

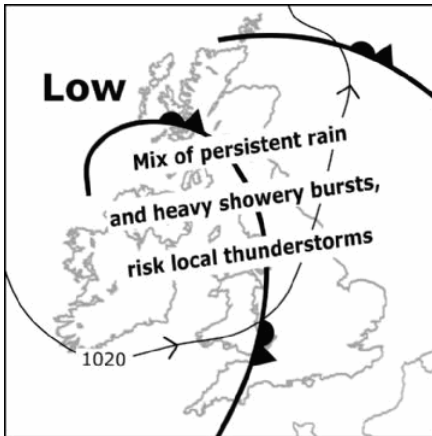
Southern Uplands

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, 30 June, 2026



British Mountain Summary:

Based on forecast chart for noon 30 June, 2026

Rain and cloud over the hills widely, heavier pulses of rain tending to extend north and eastwards with time through middle of day into afternoon, some local thundery downpours forming. Wind dropping light across much of Highlands, fresh south-southwest winds England and Wales.

Headline for Southern Uplands

Frequent rain, some heavy bursts. Moderate breeze.

Detailed Forecast for Tuesday, 30 June, 2026

How windy? (On the summits)	Southerly 15 to 25mph, strongest in morning, shifting toward westerly later northwesterly, 15-20mph afternoon-evening, strongest later in west.
Effect of wind on you?	Fairly small, but feeling more blustery in morning, again later in the west.
How wet? (Precipitation and its impact)	Frequent or persistent rain, heavy bursts, risk lightning 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, scattered downpours, particularly eastern areas later; risk of hail and thunder.
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. Later in day may improve in west.
Chance of cloud free summits?	20%
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.
How Cold? (at 750m)	9C rising to 11 or 12C afternoon. Feeling like 3 to 6C in the breeze.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 1 July	Thursday 2 July
How windy? (On the summits) Effect of wind on you?	West then southwesterly, 10-15mph in morning, strengthening, to 25-35mph into afternoon, later 50mph, risk 60mph. Small in the morning, but becoming more blustery, walking uncomfortable then increasingly arduous, later difficult.	Westerly, risk 60-70mph dawn-early morning, lessening to 30-40mph during morning, 20-30mph in afternoon. Risk severe conditions from overnight and still difficult well into daytime, walking and balance challenging, slowly improving.
How wet? (Precipitation and its impact)	Rain develops later from west Generally dry until into afternoon, except for an odd isolated shower. During afternoon-evening, rain moving in from west, setting in heavier western hills.	Showers fade Overnight rain likely clears to leave showery conditions, most frequent western areas in morning, a scattering afternoon, may become more often dry.
Cloud on the hills?	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 as rain arrives.	Lifting and clearing most tops Covering high terrain fairly widely from dawn, soon mostly confined to highest tops and gradually tending to thin and break above most hills, some patches west.
Chance of cloud free summits?	30% rising to 80%; evening 20% west.	30% rising to 80%
Sunshine? Air clarity (below cloud)	Fairly cloudy, some sun breaks through, later giving way to thickening high cloud. Visibility very good below cloud.	Occasional sun breaking through, most often eastern lower slopes. Visibility very good below cloud, some haze toward westernmost areas.
How Cold? (at 750m) Freezing Level	9 to 11C, coolest in west. Feeling near or later below freezing on high tops as wind increases. Above the summits.	7C rising to 9 or 10C afternoon. Directly in the stronger winds feeling like -5 to -8C on tops, nearer 0C later. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 1 July, 2026

A changeable westerly Atlantic pattern this week and into the weekend. By later Wednesday into Thursday, a spell of upland gales and more widespread rain. Risk of another windy and wetter spell into Friday. Rain and cloud most frequent over western hills from Lake District northward. Temperatures this week near or slightly below average, with marked wind chill on tops. An improving trend from the south over the weekend, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, though southwesterlies may still bring more cloud to the west, some rain mainly northwest Scotland.

Forecast issued at 16:03 on Monday, 29 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.