

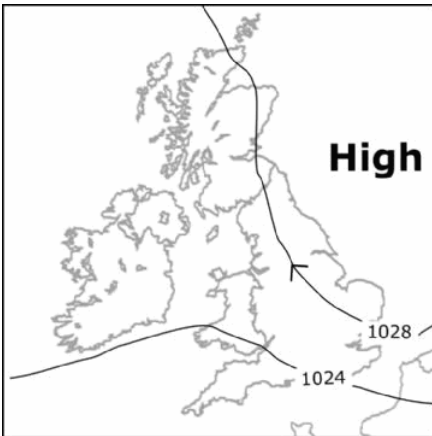
Southern Uplands

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, 22 June, 2026



British Mountain Summary:
Based on forecast chart for noon 22 June, 2026

Although high pressure will dominate - bringing high temperatures and sunshine to Wales and most of England, in the far north and across Scotland, high level cloud may bring rain for an hour or two, this leading to formation of low cloud that may be very slow to lift.

Headline for Southern Uplands

Fairly light wind; rain temporarily in some areas. Low cloud gradually lifting.

Detailed Forecast for Monday, 22 June, 2026

How windy? (On the summits)	Southerly between 20mph.
Effect of wind on you?	Small
How wet? (Precipitation and its impact)	Occasional rain - probably light Scattered patches of rain, mainly morning; in places lasting an hour or two. The rain mostly or only light - just the odd heavier burst.
Cloud on the hills?	Low confidence: May be extensive, morning; although then gradually clearing Coastal cliffs and lower slopes near the Solway may be foggy on and off. Otherwise, extensive fog morning, varied base, but mostly between 300 and 600m. Will gradually clear in afternoon.
Chance of cloud free summits?	20% rising gradually to 80%
Sunshine? Air clarity (below cloud)	Patches of weak sunshine although extensive high level cloud. Visibility good, although a haze.
How Cold? (at 750m)	17C - very warm and also humid.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Tuesday 23 June	Wednesday 24 June
How windy? (On the summits)	Southwesterly 15 to perhaps 20mph.	Southwesterly, mostly 10mph or less, but sometimes 15mph on highest summits.
Effect of wind on you?	Small.	Mostly negligible
How wet? (Precipitation and its impact)	Rain very unlikely Chance isolated Burt of rain at first Borders.	Rain not expected
Cloud on the hills?	Little if any Fog here and there after dawn - clearing within a few hours	Little if any Risk fog lowest coastal slopes Galloway. The hills fog free.
Chance of cloud free summits?	Soon almost certain	90%
Sunshine? Air clarity (below cloud)	Sunshine extensive. Very good or excellent visibility although slight haze.	Extensive sunshine. Very good visibility but a haze.
How Cold? (at 750m)	16C rising to 18 to 21C, warmest Borders.	16C rising toward an exceptionally warm 19 to 23C.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 23 June, 2026**

A few days of often sunny and very warm weather. Some doubt remains about daytime temperatures - these possibly exceptionally hot on Wednesday (England and Wales) and Thursday (everywhere). The range in mountain temperatures given on Wednesday's forecasts reflects the uncertainty. Gradually less hot Friday and into the weekend; the change accompanied by thunderstorms in some areas.

Forecast issued at 14:22 on Sunday, 21 June, 2026

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