

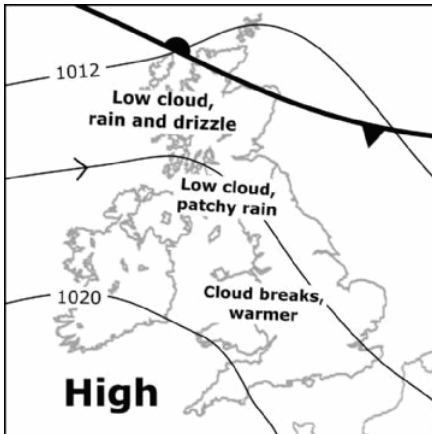
Southern Uplands

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 Tuesday, 7 July, 2026



British Mountain Summary:

Based on forecast chart for noon 7 July, 2026

Windy over high terrain, strongest in the morning, again later in Scotland. Damp and murky north and western Highlands, more persistent rain at times. Some improvement southern Highlands in afternoon. Often dry for northern England, but higher fells shrouded in cloud. Brighter for Wales as cloud thins.

Headline for Southern Uplands

Early gales ease. Damp, lowest cloud toward west.

Detailed Forecast for Tuesday, 7 July, 2026

How windy? (On the summits)	Westerly 35-45mph at dawn, strongest Lothians to Cheviots with gusts approaching 55mph high tops. Easing into middle of day to 20-30mph. Then rising again slightly toward evening to 25-35mph.
Effect of wind on you?	Arduous to challenging walking with considerable buffeting and wind chill early, gusts knocking you off balance higher tops. Effects ease, but generally strenuous.
How wet? (Precipitation and its impact)	Patchy rain, mostly west Rain and drizzle here and there most of the day, odd brief showers passing eastwards, light in nature, some more persistent in morning, but regular dry windows by afternoon.
Cloud on the hills?	Fairly extensive, some breaks form east From dawn, blanket cloud from middle elevations up, lowest Ayrshire/Central Belt hills and more widely in rain. A general lifting trend, but persisting over western hills. Breaks to summits possible east, but banks returning too.
Chance of cloud free summits?	20%, rising to 50% easternmost summits
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.
How Cold? (at 750m)	11C rising to 13C, always warmest east, locally to 15C Cheviots afternoon. Feeling close to freezing on high tops if exposed to wind early in morning.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 8 July	Thursday 9 July
How windy? (On the summits) Effect of wind on you?	West to southwesterly 15 to 20mph, in places 25mph around high tops, mainly early morning. Fairly small, some noticeable gustier spots early in day.	West to southwesterly 10 to 20mph, likely strongest early in day. Mostly small.
How wet? (Precipitation and its impact)	Rain unlikely Rare fine drizzle western hills if in early low cloud on windward slopes.	No rain expected
Cloud on the hills? Chance of cloud free summits?	Mostly west in morning, clears many hills Banks of cloud 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. 30% rising to 70% west, 90% elsewhere.	Clearing during morning Varied mist in some valleys and patchy cloud banks around some hill slopes early in the day, tending to disperse or largely lift above the tops into middle of day. 90%
Sunshine? Air clarity (below 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.	Often sunny, a little fair-weather cloud. Some early patchy mist, but visibility becoming excellent.
How Cold? (at 750m) Freezing Level	12C rising to 17C afternoon, slightly cooler far west if cloud lingers. Above the summits.	13C rising to 19C afternoon. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 8 July, 2026

A drier and warmer window builds into the middle of this week: very warm in England and Wales. Still low cloud persistent especially toward northwest Scotland, but spells of sunshine spread northward, and lighter wind. Some rain late this week in western Scotland though mostly light and patchy, many places dry. High pressure expands across Scotland through the weekend bringing more widely clearer hills, dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some isolated thunderstorms occasionally.

Forecast issued at 16:22 on Monday, 6 July, 2026

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