

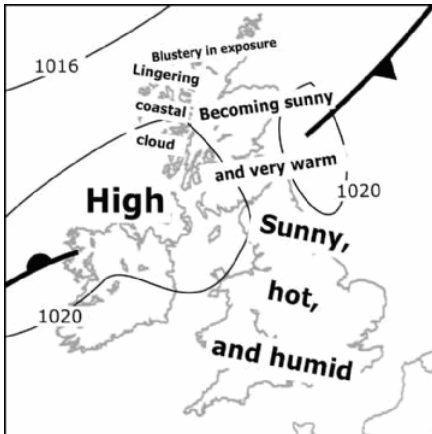
# Southern Uplands

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 Wednesday, 24 June, 2026



### British Mountain Summary: Based on forecast chart for noon 24 June, 2026

Extensive hot sunshine and unusually humid - beware sunburn and dehydration. England and Wales as well as east Scotland see early low patchy fog clearing; highest tops of east Scotland may be at or above the cloud layer at dawn. Some cloud clings to Scotland's west coast, breezy over far northern tops.

### Headline for Southern Uplands

Unusually warm and humid sun; linger cloud Ayrshire hills

## Detailed Forecast for Wednesday, 24 June, 2026

<b>How windy? (On the summits)</b>	West-southwesterly, mostly 10mph or less, but sometimes 15mph on highest summits.
<b>Effect of wind on you?</b>	Mostly negligible
<b>How wet? (Precipitation and its impact)</b>	No rain
<b>Cloud on the hills?</b>	<b>Local early cloud lifts and dissipates</b> Risk fog lowest coastal slopes Galloway, possibly widely above 400m Ayrshire hills until mid-morning, then clearing. Cloud more patchy near and east of the M74, likely just scattered fog in valleys well-east; banks lift through morning and largely dissipate for cloud-free hills by midday.
<b>Chance of cloud free summits?</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly sunny, some high cloud comes and goes. Excellent visibility.
<b>How Cold? (at 750m)</b>	14 to 16C at dawn, warmest east rising toward an unusually warm 18 or 19C, to perhaps 20C near the Cheviot.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Thursday 25 June	Friday 26 June
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	South to southeasterly between 10 and 20mph; perhaps particularly gusty at times, trending higher late in the day. <b>Generally small, although there may be sudden buffeting at times both on higher areas and some lower slopes.</b>	Generally south-southwesterly 15-20mph, gusty around showers; strengthening, sustained speeds to 35mph later. <b>Fairly small at times but with buffeting gusts around showers and notably deteriorating later for strenuous walking.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Small risk thunderstorms</b> Risk isolated thunderstorms giving locally torrential rain.	<b>Periods of rain/thunderstorms</b> Scattered bursts of heavy rain/thunderstorms from before dawn, some dry periods. Through afternoon, rising risk of showers clustering for prolonged heavy falls/thunderstorms, trending northeastwards with time.
<b>Cloud on the hills?</b>	<b>Little if any although patches may form near rain</b> Hills extensively cloud free. Should thunderstorms occur, varied ragged patches reforming.	<b>Varied banks, later more extensive</b> Varied banks of cloud here and there, mostly near showers where some ragged patches will graze lower slopes; banks more extensive on high western terrain. Where rain sets in later, high terrain becomes shrouded more widely with lower patches.
<b>Chance of cloud free summits?</b>	<b>90%</b>	<b>80% lowering to 40%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Periods of sunshine. Persistent haze.	Patchy sun through high cloud. Very good visibility away from cloud and rain, some haze to the south.
<b>How Cold? (at 750m)</b> <b>Freezing Level</b>	Exceptionally warm 22 to 24C in afternoon, humid; some risk warmer in the west. Valleys locally approaching 30C. Above the summits.	An exceptionally hot and humid 22 or 23C through morning, cooling afternoon towards 17 to 19C mildest east. Above the summits.

**Planning Outlook****All mountain areas of Britain from Thursday, 25 June, 2026**

Exceptionally warm and humid most mountain areas until later Friday; valley temperatures approaching the low-to-middle 30s in England and Wales, with hill temperatures approaching the high 20s at least. Scotland will be slightly cooler, though temperatures will still reach the low 20s on many slopes.

Scattered thunderstorms on Thursday and Friday, with a risk of extended torrential thunderstorms on Friday afternoon in northern areas. Over the weekend, progressively less warm as fronts begin to come in off the Atlantic, bringing a strengthening wind and bands of rain and low cloud, particularly affecting western mountains. Into the following week, Atlantic westerlies will dominate, with an indication of high pressure to the south producing dry and bright windows.

**Forecast issued at 16:24 on Tuesday, 23 June, 2026**

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