

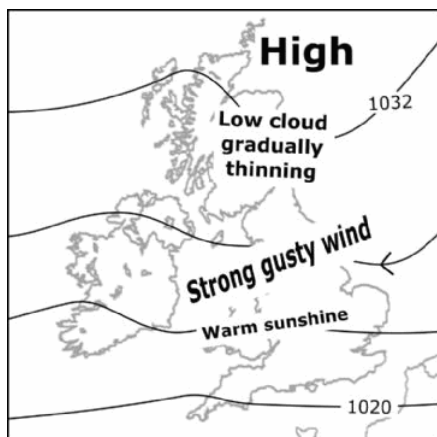
Southern Uplands

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 Sunday, 12 July, 2026



British Mountain Summary: Based on forecast chart for noon 12 July, 2026

Cloud shrouds many hills in Scotland and NE England in the morning, more broken westwards; slowly tending to thin to leave patchier cloud on higher tops mainly eastern Scotland by afternoon. A notably strong gusty easterly wind for England & Wales, but mostly sunny. Warm for Wales & Peak District.

Headline for Southern Uplands

Moderate breeze, gusty spots. Cloud clears, sunshine.

Detailed Forecast for Sunday, 12 July, 2026

How windy? (On the summits)	Easterly 15mph; gusts to 20-25mph over high tops, notably early when pushing downslope too. Tending to increase a little more generally over tops in afternoon.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	Generally dry Some fine drizzle may drift over hills east of M74 in the early hours around and after dawn, but fading out to be dry.
Cloud on the hills?	Fairly extensive east early, mostly clearing A fairly extensive layer of cloud near and east of the M74 at dawn into early morning, 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.
Chance of cloud free summits?	30% rising above 90% afternoon
Sunshine? Air clarity (below cloud)	Misty overcast start toward east. Sun increasingly widespread, some fair weather cloud. High UV, beware sunburn. Very good visibility develops widely.
How Cold? (at 750m)	10 to 13C early in day, coolest where in cloud, staying coolest Lothians and Cheviots, but rising to 15C western hills afternoon.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Monday 13 July	Tuesday 14 July
How windy? (On the summits) Effect of wind on you?	Easterly 10-15mph, frequent gusts over tops and elevated passes, pushing downslope early and late. Fairly small, but nuisance gusts common over high terrain most of the day.	Easterly 15 to 25mph, local gusts 30mph around some upper slopes, strongest speeds not necessarily on summits. Breezy over the hills, in places gustiness may start to affect comfortable walking, feeling cooler where exposed.
How wet? (Precipitation and its impact)	No rain expected	No rain expected Chance of fine drizzle where in fog on eastern hills early in the day.
Cloud on the hills? Chance of cloud free summits?	Early cloud east mostly dissipates 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. Rising to 90%	Low cloud dispersing eastwards A sheet of low cloud, possibly fog to sea level in eastern areas in morning, may cover hills to mid-slopes or higher for a time, high summits may poke above fog. Will thin and retreat toward North Sea, largely clear by middle of day. 50% rising to 90%
Sunshine? Air clarity (below cloud)	Sunshine increasingly breaking out east, extensive most of the day west. Very good visibility.	Sun mostly western areas early in the day, but breaking through more widely as early fog clears, visibility then very good.
How Cold? (at 750m) Freezing Level	12 to 14C Lothians and Cheviots with little change. Starting 13C near/west of M74, rising to 18C. Above the summits.	13C from dawn (10C if in cloud including lower hills), rising to 15 to 18C (warmest west, valleys reach 25C). Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 13 July, 2026

A fine week of summer weather - warm and dry with pleasantly warm temperatures and often plenty of sunshine. High pressure north of the country keeps the skies mostly clear, some low-level cloud rolling inland from the North Sea at times. A prevailing easterly flow, pushing the warmest temperatures to western hill groups, valley temperatures often 25C, or warmer for Wales and Peak District, at times 30C. A fairly sustained breeze most of the week in England and Wales, at times stronger and quite gusty. Notably dry ground conditions, beware very high fire risk. Later in the week, an increasing risk of thundery showers forming, with a cooling trend into the weekend 18-19th.

Forecast issued at 16:00 on Saturday, 11 July, 2026

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