

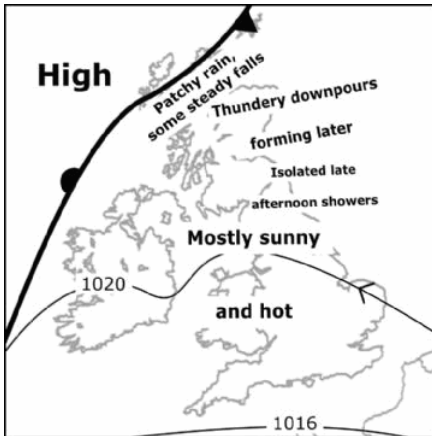
Southern Uplands

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 Friday, 10 July, 2026



British Mountain Summary: Based on forecast chart for noon 10 July, 2026

Hot sunshine persists across England, Wales, and southern Scotland; valley temperatures of 30C+. Starting bright and becoming very warm most of Scottish Highlands. Rain from Lochaber northward, later moving east with heavy thundery bursts forming over central/east highlands into evening.

Headline for Southern Uplands

Very warm and mostly sunny; risk late showers

Detailed Forecast for Friday, 10 July, 2026

How windy? (On the summits)	Generally east-southeasterly 10mph or less, moments of light and variable wind locally. A slight strengthening trend late in the day.
Effect of wind on you?	Negligible.
How wet? (Precipitation and its impact)	Most hills dry, chance of a local thundery shower later Dry through morning and well into afternoon. A risk of odd spots of rain developing through afternoon, which may later form into an isolated thundery downpour; most hills will stay entirely dry.
Cloud on the hills?	Likely none A light mist in some valleys here and there at dawn, this fading soon after sunrise for clear hills. Into nighttime, sea fog may begin to encroach around the Lothians.
Chance of cloud free summits?	Nearly certain
Sunshine? Air clarity (below cloud)	Often strong sunshine, occasionally weakened by thin high cloud, with fair weather cloud building afternoon. Visibility very good.
How Cold? (at 750m)	16C at dawn rising to 19 to 21C, warmest around the Borders (valleys reaching 26C). Rather humid too.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Saturday 11 July	Sunday 12 July
How windy? (On the summits) Effect of wind on you?	Easterly 5-15mph, strongest breezes typically east and through Central Belt. Mostly small.	Easterly 10-15mph; gusts often to 20mph over high tops, notably early when reaching downslope too. Small.
How wet? (Precipitation and its impact)	Some patchy rain A risk of rain for most hills, the least rain to the west of the M74, only isolated patches here or entirely dry. Some risk of extended steady falls to the east with some fine drizzle over the tops early in the day.	Likely dry Some fine drizzle may drift over the high summits east of M74 in the early hours, this easing for dry hills.
Cloud on the hills? Chance of cloud free summits?	High east terrain stays shrouded From the Borders eastward, cloud often shrouds slopes above 500-600m. Breaks forming, but most extensive east and Central Belt slopes, perhaps all day. Broken west, but some varied banks come and go above 600-700m. Clearest south Galloway. 30%, rising to 70% western summits	Fairly extensive east early, mostly clearing A fairly extensive layer of cloud near and east of the M74 at dawn, to lower slopes in many areas. More broken towards Galloway hills, mostly thin banks of cloud above 600m. A lifting and breaking trend with time, most summits clear afternoon. 30% rising to 80%
Sunshine? Air clarity (below cloud)	Patchy weak sun to the south and west where visibility very good. Little sun expected to the east where often foggy (at least on high terrain).	Bursts of sun increasingly common, some fair weather cloud lingers. Very good visibility.
How Cold? (at 750m) Freezing Level	Variable, between 14 and 18C; always coolest around Lothians/eastern hills, warmest towards slopes near Solway. Above the summits.	12 or 13C at dawn, rising, locally to 15C on slopes towards Solway; always coolest Lothians and Cheviots. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 11 July, 2026**

Staying warm in Scotland, hot for England and Wales into the weekend. High pressure shifts northward, facilitating a strengthening easterly wind across most areas. Some lingering cloud and rain over the Scottish Highlands Saturday with some risk of heavier thundery bursts on Saturday morning in the east. The weekend is likely dry across England and Wales with fairly extensive sun, some sea fog increasingly affecting northeastern hill groups later weekend.

Easterly wind persists next week, sometimes quite strong England and Wales. Mostly sunny and very warm, including Scottish Highlands. Low pressure south of the country starts pushing showers into Wales, some heavy and thundery, though confidence is low. Detail increasing uncertain later next week, but Scotland likely stays dry.

Forecast issued at 15:58 on Thursday, 9 July, 2026

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