

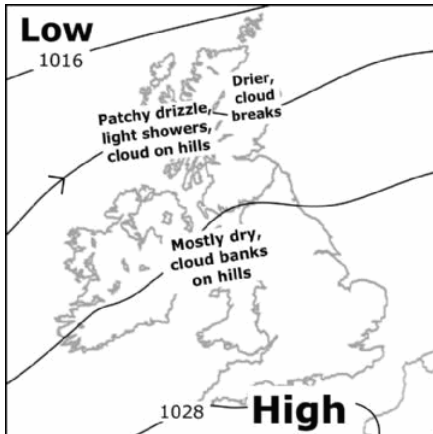
Southern Uplands

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, 29 June, 2026



British Mountain Summary:

Based on forecast chart for noon 29 June, 2026

Southwesterly breezes, strongest in the morning. Cloud covering many western hills, some drizzly rain and light showers, mostly western Scotland. Cloud higher and more broken toward east. Some improvements in the west as cloud base rises, some breaks forming afternoon. Rain develops from west into night.

Headline for Southern Uplands

Strongest wind easing. Patchy showers, lowest cloud west.

Detailed Forecast for Monday, 29 June, 2026

How windy? (On the summits)	West-southwesterly 25-30mph dawn to early morning, locally 35mph over tops, easing to 15-20mph afternoon, but may increase a little 20-25mph into evening in west at least.
Effect of wind on you?	Ease of walking impacted in the morning, strenuous over some high tops, easing to more moderate effects, though still blustery later on some tops.
How wet? (Precipitation and its impact)	Patchy rain west, some showers form A little patchy rain drifting onto hills from the M74 west much of the day, risk of heavier extended showers late in the day, some drifting eastward. Only odd patches drifting easternmost hills, amounting to little. Into night, patchy rain spreads from southwest, some heavier in west.
Cloud on the hills?	Mostly high west terrain Most high tops covered early in day, banks to middle elevations near/west of M74, to 500m Dumfries and Galloway. Lifting, many tops clearing afternoon, but banks continue to drift above 700-800m especially in rain, and lowering again later in the west.
Chance of cloud free summits?	Rising to 70% east, 40% west
Sunshine? Air clarity (below cloud)	A patchwork of cloud and sun, or more often cloudy over Galloway hills. Very good visibility.
How Cold? (at 750m)	7C rising to 12C afternoon, or a degree warmer east. Feeling near freezing on high tops in strongest wind in morning.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 30 June	Wednesday 1 July
How windy? (On the summits) Effect of wind on you?	Southerly 15 to 25mph, likely strongest in morning, shifting toward westerly 15-20mph afternoon-evening. Fairly small, but feeling more blustery for a few hours at least.	West then southwesterly, 10-15mph in morning, strengthening during day, to 25-35mph afternoon, later risk 40-50mph. Small in the morning, but likely becoming more blustery, walking more uncomfortable later, possibly more arduous.
How wet? (Precipitation and its impact)	Frequent or persistent rain, some heavy Areas of rain and showers tending to drift northeastwards across the region, sets in for periods of constant rain in west, more widely heavier bursts develop into the afternoon, risk of isolated thunder.	Rain likely later Generally dry for many hours, except for an odd isolated shower. Later afternoon-evening, increasing risk of rain moving in from west, may set in heavy.
Cloud on the hills?	Fairly extensive Shrouding most high terrain all day, varying bases around rain, some ragged patches to lower slopes. Local breaks may form higher up, mainly Lothians to Borders.	Varied in morning, lifting Covering many hills in the morning, to some mid-slopes. Tending to lift and break toward upper slopes and clearing many tops. Some patches may come and go. Lowering from west later if rain arrives.
Chance of cloud free summits?	20%	30% rising to 80%
Sunshine? Air clarity (below cloud)	Generally cloudy, a little weak sun mainly morning in east. Visibility often reduced by rain, poor for periods; intermittently very good if dry.	Fairly cloudy, some sun breaks through, later giving way to thickening high cloud. Visibility very good below cloud.
How Cold? (at 750m) Freezing Level	9C rising to 11 or 12C afternoon. Feeling like 3 to 6C in the breeze. Above the summits.	9 to 11C, coolest in west. Feeling near or possibly below freezing on high tops as wind increases later. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 30 June, 2026**

A changeable westerly Atlantic pattern dominates this week. Western hill groups from Lakeland northward will see the most cloud and rain, while east and southern areas are drier and sunnier. A spell of stronger winds and more widespread rain likely develops later Wednesday to early Thursday. Possibly another windy and wetter spell into Friday. A rather cool and windy westerly pattern is likely to continue into next weekend with showery rain. Drier and warmer conditions are indicated into the week of 5th July, though southwesterlies may still bring more cloud to the west, some rain in northwest Scotland.

Forecast issued at 16:00 on Sunday, 28 June, 2026

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