

Southern Uplands

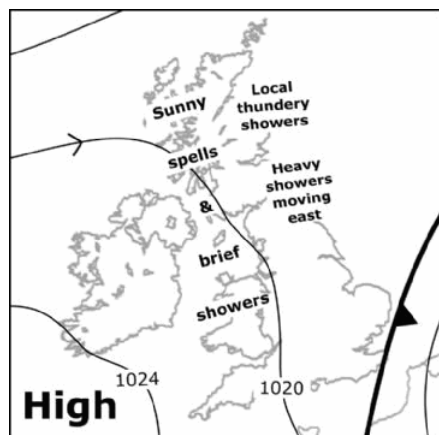
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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General Summary for Wednesday, 2 July, 2025



British Mountain Summary:

Based on forecast chart for noon 2 July, 2025

Localised heavy bursts of rain for eastern Scotland & northern England early in the day, clearing eastwards, but over Cairngorms in particular, increasing risk afternoon of slow-moving heavy downpours forming, locally a thunderstorm. Western Scotland largely dry; increasingly sunny all western areas afternoon. Fresher for all.

Headline for Southern Uplands

Bursts of rain becoming confined further east. Light-moderate breeze.

Detailed Forecast for Wednesday, 2 July, 2025

How windy? (On the summits)	West to northwesterly 10 to 15mph, occasional 20mph Galloway, freshening more widely afternoon into evening.
Effect of wind on you?	Mostly small
How wet? (Precipitation and its impact)	Heavy bursts clear east, then localised showers, chance thunder east. Remnants of showers from overnight leave patches of rain into morning, mostly toward east, some heavy bursts, clearing toward North Sea coast. Scattered showers then developing mostly central and eastern areas, an odd heavier burst afternoon-evening, chance isolated thunder in east.
Cloud on the hills?	Early cloud lifting and clearing Areas of low cloud in the morning, particularly eastern hills. Lifting and breaking from the west, clearing most or all hills. Patches locally re-forming on hills around showers.
Chance of cloud free summits?	80% by mid-late morning.
Sunshine? Air clarity (below cloud)	Patchwork of sun and cloud spreads from west during morning as high cloud in east thins; sunnier near coasts in west afternoon. Visibility excellent.
How Cold? (at 750m)	8 to 11C.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Thursday 3 July	Friday 4 July
How windy? (On the summits) Effect of wind on you?	Southwesterly 20 to 25mph, tending to strengthen, reaching 30mph higher tops. Starting to affect comfortable walking on higher tops.	Southwesterly 35 to 50mph, speeds may increase with time, risk 60mph on highest summits. Arduous walking conditions over the hills, may become difficult on high tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain developing from west A little rain mostly Galloway hills, but turning persistent with time; showery rain spreads eastwards into afternoon.	Rain focused west, may set in Rain most persistent Galloway hills, risk increasingly heavy. Occasional rain toward the M74 becoming more persistent. Further east, small amounts in the wind, but some pulses of rain developing at times.
Cloud on the hills?	Mostly little, lowering from west Patches mostly on western tops in morning, little if any elsewhere. Lowering over upper slopes as rain develops, may fill in Galloway hills.	Lowering over western hills Cloud banks most frequent in western areas, lowering on Galloway hills to 600m or lower in rain. Mostly confined to higher slopes eastwards, above the hills at times.
Chance of cloud free summits?	70%, dropping to 40% west	40%
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, clouding over from west with time. Visibility excellent, reducing as rain occurs.	Largely cloudy particularly west where visibility poor in rain. Glimpses of sun east in morning, visibility good when dry.
How Cold? (at 750m) Freezing Level	8 to 11C, highest toward east afternoon. Above the summits	9 or 10C, small rise during day. Feeling below freezing in the wind. Above the summits

Planning Outlook

All mountain areas of Britain from Thursday, 3 July, 2025

By Thursday, west to southwesterly winds increase for Scotland, with frequent showery rain and low cloud returning into the Highlands from the west. Friday brings heavier rain to western Scotland and gales over higher terrain for Scotland and possibly northern England, rain extending further south with time. The weekend looks unsettled with low pressure bringing heavy showery rain widely, risk isolated thunder. Next week maintains a mixed westerly regime with greatest risk of rain toward northwest Scotland, drier and warmer further south and east.

Forecast issued at 16:27 on Tuesday, 1 July, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2025.