

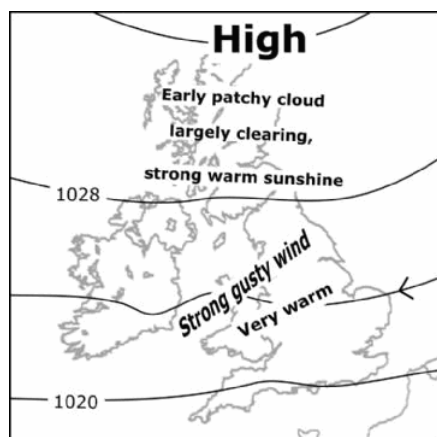
Southern Uplands

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 Monday, 13 July, 2026



British Mountain Summary:

Based on forecast chart for noon 13 July, 2026

Varied banks of cloud around hills in Scotland and Pennines early in the day, but increasingly dispersing during the morning to leave most or all hills clear. Strong sunshine, pleasant temperatures, warmest in western areas. Mostly light wind for the Highlands, gusty easterly further south. Very warm for Wales.

Headline for Southern Uplands

Patchy cloud in east clears, warm sunshine, gusty breeze.

Detailed Forecast for Monday, 13 July, 2026

How windy? (On the summits)	Easterly 10-15mph, frequent gusts over tops and elevated passes, pushing downslope early and late 20-25mph.
Effect of wind on you?	Fairly small, but nuisance gusts common over high terrain most of the day.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Early cloud east mostly dissipates At dawn, fog covers many eastern hills; 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.
Chance of cloud free summits?	Rising to 90%
Sunshine? Air clarity (below cloud)	Sunshine increasingly breaking out east, extensive most of the day west. Very good visibility. High UV, beware sunburn.
How Cold? (at 750m)	12 to 14C Lothians and Cheviots with a slow rise. Starting 13C near/west of M74, rising to 18C, (up to 25C in valleys afternoon).
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 14 July	Wednesday 15 July
How windy? (On the summits) Effect of wind on you?	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.	Easterly 10 to 20mph, some gusty spots 25mph, not just on the summits. Fairly small, but feeling breezier in places around the hills.
How wet? (Precipitation and its impact)	No rain expected Chance of fine drizzle where in fog on eastern hills early in the day.	No rain expected
Cloud on the hills? Chance of cloud free summits?	Low cloud dispersing eastwards A sheet of low cloud, some fog to sea level in eastern areas in morning, high summits may poke above fog. Western hills largely clear. Fog will thin and retreat toward North Sea, largely clear by middle of day. 50% east, rising widely above 90%	Early fog in east From dawn, fog from lower slopes up most extensive over eastern areas from Lothians to Cheviots; higher slopes likely above the fog layer. Patches may drift upslope, but thinning back to the North Sea. Very little if any western hills. Above 90%
Sunshine? Air clarity (below cloud)	Sun mostly western areas early in the day, but breaking through more widely as early fog clears, visibility then very good.	Sunshine all day west, increasingly all areas by mid-late morning. Early mist in east, some low-level haze, otherwise visibility very good on hills.
How Cold? (at 750m) Freezing Level	13C from dawn (10C if in cloud including lower hills), rising to 15 to 18C (warmest west, valleys reach 25C). Above the summits.	14C or warmer on high tops (warmer than valleys), rising to 16 to 18C, warmest west (valleys reach 25C). Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 14 July, 2026**

A fine week of summer weather - warm and dry with pleasantly warm temperatures and often plenty of sunshine. High pressure 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 for 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. A cooling trend toward the weekend as north-northeasterly winds develop, a few showers possible, but a dry theme likely into early next week.

Forecast issued at 16:00 on Sunday, 12 July, 2026

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