

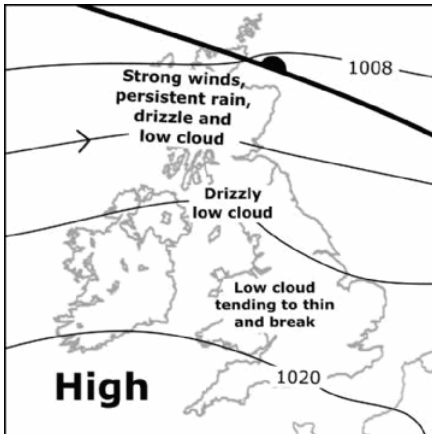
Southern Uplands

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, 6 July, 2026



British Mountain Summary: Based on forecast chart for noon 6 July, 2026

Windy and generally wet across Scottish hills, rain and drizzle most persistent in northwestern Highlands. Breezy, damp and drizzly too for northern England. Drier and lighter winds for Wales. Poor visibility with low cloud cloaking many hills through the day, best of any breaks toward east.

Headline for Southern Uplands

Gusts to gale-force over tops. Patchy rain, drizzle, low cloud.

Detailed Forecast for Monday, 6 July, 2026

How windy? (On the summits)	Westerly 25 to 40mph, variable and with stronger gusts over high tops, particularly early and late in the day.
Effect of wind on you?	Walking strenuous in exposure most of the day with considerable wind chill, buffeting gusts challenging stability.
How wet? (Precipitation and its impact)	Rain mostly morning, drizzly west Patchy rain drifts from the west at times, some extended steady light rain west of the M74 in morning, and a lingering fine drizzle over high tops during drier windows. Rain quite sparse to the east. Generally drier in afternoon.
Cloud on the hills?	Fairly extensive, best breaks east Western slopes shrouded above 600m likely all day, often lower with ragged patches into valleys in morning; low cloud towards Central Belt/Lothians too. Some breaks afternoon. Best chance higher breaks south and east.
Chance of cloud free summits?	10% rising to 30% west, to 50% Cheviots
Sunshine? Air clarity (below cloud)	Largely cloudy, dull to the west. Where out of cloud and rain east, very good visibility, brief sunny glimpses.
How Cold? (at 750m)	10 or 11C, rising slightly, locally 13C from the Borders eastward. Feeling near freezing in direct wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 7 July	Wednesday 8 July
How windy? (On the summits) Effect of wind on you?	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.	West to southwesterly 15 to 20mph, in places 25mph around high tops. Fairly small, some noticeable gustier spots.
How wet? (Precipitation and its impact)	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.	Rain unlikely Rare fine drizzle western hills if in early low cloud on windward slopes.
Cloud on the hills?	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.	Varied, mostly west, largely clearing Banks of cloud perhaps fairly extensive Dumfries and Galloway in the morning. Tending to thin and disperse through middle of day to leave most or all hills clear. Western slopes near Merrick may keep patchy cloud.
Chance of cloud free summits?	20%, rising to 50% easternmost summits	30% rising to 60% west, 90% elsewhere.
Sunshine? Air clarity (below cloud)	Few glimpses of sun but weakened by high cloud. Variable visibility, most often poor west, but very good out of cloud.	Varied cloud and sun in morning, then increasingly sunny with fair-weather cloud, best toward east. Misty start in west, otherwise visibility very good.
How Cold? (at 750m) Freezing Level	11C rising to 13C, always warmest east, possibly to 15C Cheviots. Feeling like 2 to 5C in direct wind. Above the summits.	11C rising to 16C afternoon, slightly cooler far west if cloud lingers. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 7 July, 2026**

A damp start westerly pattern continues at the start of the week, particularly in Scotland, then a drier and warmer window builds into the middle of the week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some patchy rain continues through late week in western Scotland though detail is uncertain and more often dry. High pressure is indicated to expand across Scotland through next weekend bringing more widely dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some thunderstorms.

Forecast issued at 16:00 on Sunday, 5 July, 2026

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