

Southern Uplands

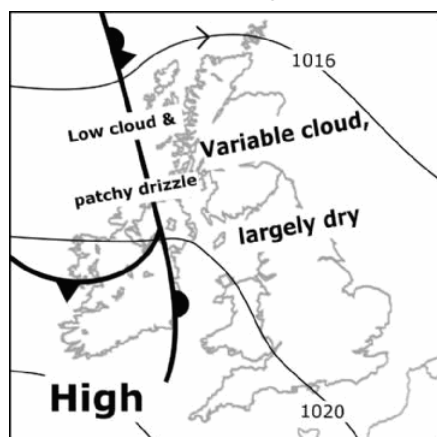
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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General Summary for Wednesday, 30 July, 2025



British Mountain Summary:

Based on forecast chart for noon 30 July, 2025

Generally cloudy conditions, covering some hill slopes in the morning, but breaking and lifting above many tops. Occasional sun breaking through, mainly in the east. In western Scotland, a weak front pushing in will lower the cloud over coastal hills and bring a little drizzle at times. Light winds overall.

Headline for Southern Uplands

Largely dry day, cloud lifting and breaking. Light-moderate breeze.

Detailed Forecast for Wednesday, 30 July, 2025

How windy? (On the summits)	Northwest turning westerly 10 to 20mph, likely strongest in morning.
Effect of wind on you?	Mostly small
How wet? (Precipitation and its impact)	Little or no rain, but risk developing later Odd patches of drizzle mostly western hills early in day, locally a drizzly shower passing eastwards. Toward evening, drizzly rain moving in from west, risk becoming more persistent rain Dumfries and Galloway.
Cloud on the hills?	Low cloud gradually lifting and breaking Fairly extensive near and west of M74 above 500-600m in morning, some lower cloud banks further west for a time. Patches mostly confined to high tops in east. Lifting and gradually breaking above most or all tops. Lowering by dusk west.
Chance of cloud free summits?	30% rising to 80%
Sunshine? Air clarity (below cloud)	Glimpses of sun becoming patchwork of cloud and sun; sunnier later in west. Visibility good below cloud, increasingly very good by afternoon.
How Cold? (at 750m)	10C rising to 12 to 14C afternoon, warmest eastern areas.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Thursday 31 July	Friday 1 August
How windy? (On the summits)	Northwesterly 15 to 20mph.	Northwesterly 15 to 25mph.
Effect of wind on you?	Fairly small	Fairly small, but starting to affect comfortable walking on higher areas. Feeling distinctly chilly.
How wet? (Precipitation and its impact)	Showers developing Patchy rain from dawn into early morning. Some showers forming, risk local heavy bursts mainly eastern areas afternoon.	Occasional showers A scattering of mostly brief showers, tending to fade.
Cloud on the hills?	Extensive, then breaking toward tops Covering the hills fairly widely, lowest bases to mid-slopes in west in morning. Bases rising to upper slopes, some breaks to tops forming during afternoon. Ragged patches lowering in showers.	Occasionally capping tops Patches of cloud mostly above 700-800m in morning, lifting above most or all tops.
Chance of cloud free summits?	40%	70%
Sunshine? Air clarity (below cloud)	Brief bursts of sun developing. Visibility reduced in rain, later becoming very good away from showers.	Patches of sun. Visibility very good.
How Cold? (at 750m)	10 to 13C.	8C rising to 11C. Feeling close to freezing in the wind, particularly morning.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Thursday, 31 July, 2025

Westerly winds prevail in the extended outlook, with occasional fronts moving through - western mountains often shrouded in cloud, periods of rain and drizzle. Some showery bursts of rain further eastwards, particularly Thursday-Friday this week, but often smaller amounts of rain toward easternmost hills, and cloud bases often higher with breaks to eastern summits. Moderate breezes, sometimes more blustery - early next week looks windier for a time. Temperatures near average, though rather cool in Scotland late this week and again early next week. Ridges of higher pressure will build occasionally from the southwest for better windows of weather, particularly England & Wales.

Forecast issued at 16:00 on Tuesday, 29 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.