

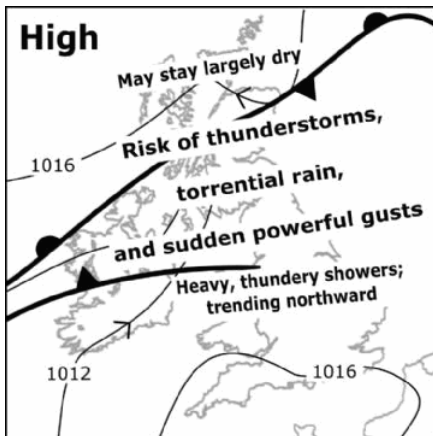
# Southern Uplands

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 Friday, 26 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 26 June, 2026**

Starting hot and humid again, a cooling trend afternoon. Thundery showers for many in the morning, tending to clear in Wales. Afternoon thunderstorms and torrential rain in north England and Scotland, risk of localised flash flooding near heaviest downpours. Driest south Wales and Northwest Highlands.

### Headline for Southern Uplands

Hot and muggy with thunderstorms; risk local flash flooding

## Detailed Forecast for Friday, 26 June, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Generally south-southwesterly 15-20mph, gusty around showers/thunderstorms; sustained speeds occasionally to 25mph and later strengthening to 30-35mph over tops into night.</p> <p><b>Fairly small at times but with buffeting gusts around showers and notably deteriorating later for strenuous walking.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Periods of rain/thunderstorms, prolonged torrential falls</b></p> <p>Scattered bursts of heavy rain/thunderstorms from before dawn, some dry periods. Through afternoon, rising risk of showers clustering for prolonged torrential downpours with hail and lightning; rapidly rising rivers and streams with flash flood risk.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>Varied banks, later more extensive</b></p> <p>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 lower on southern aspects. High terrain becomes shrouded more widely with lower patches in rain.</p> <p><b>70% lowering to 30%</b></p>
<p><b>Sunshine? Air clarity (below cloud)</b></p>	<p>Patchy sun through high cloud, increasingly overcast and murky. Very good visibility away from cloud and rain, some haze to the south, may deteriorate widely with thunderstorms.</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>Starting exceptionally hot and humid at 20 to 23C, hottest east. A cooling trend towards 17 to 19C later, and cooling further overnight.</p> <p>Above the summits.</p>

## Southern Uplands - Looking Ahead

	<b>Saturday 27 June</b>	<b>Sunday 28 June</b>
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Southerly 20-30mph, strengthening with speak speeds to 40-55mph, strongest west, risk stronger gusts over high tops. <b>Expect strenuous walking conditions, more challenging in places with buffeting gusts knocking you off balance, notably west.</b>	Southwesterly 20-30mph, may gust up to 35mph over high tops at times. <b>Walking often impeded on high exposed fells, a cool feeling; may be locally fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Bursts of rain, risk thunder</b> Clusters of heavy showery rain tracking northeastward throughout the day. Drier windows possible, though a lingering drizzle high west terrain and a greater risk of sudden downpours, thunder and lightning.	<b>Morning rain, scattered patches afternoon</b> Several bands of rain drift west-to-east through morning, brief heavy falls and dry windows. For afternoon, likely just patchy rain, greatest chance Dumfries and Galloway.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Varied, extensive around rain</b>  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.  <b>40%</b>	<b>Lifting above the summits afternoon</b>  Likely shrouding high terrain through morning, bases near 600-700m in rain, or lower near the Solway. Through afternoon, bases rising, cloud increasingly broken, likely above the summits by mid-afternoon.  <b>30% rising to 90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief glimpses of sun, mainly north. Misty many slopes in morning. Visibility improving for a time if dry below cloud, but poor around rain.	A few glimpses of morning sun, breaking to a patchwork of cloud and sun afternoon. Visibility becomes excellent.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	13 to 15C, rising slightly, to 17 or 18C Cheviots. Still rather humid. Feeling cooler directly in wind.  Above the summits.	10 or 11C, may reach 12C far eastern areas. Feeling like 1 to 3C in strongest wind.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Saturday, 27 June, 2026**

The transition away from the exceptionally hot and humid weather begins on Saturday as wind shifts southwesterly and strengthens. Rain and thunderstorms may continue on Saturday as well as perhaps early Sunday, but a front will push east across the country on Sunday, followed by fresher, sunnier weather; patchy rain will likely linger here and there, notably northwest Scotland.

Westerly Atlantic patterns dominate next week: high pressure south and low pressure north will bring alternating settled and unsettled windows. Wind generally on the strong side, mild to sometimes warm temperatures, and periods of rain punctuated by bright sunshine. North and western areas most vulnerable to extensive cloud and prolonged rain.

**Forecast issued at 16:29 on Thursday, 25 June, 2026**

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