Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).

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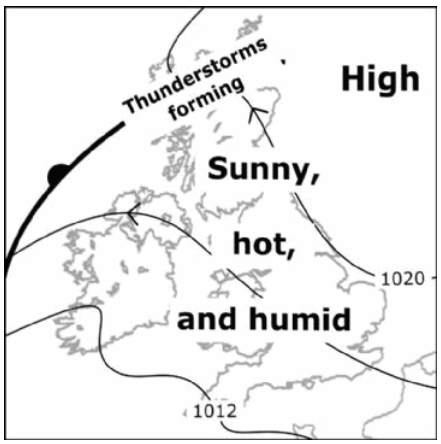
General Summary for Thursday, 25 June, 2026



British Mountain Summary:
Based on forecast chart for noon 25 June, 2026

An even hotter day across the mountains; sunny and humid - risk of sunburn and dehydration. Rain soon arrives into Northwest Highlands, thunderstorms afternoon, later stretching east and south. Moderate breezes, lightest early, strengthening into evening, walking becoming strenuous over high tops.

Headline for Southern Uplands

Hot, humid sunshine; wind strengthens, notably later

Detailed Forecast for Thursday, 25 June, 2026

How windy? (On the summits)	South to southeasterly between 10 and 20mph; perhaps particularly gusty at times; trending higher late in the day where sustained speeds approach 30-35mph.
Effect of wind on you?	**Generally small, although there may be sudden buffeting at times both on higher areas and some lower slopes, and deteriorating into nighttime.**
How wet? (Precipitation and its impact)	**Small chance heavy showers** Small risk isolated showers giving locally heavy or torrential rain, possibly thunder, but the day is more likely entirely dry. Risk of thunderstorms rises overnight.
Cloud on the hills?	**Little if any although patches may form near rain** Hills extensively cloud free. Should showers/thunderstorms occur, varied ragged patches reforming.
Chance of cloud free summits?	**Above 90%**
Sunshine? Air clarity (below cloud)	Mostly sunny, some patchy higher cloud around. Very good visibility.
How Cold? (at 750m)	19C rising to an exceptionally warm 22 to 24C in afternoon, humid too; some risk warmer in the west. Valleys locally approaching 30C.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 26 June	Saturday 27 June
How windy? (On the summits)	Generally south-southwesterly 15-20mph, gusty around showers; strengthening, to 35mph later. Risk of early strong wind too.	Southerly, some uncertainty of peak speed, in range 30mph to possibly 50mph, at least in gusts around highest tops.
Effect of wind on you?	**Fairly small at times but with buffeting gusts around showers and notably deteriorating later for strenuous walking.**	**Expect strenuous walking conditions, more challenging in places with buffeting gusts knocking you off balance.**
How wet? (Precipitation and its impact)	**Periods of rain/thunderstorms** 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.	**Bursts of rain, risk thunder** High uncertainty of detail, but expect clusters of heavy showery rain tracking northeastward throughout the day. Some drier windows possible, but risk sudden downpours, thunder and lightning.
Cloud on the hills?	**Varied banks, later more extensive** 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, or downslope to the south. High terrain becomes shrouded more widely with lower patches in rain.	**Varied, extensive around rain** Fairly extensive cloud banks in the morning, to some lower slopes especially in west. Tending to lift and break, but more persistent near Solway. In rain, lowering, filling in again, low ragged patches.
Chance of cloud free summits?	**80% lowering to 40%**	**40%**
Sunshine? Air clarity (below cloud)	Patchy sun through high cloud. Very good visibility away from cloud and rain, some haze to the south.	Brief glimpses of sun, mainly north. Misty many slopes in morning. Visibility improving for a time if dry below cloud, but poor around rain.
How Cold? (at 750m)	An exceptionally hot and humid 20 to 23C, hottest east, cooling afternoon towards 17 to 19C.	13 to 16C, warmest Cheviots; small variation all day. Still rather humid. Feeling cooler directly in wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 26 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 mid-to-high 20s. Scotland will be slightly cooler, though temperatures will still reach the low 20s on many slopes.
A risk of extended torrential thunderstorms on Friday afternoon in northern areas. Thunderstorms may continue in the north on Saturday as well, but progressively less warm as the weekend goes: fronts begin to come in off the Atlantic, bringing a strengthening wind and bands of rain and low cloud, particularly affecting western mountains. Into next week, Atlantic westerlies will dominate with mixed weather.

Forecast issued at 16:29 on Wednesday, 24 June, 2026

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