

Southern Uplands

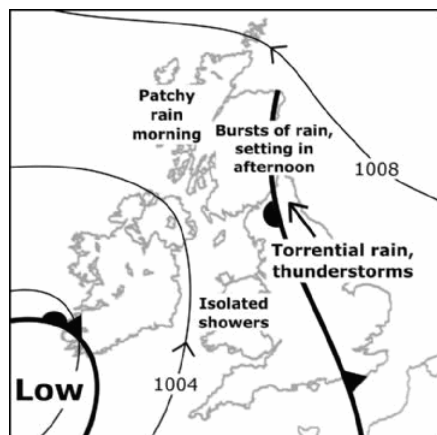
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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General Summary for Saturday, 19 July, 2025



British Mountain Summary:

Based on forecast chart for noon 19 July, 2025

Some early rain near west coast, but the Highlands largely dry in morning. Into afternoon, bursts of rain becoming extensive heavy rain. A swathe of prolonged heavy rain moves north over England; intense downpours and thunderstorms, focused on Pennines. A few local showers Wales, but often dry. Fairly warm, locally gusty.

Headline for Southern Uplands

Bursts of rain, then sustained thundery rain. Gusty wind.

Detailed Forecast for Saturday, 19 July, 2025

How windy? (On the summits)	Easterly, increasing 10 to 20mph, tending to increase with time, particularly eastern hills, gusty 25mph afternoon.
Effect of wind on you?	Mostly small, but starting to feeling breezier over exposed terrain, gusts in east affecting ease of walking.
How wet? (Precipitation and its impact)	Heavy rain setting in, thunderstorms afternoon east. Dry for longest in western areas, possibly all morning in Galloway, but scattered bursts of rain developing from south. Into middle of day, becoming prolonged heavy rain, soonest Cheviots, some torrential bursts afternoon with hail and thunder, mainly central-eastern areas.
Cloud on the hills?	Lowering in rain Variable cloud banks on hills in the morning, some breaks for periods possible for a few hours. As rain develops, cloud lowering to become extensive with ragged patches at various heights.
Chance of cloud free summits?	40% dropping to 10%
Sunshine? Air clarity (below cloud)	Any early sun weak through high cloud, tending to become overcast and dull. Visibility starting very good, then very poor as rain sets in.
How Cold? (at 750m)	13 or 14C, little change all day, feeling humid.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Sunday 20 July	Monday 21 July
How windy? (On the summits)	East or southeasterly 15 to 25mph, gusty for periods around some slopes.	Direction variable, typically below 10mph, but occasional sudden gusts around rain.
Effect of wind on you?	Fairly small, but feeling blustery at times which may start to be noticeable on exposed tops.	Mostly small
How wet? (Precipitation and its impact)	Rain on and off, thundery bursts Patchy rain, drizzle, some heavier bursts mixed in; a few hours may be drier in morning. By afternoon, greater risk of more frequent rain, more widespread heavy and possibly thundery downpours.	Bursts of rain, risk thunder Areas of patchy rain, risk developing increasingly into heavier bursts, possibly slow-moving thundery downpours by afternoon, but these very hit and miss, some places nearby may see little rain.
Cloud on the hills?	Varied, extensive in rain Covering many hills during the morning, lowest cloud bases in east, from mid-slopes up, lower for a time. Some varied breaks to upper slopes mainly in west. Lowering during and after rain, ragged patches to lower slopes.	Varied, some breaks, lowering in rain Varied patches of cloud in the morning, some hills clearer. Mostly confined to upper slopes by mid-late morning, some breaks above tops. Lowering in rain, ragged patches from forest canopies upward.
Chance of cloud free summits?	20%	50%
Sunshine? Air clarity (below cloud)	Little or no sun. Visibility good at times below cloud in west, but often mistier eastern hills, widely murky during rain.	Occasional sun in morning, and later in day mainly toward coast. Visibility very good for periods, but reduced in rain, poor at times.
How Cold? (at 750m)	13 to 15C, quite humid.	13 or 14C, small variation all day.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 20 July, 2025

Unsettled onward into early next week, as slack low pressure drifts slowly over the British Isles. Slow-moving showers and areas of persistent heavier rain in places, increasingly thundery downpours, these most extensive over England and Wales by Sunday. Staying fairly warm, quite humid. Often low wind speeds, but gusty south-southeasterlies at times. By mid-next week onward into late July, west to southwesterlies likely to prevail, with some rain or drizzle at times mostly western Scotland, often dry further south and east.

Forecast issued at 16:17 on Friday, 18 July, 2025

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