

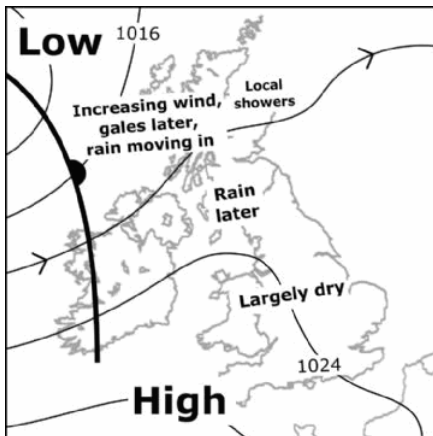
# Southern Uplands

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, 1 July, 2026



### British Mountain Summary:

**Based on forecast chart for noon 1 July, 2026**

Rapidly strengthening wind into the afternoon, gales develop increasingly widely later. Odd showers, then rain sweeps into western Scotland through the afternoon, setting in. England & Wales largely dry until evening. Cloud fairly widely on western hills in the morning, lifting for a time prior to rain.

### Headline for Southern Uplands

Varied low cloud; deteriorating to gales and rain by evening.

## Detailed Forecast for Wednesday, 1 July, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>West then southwesterly, 10-15mph in morning, or less at first. Strengthening southwesterly, to 25-35mph during afternoon, later 50mph, soonest in west, during evening 60mph with stronger gusts high tops. Turning westerly 50-60mph overnight.</p> <p><b>Small in the morning, but becoming more blustery, walking uncomfortable then increasingly arduous, later difficult, with considerable wind chill by evening. Ongoing very difficult conditions overnight.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Rain develops later from west</b></p> <p>Generally dry until into afternoon, except for a very isolated light shower. During afternoon into evening, rain moving in from west, setting in heavier western hills for a few hours in evening, patchier eastwards. Breaking up to showers into night.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>Varied in morning, lifting until evening</b></p> <p>Covering many hills central and western areas in the morning, to some mid-slopes. Tending to lift and break toward upper slopes and clearing many tops middle of day into afternoon. Some patches may come and go in west. Lowering from west later as rain arrives.</p> <p><b>30% rising to 80%; evening 20% west.</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Fairly cloudy, some sun breaks through, later giving way to thickening high cloud from west.</p> <p>Visibility very good below cloud.</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>9 to 11C, coolest in west.</p> <p>Feeling near or later below freezing on high tops as wind increases.</p> <p>Above the summits.</p>

## Southern Uplands - Looking Ahead

	Thursday 2 July	Friday 3 July
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Westerly, 60mph dawn-early morning, lessening to 30-40mph during morning, 20-30mph in afternoon. <b>Severe conditions from overnight and still difficult well into daytime, walking and balance challenging, slowly improving.</b>	Southwesterly 25 to 35mph, speeds likely to fluctuate during the day, may increase to 40-45mph at least in gusts. <b>Blustery over the hills, affecting comfortable walking on high terrain, at times more strenuous, buffeting gusts.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showers fade</b> Overnight rain likely clears to leave showery conditions, most frequent western areas in morning, a scattering afternoon, becoming more often dry.	<b>A little rain mostly west</b> Patchy drizzle mostly western hills, may develop into some steadier rain at times. Very little eastward into Borders.
<b>Cloud on the hills?</b>	<b>Lifting and clearing most tops</b>  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.	<b>Most frequent on western tops</b>  Often covering hills in Dumfries and Galloway above 600-700m, higher bases toward the M74, breaks more common to tops further east and northeast.
<b>Chance of cloud free summits?</b>	<b>30% rising to 80%</b>	<b>30% west, to 60% east.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun breaking through, most often eastern lower slopes. Visibility very good below cloud, some haze toward westernmost areas.	Glimpses of sun most often Borders and Lothians, sun through high cloud. Visibility good below cloud, some haze toward Solway.
<b>How Cold? (at 750m)</b> <b>Freezing Level</b>	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.	9C rising to 11C afternoon. Feeling like 0 to 3C directly in the wind.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Thursday, 2 July, 2026**

West to southwesterlies prevail across northern Britain. Rain, drizzle and low cloud most frequent over western hills from Lake District northward. Temperatures near average, but feeling cool in exposure to wind on tops. An improving trend from the south over the weekend as higher pressure builds, best conditions for Wales and eastern hills elsewhere. Drier and warmer conditions more likely into next week, very warm some days England and Wales, though southwesterlies still bring more cloud to western Scotland, some rain at times, wettest toward northwest.

**Forecast issued at 16:29 on Tuesday, 30 June, 2026**

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