

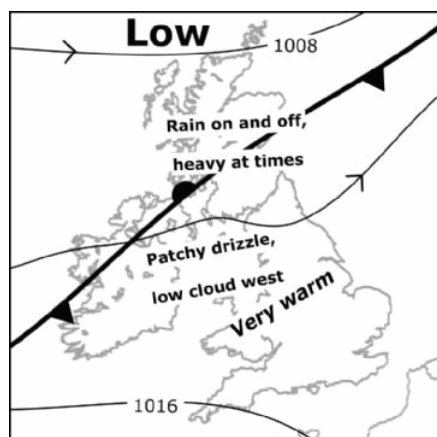
Southern Uplands

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, 29 July, 2026



British Mountain Summary:

Based on forecast chart for noon 29 July, 2026

A swathe of frequent to persistent rain through central & southern Scotland, some heavier bursts with possible thunder and lightning afternoon. Patchier showers in northwest, rather cool here. Warmer and humid southwards, low cloud covering many western hills, some drizzle near Irish Sea.

Headline for Southern Uplands

Windy. Areas of rain, some heavy bursts, risk thunder.

Detailed Forecast for Wednesday, 29 July, 2026

How windy? (On the summits)	Southwesterly 25 to 30mph, some stronger gusts over higher tops, 40mph in places in the morning, again around heavier rain later.
Effect of wind on you?	Blustery over the hills, affecting ease of walking with some buffeting gusts on exposed higher areas.
How wet? (Precipitation and its impact)	Patchy rain, heavier bursts forming Rain on and off, a mix of drizzle and some showery bursts, becoming more frequent and a band of rain arriving from west later in the day, heavier falls tending to set in. Occasional downpours locally with thunder and lightning.
Cloud on the hills?	Most persist and lowest southwest, varied east/north Shrouding hills in Dumfries and Galloway much of the day, to some lower elevations near Solway. Higher bases and more broken cloud north and eastwards. Varying in rain, with ragged patches to lower slopes.
Chance of cloud free summits?	20% southwest, to 50% north/east.
Sunshine? Air clarity (below cloud)	Largely cloudy, glimpses of sun Borders. Visibility poor around rain, improving below cloud where dry.
How Cold? (at 750m)	13C, rising to 16C eastern hills afternoon; cooling to 9C from west dusk into night. Feeling like 3 to 6C directly in wind during daytime.
Freezing Level	Above the summits.

All mountain areas of Britain from Thursday, 30 July, 2026

Cool and showery westerlies late this week and into Saturday, windy over high terrain; western hills often capped in cloud. Rain may encroach from the southwest on Sunday, winds turn southerly and warmer air wafts back across England and Wales at least. A complex area of low pressure is then expected to circulate slowly over Britain early next week, bringing areas of rain and heavy showers, some thundery downpours possible. Winds varying, may strengthen northwesterly by Tuesday to gales. An improving trend into midweek, but showery westerlies likely prevail in Scotland at least. Despite spells of rain, beware ongoing fire management restricting access to some mountains.

Forecast issued at 16:15 on Tuesday, 28 July, 2026

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