

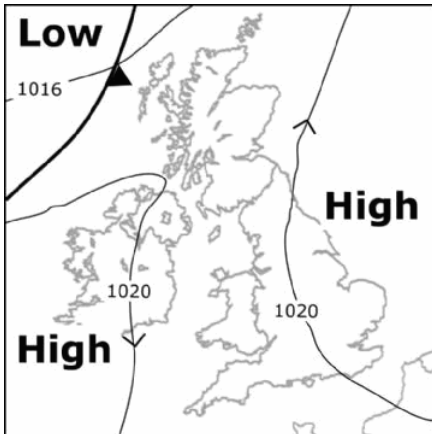
Southern Uplands

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 Tuesday, 23 June, 2026



British Mountain Summary:

Based on forecast chart for noon 23 June, 2026

Becoming very warm and humid, particularly Wales where exceptionally so. Chillier north and west of Scotland, especially near the coast where it will become drizzly and misty. Elsewhere, be aware of dehydration and sunburn..

Headline for Southern Uplands

Becoming very warm indeed. Extensive sunshine.

Detailed Forecast for Tuesday, 23 June, 2026

| | |
|--|--|
| How windy? (On the summits) | Southwesterly 15mph; dropping to less than 10mph and direction becoming variable. |
| Effect of wind on you? | Negligible |
| How wet? (Precipitation and its impact) | Rain very unlikely Chance isolated Burt of rain at first Borders. |
| Cloud on the hills? | Little if any Fog here and there after dawn most widely Galloway - will clear within a few hours |
| Chance of cloud free summits? | Soon almost certain |
| Sunshine? Air clarity (below cloud) | Sunshine extensive. Very good or excellent visibility although slight haze. |
| How Cold? (at 750m) | 16C rising to an unusually warm 19 to 21C, warmest Borders. |
| Freezing Level | Above the summits. |

Southern Uplands - Looking Ahead

| | Wednesday 24 June | Thursday 25 June |
|---|---|--|
| How windy? (On the summits) | Southwesterly, mostly 10mph or less, but sometimes 15mph on highest summits. | South to southeasterly between 10 and 20mph; perhaps particularly gusty at times. |
| Effect of wind on you? | Mostly negligible | Generally small, although there may be sudden buffeting at times both on higher areas and some lower slopes. |
| How wet? (Precipitation and its impact) | Rain not expected | Small risk thunderstorms Risk isolated thunderstorms giving locally torrential rain. |
| Cloud on the hills? | Little if any Risk fog lowest coastal slopes Galloway, possibly widely above 400m Galloway hills until about mid morning - then clearing. Otherwise the hills fog free. | Little if any although patches may form near rain Mountains extensively cloud free. In thunderstorms, fog may be extensive some hills, in places from lower slopes up. |
| Chance of cloud free summits? | Almost certain by late morning | 90% |
| Sunshine? Air clarity (below cloud) | Extensive sunshine. Very good visibility but a haze. | Periods of sunshine. Persistent haze. |
| How Cold? (at 750m) | 16C rising toward an exceptionally warm 19 to 22C. | Exceptionally warm 20 to 26C in afternoon. Unusually humid. |
| Freezing Level | Above the summits. | Above the summits. |

Planning Outlook**All mountain areas of Britain from Wednesday, 24 June, 2026**

Exceptionally warm and humid most mountain areas until later Friday. The range in temperature in the detailed forecasts for Wednesday and Thursday reflect uncertainty in just how far north the extreme heat will penetrate - with more recent forecasts suggesting the (even) more extreme temperatures.

Scattered thunderstorms on Thursday and Friday, whilst over the weekend, progressively less warm as fronts begin to come in off the Atlantic, bringing bands of rain and low cloud, particularly affecting western mountains.

Forecast issued at 13:56 on Monday, 22 June, 2026

The Production of the Scottish forecasts is fully funded by 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, 2026.