

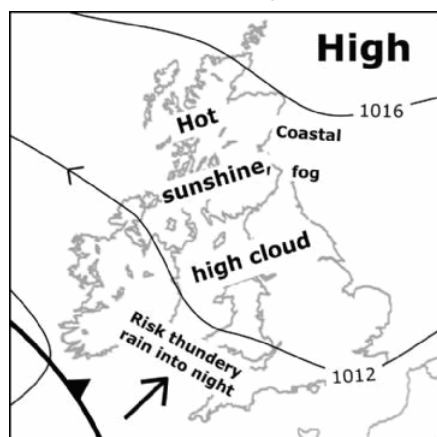
# Southern Uplands

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, 13 July, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 13 July, 2025

Very warm across the mountains from overnight, soon feeling hot in morning sun. Some valleys again approaching 30C by early afternoon, though mostly slightly less hot than Saturday. A veil of high cloud tending to weaken the sun. Local gusty E-SE'ly winds. Generally dry, later a chance of very isolated showers.

### Headline for Southern Uplands

Very warm, sun and increasing high cloud, becoming gusty.

## Detailed Forecast for Sunday, 13 July, 2025

<b>How windy? (On the summits)</b>	Southeasterly 15mph, some lighter winds east of M74. Rising to 20-25mph later, strong gusts around western low slopes.
<b>Effect of wind on you?</b>	<b>Mostly small, starting to feel more blustery in the west later in day.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Small risk a late shower</b> Possible local spots of rain from high cloud toward evening, chance of an isolated thundery burst of rain in western areas.
<b>Cloud on the hills?</b>	<b>Hills clear, some fog near North Sea</b> Fog on the low slopes of the Pentlands from dawn, possibly some patches on low slopes of Cheviots as well, thinning back to the east coast in morning. Fog returning to low easternmost hills as night falls.
<b>Chance of cloud free summits?</b>	<b>100%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sun early, soon often weakened or increasingly shrouded by high cloud. Excellent visibility.
<b>How Cold? (at 750m)</b>	17 or 18C, already very warm from overnight. Easternmost Pentlands/Cheviots may be a degree cooler; dropping slightly into evening. Central and western valleys reaching 27C early afternoon.
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	Monday 14 July	Tuesday 15 July
<b>How windy? (On the summits)</b>	Southeast turning southerly; 20 to 25mph, risk occasionally gusty 35mph.	Variable or mostly southwesterly, 10 to 20mph, likely strongest toward south.
<b>Effect of wind on you?</b>	<b>At times affecting comfortable walking on exposed terrain, buffeting gusts.</b>	<b>Fairly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Threat of thunderstorms developing</b> 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.	<b>Risk showery bursts, particularly east</b> Possible pockets of rain in the morning, then greater risk of slow-moving showery bursts forming into the afternoon inland and later focused on eastern areas, possibly thundery.
<b>Cloud on the hills?</b>	<b>Low cloud most widespread in rain</b>  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.	<b>Varied, lifting away from rain</b>  Cloud banks drifting over hills in the morning, possible briefly misty lower down at first. Lifting and clearing some tops into afternoon where dry, but patches return and lower in showers.
<b>Chance of cloud free summits?</b>	<b>20%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sun mostly obscured by thick high cloud, widely overcast in rain. Hazy, becoming very murky in rain.	Some sun and high cloud. Western coastal areas may become sunnier, very good visibility.
<b>How Cold? (at 750m)</b>	10C where in cloud, up to 13C. Tending to lower slightly later.	Around 10C, or slightly cooler early in day.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

### All mountain areas of Britain from Monday, 14 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. Heavy rain likely moving across England and Wales on Tuesday accompanied by near-gale southwesterlies, lighter winds Scotland.

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

### Forecast issued at 16:00 on Saturday, 12 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.