

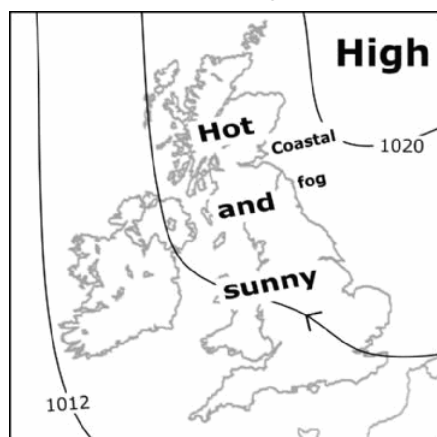
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Saturday, 12 July, 2025



British Mountain Summary:

Based on forecast chart for noon 12 July, 2025

Hot everywhere, rising to 30C in valleys widely by early afternoon, slightly cooler easternmost areas. Unbroken sunshine dawn til dusk. Light winds, though breezier west coast of Scotland, particularly on islands. Very dry ground conditions - high fire risk.

Headline for Southern Uplands

Hot sunshine. Light winds.

Detailed Forecast for Saturday, 12 July, 2025

How windy? (On the summits)	Southeasterly 10-15mph or less.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Cloud not expected Fog over the North Sea affects some easternmost lower hills early morning, and rolling back in onto lower slopes of the eastern Cheviots & Lothians late evening.
Chance of cloud free summits?	100%
Sunshine? Air clarity (below cloud)	Widespread strong sunshine; beware sunburn, dehydration and heatstroke. Excellent visibility.
How Cold? (at 750m)	18C rising to 21C by mid-afternoon in west, easternmost areas staying slightly cooler. Remaining warm overnight.
Freezing Level	Well above the summits. (Valley temperatures approaching 30C in the afternoon in west.)

Southern Uplands - Looking Ahead

	Sunday 13 July	Monday 14 July
How windy? (On the summits) Effect of wind on you?	Southeasterly 15mph, some lighter winds east of M74. Rising to 20-25mph later, strong gusts around western low slopes. Mostly small, comfortable walking becoming affected in Galloway later, notably buffeting gusts.	Southeast turning south later southwesterly; 20 to 25mph, risk occasionally gusty 35mph. At times affecting comfortable walking on exposed terrain, buffeting gusts.
How wet? (Precipitation and its impact)	Substantially dry Chance of a few local spots of rain from high cloud afternoon into evening.	Threat of thunderstorms developing Patches of light rain from dawn, localised bursts of rain forming during morning. Increasing risk with time of thundery rain developing, may set in to give widespread heavy rain, torrential bursts.
Cloud on the hills? Chance of cloud free summits?	Morning low fog east soon clears Fog on the low slopes of the Pentlands at dawn, possibly some patches on low slopes of Cheviots as well, fading for cloud-free hills. Local fog returning to low easternmost hills as night falls. Above 90%	Low cloud most widespread in rain Varied low cloud from dawn, particularly eastern hills, to lower elevations. In rain, cloud filling in widely to blanket the hills. May improve later in day from south. 20%
Sunshine? Air clarity (below cloud)	Sun early, soon often weakened or at times shrouded by high cloud. Excellent visibility.	Sun mostly obscured by thick high cloud, widely overcast in rain. Hazy, becoming very murky in rain.
How Cold? (at 750m) Freezing Level	17 or 18C most of the day. Easternmost Pentlands/Cheviots may be a degree cooler; dropping slightly into evening. Above the summits	10C where in cloud, up to 13C. Tending to lower slightly later. Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 13 July, 2025

Lowering pressure from southwest late Sunday into Monday bringing increasing risk bursts of rain and thunderstorms to start the new week, strong and gusty southerly winds. Temperatures will cool towards average. Pressure goes slack and winds fall light into midweek. A risk of heavy rain moving across England and Wales in particular on Tuesday.

Low pressure is likely to be more common in the extended outlook with slow-moving areas of showery rain, some thundery bursts locally, interspersed with drier days.

Forecast issued at 16:00 on Friday, 11 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.