

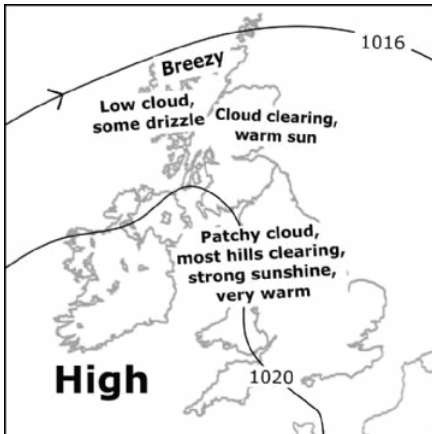
Southern Uplands

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, 8 July, 2026



British Mountain Summary:

Based on forecast chart for noon 8 July, 2026

Damp with blanket low cloud in W-NW Scotland, gusty locally. Highest Scottish tops may emerge above the cloud. Drizzle on western slopes easing, cloud thinning and breaking for central and southwest Scotland, sunnier and warmer overall in east. Very warm to hot sunshine for England & Wales.

Headline for Southern Uplands

Cloud in west clears, warm sun. Light-moderate breeze.

Detailed Forecast for Wednesday, 8 July, 2026

| | |
|---|---|
| How windy? (On the summits) | West to southwesterly 15mph to occasional 20mph, in places 25mph around high tops for a few hours from dawn. |
| Effect of wind on you? | Fairly small, some noticeable gustier spots early in day. |
| How wet? (Precipitation and its impact) | Rain unlikely Rare fine drizzle western hills if in early low cloud on windward slopes. |
| Cloud on the hills? | 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 into early afternoon before then all dispersing. |
| Chance of cloud free summits? | 30% rising to 70% midday, above 90% afternoon. |
| Sunshine? Air clarity (below cloud) | Varied cloud and sun in morning, then increasingly sunny with fair-weather cloud, best soonest toward east. Misty start in west, otherwise visibility very good. High UV, beware sunburn. |
| How Cold? (at 750m) | 12C rising to 16C afternoon, local 18C Cheviots. (Borders and Cheviots valleys rising toward 25C afternoon). |
| Freezing Level | Above the summits. |

Southern Uplands - Looking Ahead

| | Thursday 9 July | Friday 10 July |
|--|--|---|
| How windy? (On the summits) Effect of wind on you? | West to southwesterly 20mph in morning, easing to 10-15mph or less afternoon, occasional gusts. Feeling breezing in the morning, but fairly small effect on walking. | Variable 10mph or less in morning, may become mostly easterly 10-15mph. Small. |
| How wet? (Precipitation and its impact) | No rain expected | Chance of a thunderstorm later Most of the day dry. Perhaps odd spots or a brief burst of rain from high cloud. Later in the day, low risk an isolated thundery downpour. |
| Cloud on the hills? Chance of cloud free summits? | 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. Some low fog may linger near Solway coast. 90% | Hills clear Practically certain |
| Sunshine? Air clarity (below cloud) | Often sunny, a little fair-weather cloud. Some early patchy mist, but visibility becoming excellent. | Strong sunshine, some thin high cloud, may build across the sky later. Visibility very good. |
| How Cold? (at 750m) Freezing Level | 13C rising to 17 to 19C afternoon, warmest eastern hills. Above the summits. | 15C at dawn rising to 19C, very warm and rather humid. (Valleys reaching 25C) Above the summits. |

Planning Outlook**All mountain areas of Britain from Thursday, 9 July, 2026**

Increasingly warm for Scotland, hot for England and Wales this week. Southwesterly winds easing for much of Scotland but remnants of fronts bring further low cloud and drizzle to the west late this week. Locally a chance of thundery downpours in eastern Highlands later Friday, some of which may linger into Saturday but likely fading. A generally fine summertime outlook through the weekend and well into next week as high pressure expands northwards to broadly reside across Britain. Warm but generally pleasant summer temperatures next week. Sunshine and fair-weather cloud, many hills often clear. Easterly breezes for England and Wales.

Forecast issued at 16:29 on Tuesday, 7 July, 2026

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