

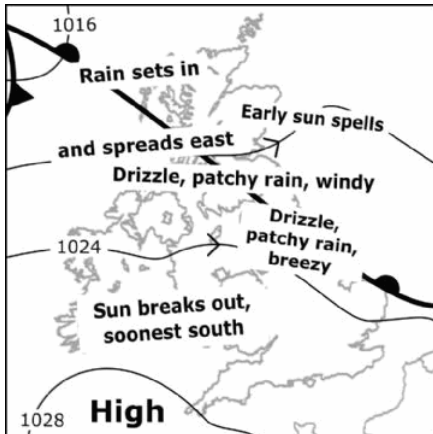
Southern Uplands

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 Sunday, 5 July, 2026



British Mountain Summary: Based on forecast chart for noon 5 July, 2026

Early sunny bursts in east Scotland, rain and cloud setting in west and spreading widely with time. Extensive cloud and drizzle on English summits, some patchy rain, notably northwest hill groups; south Pennines drier later. Largely dry Wales, sun increasingly breaking out (through high cloud), particularly south.

Headline for Southern Uplands

Persistent drizzle, periods of rain; becoming very windy

Detailed Forecast for Sunday, 5 July, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>Westerly 25-35mph. Speeds on the lighter end of the scale early in the day, then some breezes approaching 40-45mph over high summits later, particularly towards the Central Belt.</p> <p>Walking strenuous in exposure most of the day with considerable wind chill, notably later when strongest wind will challenge balance. Early in the day, may be locally fairly small.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Patchy rain and drizzle, wetter afternoon</p> <p>Raining over the Galloway hills most of the day, a persistent drizzle over the high tops further east; driest east Borders and Cheviots. Patches drift eastward at times, and more often raining across many hills for several afternoon hours, the rain most persistent north and western slopes.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Fairly extensive, occasional breaks east</p> <p>Near and west of the M74, slopes shrouded above 500m likely all day, often lower westward, ragged fog regularly to valley level facing Ayrshire. Higher bases east, some breaks to the summits of the east Borders and Cheviots, but filling in again where rain occurs.</p> <p>10% west, 40% far east</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Largely cloudy, murky and often dull to the west. Windows of better visibility eastward, but will variability deteriorate with the coming and going of rain.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>10 or 11C, rising a degree. Feeling near freezing in direct wind.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Monday 6 July	Tuesday 7 July
How windy? (On the summits) Effect of wind on you?	Westerly 30-40mph, variable and with stronger gusts over high tops. Walking strenuous in exposure most of the day with considerable wind chill, buffeting gusts challenging stability.	Westerly 30-45mph at dawn, strongest Lothians and east Borders with gusts approaching 55mph. Easing to 20-30mph. Arduous to challenging walking with considerable buffeting and wind chill early. Effects ease, but generally strenuous.
How wet? (Precipitation and its impact)	Patchy rain, drizzly summits Patchy rain drifts from the west at times, some extended falls west of the M74, and a lingering fine drizzle over high tops during drier windows. Rain quite sparse to the east.	Patchy rain, mostly west Rain here and there most of the day, light in nature with regular dry windows. Some chance of extended falls, greatest risk west of M74 where possibly briefly heavier.
Cloud on the hills?	Fairly extensive, best breaks east Western slopes shrouded above 600m likely all day, often lower with ragged patches into valleys; low cloud towards Central Belt/Lothians too. Best chance higher breaks south and east, but lower banks return where rain occurs.	Fairly extensive but variable From dawn, blanket cloud above the middle elevations, lowest Ayrshire/Central Belt hills where ragged patches reach lower elevations in rain. A general lifting trend, breaks to summits possible east, but banks returning too.
Chance of cloud free summits?	10% west, to 50% Cheviots	20%, rising to 50% easternmost summits
Sunshine? Air clarity (below cloud)	Largely cloudy, dull to the west. Where out of cloud and rain east, very good visibility, brief sunny glimpses.	Few glimpses of sun but weakened by high cloud. Variable visibility, most often poor west, but very good out of cloud.
How Cold? (at 750m) Freezing Level	10 or 11C, rising slightly, locally 13C from the Borders eastward. Feeling near freezing in direct wind. Above the summits.	11C rising to 13C, always warmest east, possibly to 15C Cheviots. Feeling like 2 to 5C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 6 July, 2026

Rain, drizzle and low cloud persist over western hills from Lake District northward into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty central and south Scotland. Northeast areas are drier with higher cloud bases but rain reaches here too. Higher pressure south maintains drier conditions in Wales and the south Pennines but cloud and some drizzle will affect high western slopes from time to time; lighter wind here, but nuisance gusts in exposure. A drier and warmer window builds into the middle of next week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some showers and patchy rain continue through late week and next weekend, though detail is uncertain and more often dry.

Forecast issued at 16:17 on Saturday, 4 July, 2026

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