

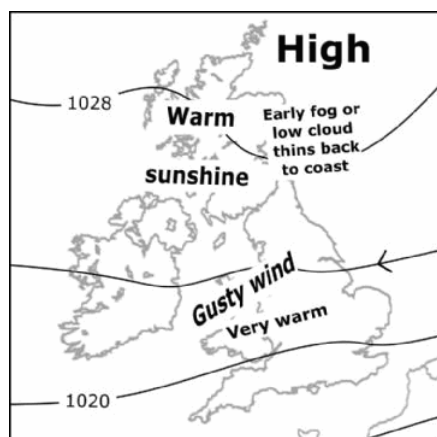
# Southern Uplands

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 Tuesday, 14 July, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 14 July, 2026

Dry with strong sunshine, warmest in west.

Early fog and low cloud over eastern hills retreats toward the North Sea in the morning. Gusty easterlies mainly central Scotland southwards, strongest for Wales.

Extremely dry ground conditions - beware high risk of fire.

### Headline for Southern Uplands

Warm sunshine, early fog / low cloud east; gusty wind.

## Detailed Forecast for Tuesday, 14 July, 2026

|                                                   |                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>                | Easterly 15 to 20mph, occasional 25mph, local gusts 30mph around some upper slopes, strongest speeds not necessarily on summits.                                                                                                                                                                                             |
| <b>Effect of wind on you?</b>                     | <b>Breezy over the hills, in places gustiness may start to affect comfortable walking, feeling cooler where exposed.</b>                                                                                                                                                                                                     |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>No rain expected</b><br>May feel damp in the air on hill slopes nearer to North Sea in the morning.                                                                                                                                                                                                                       |
| <b>Cloud on the hills?</b>                        | <b>Low cloud dispersing eastwards; highest tops just above inversion at first</b><br>A sheet of low cloud, fog to sea level in eastern areas at first, high summits likely poke above fog at 650-700m. Western hills largely clear. Brief patches drift upslope, but fog will thin and retreat toward North Sea before noon. |
| <b>Chance of cloud free summits?</b>              | <b>50% east at first, rising widely above 90%</b>                                                                                                                                                                                                                                                                            |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Sun mostly western areas early in the day, and on highest tops if above fog; breaking through more widely as early fog clears, visibility then very good.<br>High UV, beware sunburn.                                                                                                                                        |
| <b>How Cold? (at 750m)</b>                        | 13C from dawn (9C if in cloud including lower hills), rising to 15 to 18C (warmest west, valleys reach 25C). Feeling fresher directly in the wind.                                                                                                                                                                           |
| <b>Freezing Level</b>                             | Above the summits.                                                                                                                                                                                                                                                                                                           |

**All mountain areas of Britain from Wednesday, 15 July, 2026**

Valley temperatures rising to 25C or above, typically warmer in Wales and Peak District. Gusty easterly winds for England and Wales. An ongoing very high risk of fire with extremely dry ground conditions. Into the weekend, northerly breezes develop more widely, a cooling trend for a time, particularly Scotland where summit temperatures likely dip back below 10C; some cloud may be drawn onto northern mountains at times, small chance of isolated showers.

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.