

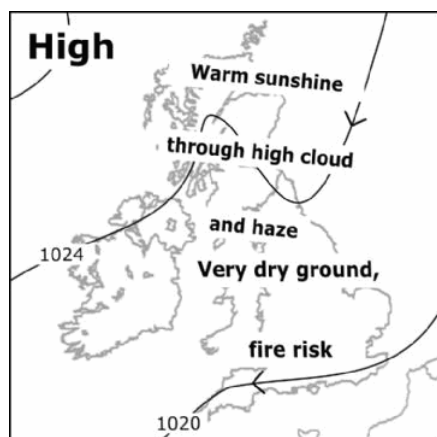
Southern Uplands

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 Thursday, 16 July, 2026



British Mountain Summary:

Based on forecast chart for noon 16 July, 2026

Extremely dry ground conditions with risk of wildfire, notably England and Wales. Remaining very warm and mostly sunny across the country, high cloud and haze weakening the sun in the north. Early sea fog affects low slopes of north and east Scotland and England, this burning off through morning.

Headline for Southern Uplands

Very warm; sun weakened by high cloud and haze

Detailed Forecast for Thursday, 16 July, 2026

How windy? (On the summits)	East to mostly northeasterly, 5 to 15mph, trending towards higher speeds late in the day, gusting 20mph over high tops into evening.
Effect of wind on you?	Small.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Hills clear Fog over the North Sea comes inland overnight across eastern areas into the valleys of the Borders, Lothians, and Cheviots from dawn, higher terrain clear. Soon retreating back to the coast after dawn, may briefly linger near 400-500m around Cheviots.
Chance of cloud free summits?	Practically certain (eastern tops above dawn sea fog)
Sunshine? Air clarity (below cloud)	Sunshine over the hills dawn til dusk, increasingly weakened by high cloud, particularly east. A haze limiting visibility, though perhaps clearer on higher terrain early in the day.
How Cold? (at 750m)	15C from dawn; warmer than valleys at first with summits at 17C. Rising to 17 to 20C, warmest west (valleys towards Solway reach 25 or 26C).
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 17 July	Saturday 18 July
How windy? (On the summits)	North-northeasterly 10 to 20mph.	Northerly (some variability), 10-20mph, strongest wind towards the east and west coasts.
Effect of wind on you?	Mostly small.	Fairly small, some nuisance gusts over high tops.
How wet? (Precipitation and its impact)	Rain unlikely An odd pocket of drizzle possible mainly northeastern hills toward North Sea.	Little if any A few spots of drizzly rain here and there in the morning, amounting to little, if any.
Cloud on the hills?	Early fog east largely clears Some mist/cloud banks over Lothians to Border hills early in the day soon lifting and dispersing. May linger for longer around high Cheviots.	Little expected Some patchy low cloud on slopes near coasts, most extensive banks on and around the Cheviot (summit may start above cloud). Fog soon lifts and dissipates, all cloud above the hills by late morning.
Chance of cloud free summits?	Rising to 90%	Above 90%
Sunshine? Air clarity (below cloud)	Sunshine best in west, patchy fair-weather cloud and thin high cloud. Visibility very good, slight low-level haze.	A patchwork of cloud and sun. Very good visibility.
How Cold? (at 750m)	12 to 16C, coolest Cheviots, warmest Galloway afternoon.	8 to 10C at dawn, mildest west; rising to 10 or 11C east, up to 14C Galloway hills.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 17 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 onto high terrain and over tops at times, occasional light showery rain; occasional inversion conditions in the morning. 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 15:59 on Wednesday, 15 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.