

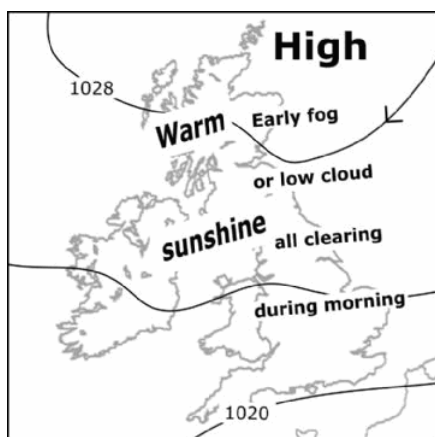
# Southern Uplands

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 Wednesday, 15 July, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 15 July, 2026

Warm across the hills with strong sunshine. Fog for lower eastern areas from dawn - Scottish hills above the fog, whilst low cloud banks drift onto hill slopes over Pennines for a few hours. Easterly breeze, strongest for south Pennines & Wales. Extremely dry ground, beware of fire.

### Headline for Southern Uplands

Warm and sunny, early low fog east. Light wind, some gusts.

## Detailed Forecast for Wednesday, 15 July, 2026

|                                                |                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>             | East or southeasterly 10 to 15mph, some gusty spots 20mph, not just on the summits. May increase a little toward and after dusk.                                                                                                                                                                   |
| <b>Effect of wind on you?</b>                  | <b>Mostly small, occasional noticeable gusts in places around the hills.</b>                                                                                                                                                                                                                       |
| <b>How wet? (Precipitation and its impact)</b> | <b>No rain expected</b>                                                                                                                                                                                                                                                                            |
| <b>Cloud on the hills?</b>                     | <b>Early low-level fog in east, inversion on hills</b><br>From dawn, fog lower slopes and valleys mostly eastern areas from Lothians to Cheviots; mid to high slopes clear above the fog. Patches may drift briefly upslope, but thinning back to the North Sea. Very little if any western hills. |
| <b>Chance of cloud free summits?</b>           | <b>Above 90%</b>                                                                                                                                                                                                                                                                                   |
| <b>Sunshine?</b><br>Air clarity (below cloud)  | Sunshine all day west and on high terrain in east, lower down by mid-late morning. Early fog in east leaves some low-level haze, otherwise visibility very good on hills.                                                                                                                          |
| <b>How Cold? (at 750m)</b>                     | 14C or warmer on high tops from dawn (cooler in valleys and lower eastern slopes), rising to 17 to 19C, warmest west (valleys reach 26C to local 28C).                                                                                                                                             |
| <b>Freezing Level</b>                          | Above the summits.                                                                                                                                                                                                                                                                                 |

## Southern Uplands - Looking Ahead

|                                                         | Thursday 16 July                                                                                                                                                                       | Friday 17 July                                                                                                                                         |
|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>                      | East to mostly northeasterly, 5 to 15mph, increasing a little later in day.                                                                                                            | Northerly 10 to 20mph.                                                                                                                                 |
| <b>Effect of wind on you?</b>                           | <b>Small.</b>                                                                                                                                                                          | <b>Mostly small.</b>                                                                                                                                   |
| <b>How wet?</b><br>(Precipitation and its impact)       | <b>No rain expected</b>                                                                                                                                                                | <b>Rain unlikely</b><br>An odd pocket of drizzle possible mainly northeastern hills toward North Sea.                                                  |
| <b>Cloud on the hills?</b>                              | <b>Hills clear</b><br><br>Fog over the North Sea comes back inland overnight across eastern areas into the valleys from dawn, higher terrain clear; soon retreating back to the coast. | <b>Little if any</b><br><br>Some patchy mist or cloud banks over Lothians to Border hills early in the day soon dispersing or lifting above the hills. |
| <b>Chance of cloud free summits?</b>                    | <b>Practically certain</b>                                                                                                                                                             | <b>90%</b>                                                                                                                                             |
| <b>Sunshine?</b><br>Air clarity (below cloud)           | Sunshine over the hills dawn til dusk, occasional thin high cloud.<br>Visibility excellent, some fog at first lower eastern areas, may leave a haze.                                   | Sunshine best in west, patchy fair-weather cloud and thin high cloud.<br>Visibility very good, slight low-level haze.                                  |
| <b>How Cold? (at 750m)</b><br><br><b>Freezing Level</b> | 15C from dawn (warmer than valleys at first), rising to 18 to 20C, warmest west (valleys here reach 25C).<br><br>Above the summits.                                                    | 12 to 16C, coolest Cheviots, warmest Galloway afternoon.<br><br>Above the summits.                                                                     |

## Planning Outlook

### All mountain areas of Britain from Thursday, 16 July, 2026

Settled summer weather continues into the weekend and next week as high pressure dominates. Warm temperatures on the hills in midweek will trend cooler from the north from Friday into the weekend, dropping below 10C on summits for periods, mainly Scottish mountains. Most persistently cooler in the north where some cloud will be drawn over the tops at times, occasional light showery rain. Otherwise generally ongoing dry weather, with good amounts of sun and many hill tops often clear of cloud. Continuing very high risk of fire with extremely dry ground conditions. A change of weather pattern late in the month brings scope for rain and thundery showers.

### Forecast issued at 16:29 on Tuesday, 14 July, 2026

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