

Southern Uplands

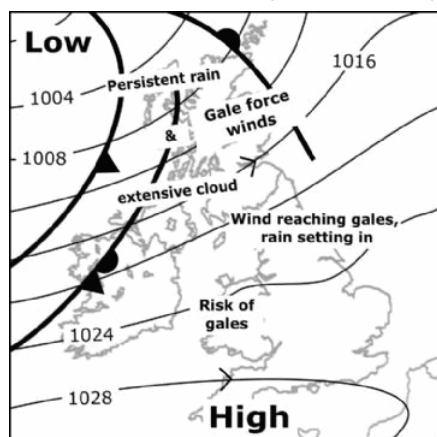
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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General Summary for Friday, 4 July, 2025



British Mountain Summary:

Based on forecast chart for noon 4 July, 2025

Gales and rain setting in across Scotland. Rain will be persistent and heavy in the west - beware risk of local flooding. Clear fells for a time in England, rain and cloud setting in later afternoon. The Pennines from Yorkshire Dales southward mostly dry and free of cloud. A fair but windy day in Wales, rain only arriving later in north Wales.

Headline for Southern Uplands

Wind increasing to gale force; rain sets in from the west

Detailed Forecast for Friday, 4 July, 2025

How windy? (On the summits)	Southwesterly 30 to 40mph at dawn, increasing through morning, risk reaching 60mph over high tops for a time.
Effect of wind on you?	Arduous walking conditions over the hills, may become difficult on high tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Rain sets in west and spreads to Borders, more patchy far east Spots of rain central and east areas around dawn. Rain setting in onto Galloway hills later morning, increasingly persistent with heavy bursts. Rain will gradually spread east across the Borders as well. Small amounts in the wind around Lothians/Cheviots, but some pulses of rain developing at times.
Cloud on the hills?	Capping tops, some breaks at first, then lowering west to east through afternoon In the morning, patchy cloud caps high tops, banks drifting downslope on Galloway hills, lowering to 600m or lower in rain. Mostly confined to higher slopes eastwards, above the hills at times. Fog well fills in later afternoon, only odd breaks to tops in the east.
Chance of cloud free summits?	40%, lowering to 20%; 10% Galloway
Sunshine? Air clarity (below cloud)	Largely cloudy particularly west where visibility poor in rain. Glimpses of sun east in morning, visibility good when dry.
How Cold? (at 750m)	9 or 10C, little change if any through the day. Feeling below freezing in the wind.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Saturday 5 July	Sunday 6 July
How windy? (On the summits)	West to southwesterly 30 to 35mph. Winds nearer 40mph most areas early.	West to northwesterly 20-25mph. Some increase later, risk reaching 40mph western Galloway.
Effect of wind on you?	Blustery across the hills, affecting ease of walking on exposed terrain; risk of sudden gusts on lower slopes early. Feeling cool.	Fairly small for a time, then comfortable walking becoming affected, strenuous in the west. Feeling cool.
How wet? (Precipitation and its impact)	Showery rain Drizzly over high tops early with rain on and off. Some showery bursts, may become more frequent for periods.	Showery rain, increasing risk east Occasional showery rain; drizzly for a time on western and high slopes of Galloway. Risk of heavier bursts of rain eastern Borders/Cheviots late in the day.
Cloud on the hills?	Fairly extensive, lowest west Covering higher tops most or all day, particularly western areas, cloud base 500-700m; some higher breaks east.	Intermittently covering high terrain Fairly extensive over high terrain in the morning, banks drifting downslope in Galloway. Becoming patchy with breaks to and above tops, though intermittently filling in, particularly around rain.
Chance of cloud free summits?	30%	Becoming 60%
Sunshine? Air clarity (below cloud)	Largely cloudy, a little sun in east morning. Visibility often very good, but poor during rain.	Glimpses of sun, more frequent Galloway later. Visibility very good during cloud breaks.
How Cold? (at 750m)	10 to 12C. Feeling near freezing directly in the wind.	8 or 9C Feeling at/near freezing in wind.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 5 July, 2025

The weekend ahead will be generally unsettled: windy and feeling cool with low pressure bringing heavy showery rain widely. High pressure to the southwest will extend to the Isles early next week, settling the weather and allowing sun to break through Monday and Tuesday. Into the week, a mixed westerly regime dominates with greatest risk of rain toward northwest Scotland, drier and warmer further south and east. Several fronts will drift towards Britain from the northwest but high pressure to the southwest will prevent extended unsettled periods. England and Wales may only see occasional rain.

Forecast issued at 16:27 on Thursday, 3 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.