

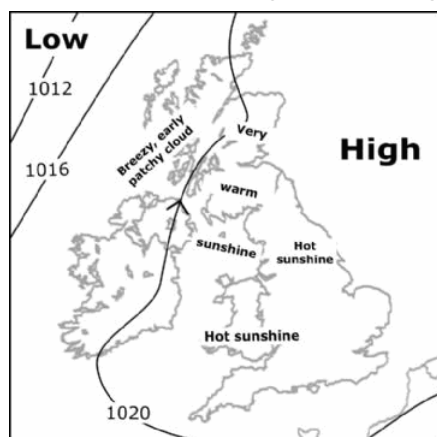
Southern Uplands

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, 11 July, 2025



British Mountain Summary:

Based on forecast chart for noon 11 July, 2025

Sunny and very warm across most areas with light or negligible wind - beware risk of sunburn and dehydration. Warm temperatures will persist overnight. Temperatures nearer the middle teens on Scotland's west coast in the breeze, some early patchy cloud onto Skye and coastal slopes to the south.

Headline for Southern Uplands

Sunny and very warm, staying warm into night

Detailed Forecast for Friday, 11 July, 2025

How windy? (On the summits)	Southerly 10-15mph, at times less in the east. Some variability in direction.
Effect of wind on you?	Small.
How wet? (Precipitation and its impact)	No rain
Cloud on the hills?	Soon cloud-free Patchy cloud drifts onto south Galloway slopes, an odd patch possibly drifting toward the Borders through the Solway. Clearing through morning for cloud-free hills.
Chance of cloud free summits?	Almost certain
Sunshine? Air clarity (below cloud)	Widespread strong sunshine; beware sunburn and dehydration. Excellent visibility, some haze may linger on lower slopes.
How Cold? (at 750m)	15C in the morning, rising to 19 to 20C in the afternoon, warmest around eastern Borders.
Freezing Level	Well above the summits. (Remaining mild on high ground overnight.)

Southern Uplands - Looking Ahead

	Saturday 12 July	Sunday 13 July
How windy? (On the summits) Effect of wind on you?	Southerly 15mph or less, shifting southeasterly around midday. Mostly small.	Southeasterly 15mph, some lighter winds east of M74. Rising to 20-25mph later, strong gusts around western low slopes. Mostly small, comfortable walking becoming affected in Galloway later, notably buffeting gusts.
How wet? (Precipitation and its impact)	Very likely dry Very remote risk of isolated thunderstorms west in the late afternoon or early evening. Otherwise, dry all day.	Substantially dry Chance of a few local spots of light rain later in the day in Galloway, otherwise dry.
Cloud on the hills? Chance of cloud free summits?	Cloud not expected Risk of sea fog rolling in onto lower slopes of the eastern Cheviots towards evening. Almost certain	Morning low fog east soon clears Fog on the low slopes of the Pentlands at dawn, possibly some patches on low slopes of Cheviots as well, fading for cloud-free hills. Small chance of local fog patches returning to low easternmost hills as night falls. Above 90%
Sunshine? Air clarity (below cloud)	Widespread strong sunshine; beware sunburn, dehydration and heatstroke. Excellent visibility.	Sun early, soon often weakened or at times shrouded by high cloud. Excellent visibility.
How Cold? (at 750m) Freezing Level	18C rising to 21C by mid-afternoon, easternmost areas staying a degree cooler. Remaining warm overnight. Well above the summits. (Valley temperatures approaching 25 to 30C in the afternoon.)	17 or 18C most of the day. Easternmost Pentlands/Cheviots may be a degree cooler. Above the summits

Planning Outlook

All mountain areas of Britain from Saturday, 12 July, 2025

Very warm or hot conditions this weekend in the mountains and the valleys, with extreme risk of wildfire in Scotland; beware dehydration and sunburn. Light winds and very little cloud.

Low pressure returns late Sunday into Monday bringing rain to most, risk heavy or thunderstorms north England and Scotland. Temperatures will cool towards average and often raining for the first half of the week. Becoming more mixed from mid-week as pressure goes slack and Atlantic fronts make only weak pushes from the west. Patchy rain and cloud will come and go with the best opportunities for sun in north and western areas.

Forecast issued at 16:08 on Thursday, 10 July, 2025

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