph higher tops. Mostly small until afternoon, becoming more blustery later in day.
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.
Cloud on the hills? Chance of cloud free summits?	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. Above 90%, reducing to 50% late
Sunshine? Air clarity (below cloud)	Morning sunshine gradually weakened by building high cloud, quite cloudy later. Excellent visibility.
How Cold? (at 750m) Freezing Level	7C rising to 11C Galloway, to 13C Borders. Above the summits

Southern Uplands - Looking Ahead

	Wednesday 9 July	Thursday 10 July
How windy? (On the summits)	Westerly 15 to 20mph, up to 25mph for a time in morning.	West to southwesterly 15-20mph, to gusty 25mph around some higher tops.
Effect of wind on you?	Fairly small, but feeling breezier early in day on higher terrain.	Fairly small, but may start to affect ease of walking where exposed on tops.
How wet? (Precipitation and its impact)	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.	No rain expected
Cloud on the hills?	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.	Low cloud tending to break up Covering western hills to lower elevations in the morning, patchier eastwards. Cloud base gradually rising to upper slopes, breaks forming more widely into afternoon. Patches may linger in Galloway.
Chance of cloud free summits?	30%	20% rising to 60%, or 80% east.
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun developing mostly eastern areas. Visibility becoming good below cloud.	Largely cloudy morning, misty for a time. Some sun breaking through, best in east. Visibility increasingly very good.
How Cold? (at 750m)	11C, rising to 13C west, 15C toward east afternoon, humid.	12C rising to 16C.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Wednesday, 9 July, 2025

A humid southwesterly wind during midweek produces extensive low cloud across west and northwest Scotland with some drizzly rain. Drier with sun and broken cloud in eastern Scotland, improving in southern areas. 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 and more sunshine extending into Scotland with time. A fine and very warm weekend in prospect, low risk of thundery showers forming toward the west. Cooler with a greater risk of showers early next week.

Forecast issued at 16:01 on Monday, 7 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.