

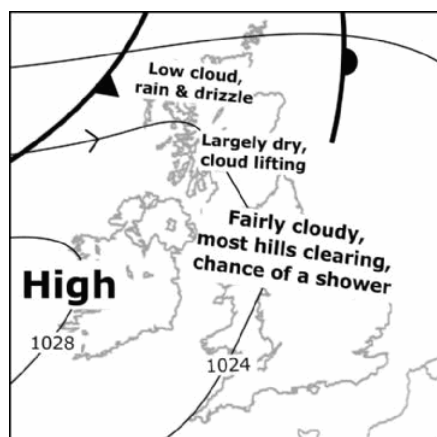
Southern Uplands

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, 23 July, 2026



British Mountain Summary:

Based on forecast chart for noon 23 July, 2026

Low cloud and drizzle across the northern parts of the Highlands in the morning, cloud tending to lift for central-southern Highlands, but northwestern areas stay damp, more persistent rain later and winds also strengthening. Cloudy skies for England and Wales, most hills clearing in the morning, low risk of a shower.

Headline for Southern Uplands

Light-moderate breeze. Largely dry, cloud lifts above hills.

Detailed Forecast for Thursday, 23 July, 2026

How windy? (On the summits)	Westerly 10 to 15mph, tending to increase a little during day to 15-20mph, reaching 25mph evening, 30mph after dark.
Effect of wind on you?	Fairly small most of day, but feeling breezier later.
How wet? (Precipitation and its impact)	Generally dry, rare drizzle Odd patches of drizzle in the morning around early cloud. Small chance an isolated light shower later in day in east.
Cloud on the hills?	Patchy cloud lifting and breaking Some cloud banks around 500 to 700m early in the day, mainly western areas. Cloud base rising toward then generally above higher summits by midday.
Chance of cloud free summits?	50% rising to 90%
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, clouding over for periods. Visibility very good.
How Cold? (at 750m)	10C rising to 13 to 15C, warmest Borders and Cheviots during afternoon.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 24 July	Saturday 25 July
How windy? (On the summits)	Westerly 25 to 30mph, tending to increase a little further into evening.	Westerly 35 to 45mph from dawn into morning, gradually lessening into afternoon to 25mph.
Effect of wind on you?	Blustery over the hills, starting to affect ease of walking on exposed higher areas. Noticeable wind chill.	Challenging walking and marked chill over higher terrain in the morning hours, improving but likely blustery afternoon.
How wet? (Precipitation and its impact)	Occasional drizzle mostly west Patchy drizzle mostly western hills in Galloway, more often dry elsewhere. Into the night, some steadier rain develops from the northwest.	Rain may fade Rain and drizzle fairly persistent from overnight into the morning, particularly western hills, patchier eastwards. Tending to ease off, may become dry, but likely some drizzly rain on and off in west.
Cloud on the hills?	Most extensive in morning Covering western hills up to M74 corridor fairly widely in morning above 600m, lower banks toward Ayrshire. More broken in east and breaks more widely afternoon.	Extensive, lowest west, rising slowly Shrouding hills fairly widely above 400-600m in morning, lowest in western areas. Into afternoon, a gradual improvement, rising bases, but cloud may persist on tops near and west of M74 above 600-700m.
Chance of cloud free summits?	30% rising to 70% afternoon.	10% rising to 40% afternoon.
Sunshine? Air clarity (below cloud)	Largely cloudy morning, some sun breaking through mainly east in afternoon, varied high cloud. Visibility becoming good.	Cloudy, dull in morning and likely early afternoon, poor visibility in rain, better in east, tending to improve afternoon widely.
How Cold? (at 750m)	9C rising to 12C, local 14C Cheviots. Feeling like 0 to 4C directly in the wind.	10 to 13C, warmest in east afternoon. Feeling near/below freezing on tops directly in the wind in the morning.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 24 July, 2026

Westerly winds reaching gale-force over Scottish tops on Friday; low cloud across western Scotland, drizzle and steadier light rain, turning heavier later in the day. A swathe of persistent rain and strong winds moving southwards across Britain into Saturday, leaving a legacy of showers for Scotland, winds tending to lessen. Further areas of showers into Sunday. A changeable west to southwesterly pattern into next week and likely into early August, bringing spells of rain and showers; varying wind speeds, strengthening at times to gales on high tops. Often cooler for Scotland, a mix of cooler and warmer days for England & Wales.

Forecast issued at 16:00 on Wednesday, 22 July, 2026

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