

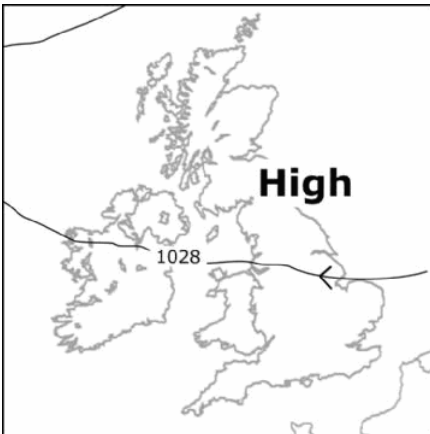
# Southern Uplands

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, 21 June, 2026



**British Mountain Summary:**  
**Based on forecast chart for noon 21 June, 2026**

Extensive bright sunshine - beware of sunburn and dehydration - and light wind. Cloud and a few brief showers NW Highlands will move away north, whilst along the Pennines and later Cumbria and S Scotland, patchy cloud and an isolated shower will form.

**Headline for Southern Uplands**

Light wind; bright sunshine and very clear air.

## Detailed Forecast for Sunday, 21 June, 2026

<b>How windy? (On the summits)</b>	Direction varied, later easterly 10mph or less.
<b>Effect of wind on you?</b>	<b>Negligible.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain not expected</b> Very remote risk isolated brief burst of rain evening.
<b>Cloud on the hills?</b>	<b>Not expected</b> Local patchy cloud on some slopes near Solway morning, but all dispersing.
<b>Chance of cloud free summits?</b>	<b>Almost certain by midday</b>
<b>Sunshine?</b> Air clarity (below cloud)	Extensive bright sunshine. Visibility excellent or superb.
<b>How Cold? (at 750m)</b>	9C at dawn, rising to 12 to 15C afternoon. coldest Galloway.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Monday 22 June	Tuesday 23 June
<b>How windy? (On the summits)</b>	Southerly between 15 and perhaps 25mph.	Southwesterly 15 to perhaps 25mph,.
<b>Effect of wind on you?</b>	<b>Fairly small</b>	<b>Fairly small.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain occasional rain (Low confidence)</b> Small risk of a couple of hours of mostly light rain - just the odd heavier burst, possible thunder.	<b>Rain unlikely</b> Chance thundery showers at first Borders.
<b>Cloud on the hills?</b>	<b>Very little for most of the day - may form in rain.</b> Generally the hills free of cloud although fog may form higher slopes in rain. Coastal cliffs and lower slopes near the Solway may be foggy	<b>Little if any</b> Fog here and there after dawn - clearing within a few hours
<b>Chance of cloud free summits?</b>	<b>80%</b>	<b>Soon almost certain</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patches of weak sunshine although extensive high level cloud. Visibility good, although a haze.	Sunshine extensive, sometimes weak due to thin high level cloud. Very good or excellent visibility although slight haze.
<b>How Cold? (at 750m)</b>	17C - very warm and also humid.	16C rising to 18 to 21C, warmest Borders.
<b>Freezing Level</b>	Above the summits	Above the summits.

**Planning Outlook****All mountain areas of Britain from Monday, 22 June, 2026**

Extensively dry, very warm but very humid indeed England and Wales, although around Monday chance of a thunderstorm. Rain and low cloud at times Scotland, mainly affecting western mountains - although later next week the warmth encroaching into Scotland. There may well be widespread thunderstorms later in the week, before less hot weather extends from the Atlantic around next weekend.

**Forecast issued at 7:34 on Sunday, 21 June, 2026**

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