

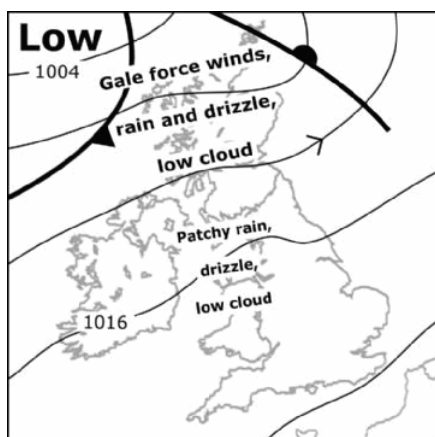
Southern Uplands

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, 28 July, 2026



British Mountain Summary:

Based on forecast chart for noon 28 July, 2026

Challenging conditions over high terrain with gale-force winds, severe gales on the higher Scottish mountains. A few hours of persistent rain, some heavy for the Highlands, leaving drizzly conditions, low cloud across most hills. Some heavier rain again later in western Scotland.

Headline for Southern Uplands

Gales on hills. Rain and low cloud.

Detailed Forecast for Tuesday, 28 July, 2026

How windy? (On the summits)	Southwesterly 40 to 50mph, gusts 60mph around high tops, peak speeds fluctuating during the day.
Effect of wind on you?	Challenging walking conditions, balance difficult in exposure on tops, gusts could knock you over. Considerable wind chill.
How wet? (Precipitation and its impact)	Frequent or persistent rain Periods of persistent rain widely, mixed with drizzle, generally wettest for areas near and west of the M74 corridor. Patchier in afternoon and easing off at times further east. Rain returns evening into night west.
Cloud on the hills?	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.
Chance of cloud free summits?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy, misty in west, poor visibility widely in rain; some improvements and brief moments of sun in east.
How Cold? (at 750m)	13C, little variation all day, locally 15C eastern hills, quite humid. Feeling near to freezing directly in wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 29 July	Thursday 30 July
How windy? (On the summits) Effect of wind on you?	Southwesterly 25 to 30mph, some stronger gusts over higher tops. Blustery over the hills, affecting ease of walking with some buffeting gusts on exposed higher areas.	Southwest then westerly, 15 to 25mph strengthening during morning to reach 30-35mph, stronger gusts afternoon. Fairly small at first, but increasingly affecting comfortable walking, buffeting gusts in exposure. Marked wind chill.
How wet? (Precipitation and its impact)	Patchy rain, heavier bursts forming Occasional rain, a mix of drizzle and some showery bursts, risk of becoming more frequent and a band of rain arriving from west later in the day, locally heavy, risk thunder.	Showery bursts of rain Broadly showery, may give locally heavy bursts of rain over an hour or so passing eastwards during afternoon, chance of isolated thunder. Possible showers returning to Galloway from west late in day.
Cloud on the hills?	May persist west, varied east/north Shrouding hills in Dumfries and Galloway perhaps much of the day, to some lower elevations near Solway. Higher bases and more broken cloud north and eastwards.	Lifting above tops away from showers Patchy cloud banks around upper slopes in the morning, lifting mostly above the hills, but patches return over tops and briefly lower down around showers.
Chance of cloud free summits?	20% southwest, to 50% north/east.	70%
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun Borders. Visibility poor around rain, improving below cloud where dry.	Fairly cloudy, some sun breaking through for periods. Visibility very good when dry, reduced briefly in showers.
How Cold? (at 750m) Freezing Level	13C, rising to 16C eastern hills, possibly warmer afternoon. Feeling like 3 to 6C directly in wind. Above the summits.	8 to 10C, coolest Galloway, slight drop later in daytime. Feeling like 0C in exposure to wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 29 July, 2026

A complex pattern into the start of August as weak low pressure is nearby to the west. Some showery bursts of rain, possibly thundery in places on some days, locally persistent rain possible, but some places may well escape drier. Cloud varying over the hills from day to day. Strong southwesterly winds later this week, then becoming more variable in speed and direction over the weekend into early next week, may strengthen again for periods. A generally showery westerly may then prevail during next week. Temperatures near average or on the cooler side for Scotland, warmer for Wales and Peak District. Beware ongoing fire management restrictions to access despite rain in the forecast.

Forecast issued at 16:30 on Monday, 27 July, 2026

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