

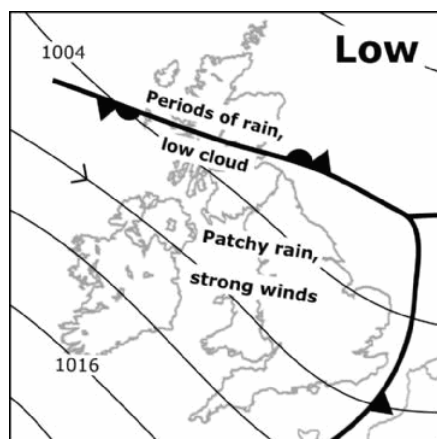
Southern Uplands

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 Sunday, 26 July, 2026



British Mountain Summary:

Based on forecast chart for noon 26 July, 2026

Spells of rain and showers affect most places during the day, some heavier falls toward eastern Scotland in afternoon. Cloud covering most high terrain, bases rising during day, breaks emerge at times. Blustery winds for England, Wales and southern Scotland, more moderate speeds for the Highlands.

Headline for Southern Uplands

Windy, rain and showers, low cloud.

Detailed Forecast for Sunday, 26 July, 2026

How windy? (On the summits)	Westerly 30mph with gusts in places 40mph early morning, lessening to 20-25mph afternoon, but still often 30mph on Galloway tops.
Effect of wind on you?	Ease of walking impacted on high tops, more strenuous in the morning with buffeting gusts and notable wind chill.
How wet? (Precipitation and its impact)	Showery rain Rain and drizzle fairly widespread from dawn, tending to break up during morning, but then showery rain widely, locally still some frequent rain, some heavier afternoon showers eastern areas.
Cloud on the hills?	Fairly extensive early, lifting, some breaks In the morning, cloud fairly extensive over the tops, lowest and most extensive Ayrshire hills where locally to 300-400m. A lifting trend, breaks forming east of M74, but banks returning near and above 600m where showers occur, lower patches briefly.
Chance of cloud free summits?	20% rising to 50%
Sunshine? Air clarity (below cloud)	Largely cloudy, then glimpses of sunshine. Varied visibility, very good when out of showers, more often foggy on high west terrain.
How Cold? (at 750m)	9C rising to 11 to 13C, always warmest east. Feeling like 0 to 3C in strongest direct wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Monday 27 July	Tuesday 28 July
How windy? (On the summits) Effect of wind on you?	Westerly 20-30mph, some variability in speed and direction, and may strengthen later in the day. Ease of walking affected on tops, more strenuous moments with wind chill and stability affected.	Southwesterly 40 to 50mph, gusts 60mph around high tops. Challenging walking conditions, balance difficult in exposure on tops, gusts could knock you over. Considerable wind chill.
How wet? (Precipitation and its impact)	Patchy rain, may set in west Patchy light rain affects hills in Dumfries and Galloway from morning, occasionally drifting further east near the Solway and Central Belt. A chance of steadier falls west of M74 afternoon though this uncertain.	Frequent or persistent rain Periods of persistent rain widely, mixed with drizzle, generally wettest for areas near and west of the M74 corridor. Patchier and easing off at times further east.
Cloud on the hills? Chance of cloud free summits?	Increasingly extensive over tops Varied cloud banks over the high tops in the morning, breaks to the east. Merrick and high Ayrshire slopes increasingly shrouded, may set in as a layer of cloud above 600-700m with more extensive banks over eastern tops, a few late possible breaks. 60% east, lowering to 30%	Extensive, lowest southwest Blanket cloud shrouding the hills from lower elevations upward in Dumfries & Galloway much of the day. Higher bases north and east, local breaks above 600m. 20%
Sunshine? Air clarity (below cloud)	Sunny bursts in the morning with very good visibility. Trending overcast from the west afternoon, a few late glimpses.	Largely cloudy, misty in west, poor visibility widely in rain; some improvements and brief moments of sun in east.
How Cold? (at 750m) Freezing Level	9 to 11C, warmest east, later more widely 12 or 13C, may stay lifted into night. Feeling near freezing in strongest wind. Above the summits.	13C, little variation all day, locally 15C eastern hills, quite humid. Feeling near to freezing directly in wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Monday, 27 July, 2026

West-southwesterly winds will bring rain to most places early in the new week, some more prolonged heavier falls for western Scotland by Tuesday, accompanied by gales over high terrain, severe on Scottish tops, but rather humid for all, warm for England and Wales. Cooler air toward northwest Scotland moves across all of Scotland by Wednesday. Showery rain through mid-late week, some heavy and possibly thundery bursts, mainly Scotland. Likely drier for Wales and southern Pennines. More uncertainty toward next weekend and early the following week, but a risk of a broad zone of low pressure bringing areas of rain and heavy showers through early August.

Forecast issued at 16:00 on Saturday, 25 July, 2026

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