

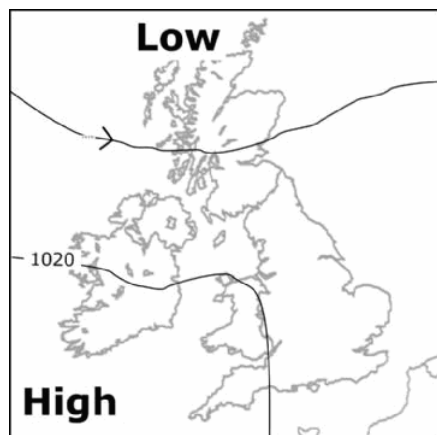
Southern Uplands

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 Friday, 31 July, 2026



British Mountain Summary:

Based on forecast chart for noon 31 July, 2026

Westerly winds, tending to strengthen through the day will continue to bring lower temperatures to the mountains (particularly W & NW Scotland), Showers, throughout day W and NW Highlands, but mostly afternoon elsewhere - and few if any S Pennines and Wales.

Headline for Southern Uplands

Showers, mainly afternoon;. Wind speed tending to increase.

Detailed Forecast for Friday, 31 July, 2026

How windy? (On the summits)	West to southwesterly typically 20 to at times 25mph, although until late morning or midday no more than 10 or 15mph on many summits.
Effect of wind on you?	Fairly small.
How wet? (Precipitation and its impact)	Occasional showers - mostly from about midday onwards Occasional showers, some heavy, mainly afternoon, although at any time northern Galloway and hills approachable from upper Nithsdale. Little rainfall at all toward the Lothians.
Cloud on the hills?	Very little; although higher Galloway probably covered morning All or nearly all clearing after being fairly widespread on higher slopes northern Galloway and upper Nithsdale until mid or late morning.
Chance of cloud free summits?	Rising to greater than 90%
Sunshine? Air clarity (below cloud)	Patchwork of bright sunshine - most sun Borders morning. The air very clear indeed.
How Cold? (at 750m)	7C rising to 10C afternoon.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Saturday 1 August	Sunday 2 August
How windy? (On the summits)	Westerly 20-25mph, most gusty around showers.	Westerly 10 to 15mph after dawn. Will then drop to 10mph or less.
Effect of wind on you?	Mostly fairly small.	Negligible.
How wet? (Precipitation and its impact)	Scattered showers West of M74, showers throughout the day, although tending to die out from wet through afternoon. Elsewhere, showers mainly from about midday onwards; some briefly heavy	Rain unlikely
Cloud on the hills?	Largely clearing hills Summits extensively cloud free, although until late morning, frequently higher slopes northern Galloway and near Nithsdale shrouded, By midday, only rare patches left.	Very little if any
Chance of cloud free summits?	90% by midday	90%
Sunshine? Air clarity (below cloud)	Patchwork of sun, more often cloudy central and east areas with time. Very good visibility.	Periods of sunshine, although the sun increasingly hazy as high cloud thickens. Slight haze clearing to give excellent visibility.
How Cold? (at 750m)	7C rising to 12C, staying a degree cooler western hills.	9C rising to 15C.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 1 August, 2026

Extensively dry with cloud widely confined above the mountains this weekend, although mainly Saturday in Scotland, showers and on western mountains areas of low cloud. Relatively chilly on the west and NW Highlands, but otherwise fairly normal temperatures for early August.

Very complicated early next week; areas of rain will drift slowly across central and northern Britain, but the distribution of rain (and associated low cloud) very uncertain. Probably very little rain across Wales.

Despite some rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry 'tinder dry'.

Forecast issued at 7:30 on Friday, 31 July, 2026

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