

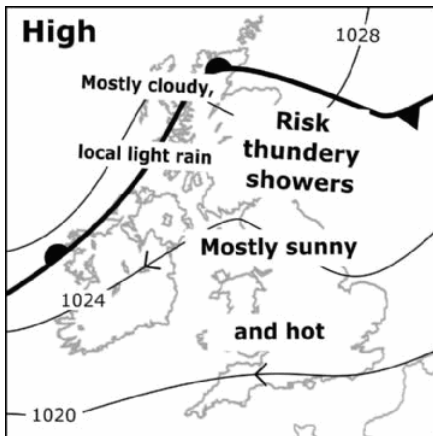
# Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

## General Summary for Saturday, 11 July, 2026



### British Mountain Summary:

**Based on forecast chart for noon 11 July, 2026**

Fairly cloudy Scottish highlands, drizzly tops east where a risk of thundery showers; drier west, local bright breaks. A rising risk of heavy/thundery showers forming over Southern Uplands. Very warm and sunny in England, but high cloud and a risk of showers far north later. Extensive hot sunshine for Wales.

### Headline for Southern Uplands

Very warm, glimpses of sun; rising risk thunderstorms

## Detailed Forecast for Saturday, 11 July, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Easterly 10-15mph, sometimes lower; strongest breezes typically east and through Central Belt. Around dawn, direction more southeasterly. Local sudden strong gusts in varied directions accompany heavy/thundery showers.</p> <p><b>Mostly small, but sudden strong gusts near shower will inconvenience walking.</b></p>
<p><b>How wet? (Precipitation and its impact)</b></p>	<p><b>Risk thundery showers</b></p> <p>A fine drizzle affecting the high tops to the north and east for periods. Clusters of showers forming, perhaps only to the north and east at first, but greater risk forming more widely with time, becoming heavy and thundery. Dry windows likely, and showers move east once formed, leaving Galloway hills least vulnerable.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>High east terrain probably stays shrouded</b></p> <p>From the Borders eastward, cloud often shrouds slopes above 500-600m, to the lower slopes early in the day. Low cloud pushes into the Central Belt as well. More broken west, clearest south Galloway, but some varied banks come and go above 600-700m as showers form.</p> <p><b>30% east, to 70% west</b></p>
<p><b>Sunshine?</b></p> <p>Air clarity (below cloud)</p>	<p>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).</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>Variable, between 14 and 18C; always coolest around Lothians/eastern hills, warmest towards slopes near Solway. May cool slightly in the east later, and where thunderstorms occur, dropping a few degrees.</p> <p>Above the summits.</p>

## Southern Uplands - Looking Ahead

	Sunday 12 July	Monday 13 July
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	Easterly 10-15mph; gusts to 20mph over high tops, notably early when pushing downslope too.  <b>Small.</b>	Easterly 10-15mph, frequent gusts over tops and elevated passes, pushing downslope early and late.  <b>Fairly small, but nuisance gusts common over high terrain most of the day.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Likely dry</b> Some fine drizzle may drift over the high summits east of M74 in the early hours, small chance a few spots of rain further west, but this all soon easing for dry hills.	<b>No rain expected</b>
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Fairly extensive east early, mostly clearing</b> 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, clearest south. A lifting and breaking trend with time, most summits clear afternoon.  <b>30% rising to 80%</b>	<b>Early cloud east mostly dissipates</b>  At dawn, sea fog drifts onto hills east of M74, increasingly extensive eastward; the Cheviot may be near the top of the cloud layer. Little or no cloud reaches Galloway. Cloud soon lifts to shroud tops, but breaking off hills by midday. An odd bank possible over the Cheviot.  <b>Rising to 90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Busts of sun increasingly common, some fair weather cloud lingers. Very good visibility.	Sunshine increasingly breaking out east, extensive most of the day west. Very good visibility.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	12 or 13C at dawn, rising, locally to 15C on slopes towards Solway; always coolest Lothians and Cheviots.  Above the summits.	12 to 14C Lothians and Cheviots with little change. Starting 13C near/west of M74, rising to 18C.  Above the summits.

## Planning Outlook

### All mountain areas of Britain from Sunday, 12 July, 2026

Staying very warm late weekend into next week. High pressure north of the country keeps the skies mostly clear and facilitates an easterly flow, pushing the warmest temperatures to western hill groups. Northeastern areas will see early sea fog under the high pressure, this dissipating in the sun through morning. Scottish highlands seeing temperatures often rise into the mid-teens, valley temperatures to the 20s west; warmest Wales where hill temperatures often to 20C or higher. A fairly sustained breeze most of the week in England and Wales, at times stronger and quite gusty. Low pressure south of the country may push cloud and showers into Wales, though confidence remains low, and could remain largely dry. Detail uncertain later next week, but a milder northerly flow may begin to establish.

### Forecast issued at 16:17 on Friday, 10 July, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.