

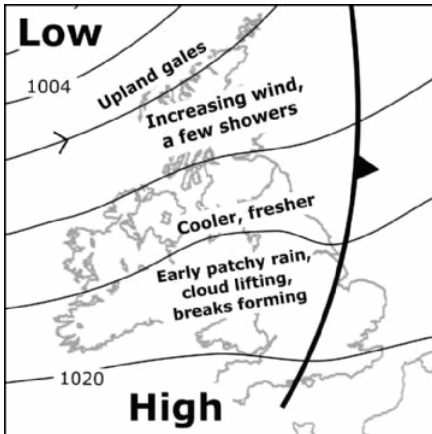
# Southern Uplands

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 Sunday, 28 June, 2026



### British Mountain Summary:

**Based on forecast chart for noon 28 June, 2026**

Strengthening southwesterly winds, reaching gale force over western Scottish mountains, soonest near Skye. Much fresher everywhere, rather chilly on tops in exposure to wind. Some early rain, improving as cloud lifts and breaks, but scattered showers move east across the Highlands into the afternoon.

### Headline for Southern Uplands

Breezy. Early patchy rain, cloud lifts to clear hills.

## Detailed Forecast for Sunday, 28 June, 2026

<b>How windy? (On the summits)</b>	Southwesterly 20-30mph, gusts up to 35mph over high tops at times, particularly east early in day, then western areas into afternoon, more widely evening.
<b>Effect of wind on you?</b>	<b>Walking often impeded on high exposed hills, feeling cool in exposure on tops.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Early rain, scattered showers afternoon</b> Several bands of rain drift west-to-east from before dawn into early morning, brief heavy falls and dry windows. By mid-late morning, just patchy showers, greatest chance Dumfries and Galloway, here risk a local cluster later.
<b>Cloud on the hills?</b>	<b>Lifting above the summits afternoon</b> Shrouding high terrain early morning, bases near 600-700m in rain, or lower near the Solway. Bases rising during morning, cloud increasingly broken, likely above the summits by middle of day. Local patches may return west.
<b>Chance of cloud free summits?</b>	<b>30% rising to 90%</b>
<b>Sunshine? Air clarity (below cloud)</b>	A few glimpses of morning sun, breaking to a patchwork of cloud and sun by middle of day. Visibility becomes excellent.
<b>How Cold? (at 750m)</b>	10 or 11C, up to 12C far eastern areas; cooling later from west, finishing 9C. Feeling like 1 to 3C in strongest wind.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Monday 29 June	Tuesday 30 June
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Westerly 25-30mph at dawn, locally 35mph over tops, easing to finish near 10-20mph later, some variability in <b>Ease of walking impacted in the morning, strenuous over some high tops, easing to mostly small effects by evening.</b>	Southerly 15 to 25mph, likely strongest in morning, but may drop lighter and variable. <b>Fairly small, but feeling more blustery for a few hours at least.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Periods of rain west</b> Patchy rain drifting onto hills from the M74 west much of the day, risk of heavier extended showers late in the day. Only odd patches drifting further east, amounting to little.	<b>Frequent or persistent rain, some heavy</b> Areas of rain and showers tending to drift northeastwards across the region, may set in for periods of constant rain, more widely heavier bursts likely develop into the afternoon, risk of isolated thunder.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Mostly high west terrain</b>  Most high tops covered at dawn, banks to middle elevations near/west of M74, to 500m Dumfries and Galloway. Lifting, many tops clearing afternoon, but banks continue to drift above 700-800m Borders and westward, and lowering again later in the west. <b>Rising to 70% east, 40% west</b>	<b>Fairly extensive</b>  Shrouding most high terrain all day, varying bases around rain, some ragged patches to lower slopes. Local breaks may form higher up, mainly Lothians to Borders. <b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A patchwork of cloud and sun, or more often cloudy over Galloway hills. Very good visibility.	Generally cloudy, a little weak sun mainly morning in east. Visibility often reduced by rain, poor for periods; intermittently very good if dry.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	7C rising to 12C, or a degree warmer east.  Above the summits.	9C rising to 11 or 12C afternoon.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Monday, 29 June, 2026**

A westerly Atlantic pattern dominates the new week: high pressure south and low pressure north will bring alternating periods of rain punctuated by bright sunshine. Wind generally on the strong side with mild to sometimes warm temperatures, though cooler and windier spells at times produce significant wind chill on Scottish tops. Western hill groups from Lakeland northward will see the most cloud and patchy rain, while east and southern areas likely drier and sunnier. This pattern is likely to continue into next weekend.

**Forecast issued at 16:00 on Saturday, 27 June, 2026**

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