

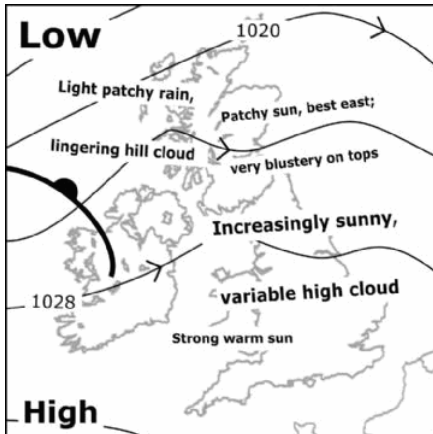
# Southern Uplands

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, 3 July, 2026



### British Mountain Summary: Based on forecast chart for noon 3 July, 2026

Early hill cloud in Wales and central/east parts England and Scotland lifts and breaks for sun through high cloud. Warm for most, mild Scottish Highlands but feeling chilly in wind. Hill cloud and patchy rain west highlands, setting in into night. Some patchy cloud lingers near tops of Eryri/Snowdonia and Lakeland.

### Headline for Southern Uplands

Hill cloud and patchy light rain, mostly west, fading; breezy

## Detailed Forecast for Friday, 3 July, 2026

<b>How windy? (On the summits)</b>	West-southwesterly 20 to 30mph, strongest east where sustained speeds of 35mph over high tops with stronger gusts, stronger in the morning up to 40mph.
<b>Effect of wind on you?</b>	<b>Blustery over the hills, affecting comfortable walking on high terrain, at times more strenuous with buffeting gusts and wind chill, particularly eastern areas.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Early light rain west</b> Patchy drizzle mostly western hills in the morning, very little pushing eastward after the early hours, and the afternoon is likely dry until later when rain returns from the west around evening.
<b>Cloud on the hills?</b>	<b>Most frequent on western tops, improving</b> Often covering hills in Dumfries and Galloway above 500-600m, higher bases toward the M74, breaks more common to tops further east and northeast. A general lifting and breaking trend, cloud largely above the hills through afternoon; just passing banks over Merrick.
<b>Chance of cloud free summits?</b>	<b>30% west, to 60% east, and later more widely 70%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Glimpses of sun most often Borders and Lothians, more often sunny afternoon but weakened by high cloud. Visibility very good.
<b>How Cold? (at 750m)</b>	8C rising to 11 or 12C afternoon, mildest east. May only rise slightly in Dumfries and Galloway. Feeling near or just above freezing in direct wind.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	<b>Saturday 4 July</b>	<b>Sunday 5 July</b>
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	West-southwesterly, 35 to 45mph, stronger gusts over high tops may approach 55mph. <b>Strenuous-to-arduous walking over high terrain, buffeting gusts affecting balance with notable wind chill.</b>	Westerly 30-40mph. <b>Walking strenuous in exposure most of the day with considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Drizzle and patchy rain</b> Often drizzly over the high tops, patches of rain passing east-to-west from time to time, which may set in for periods near and west of the M74.	<b>Rain nearly persistent west</b> Often raining across most hills, the rain persistent across high Galloway hills with a drizzle over high Borders hills too. The rain more patchy east, some dry windows, but patches drifting here too from time to time.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Most extensive west</b>  Blanket cloud across hills near and west of the M74 much of the day, bases 500m in west. Mostly above 600m further east, some breaks at times east Borders and Lothians.  <b>10% west, 30% east.</b>	<b>Fairly extensive</b>  Near and west of the M74, slopes shrouded above 500m likely all day, often lower westward, ragged fog regularly to valley level facing Ayrshire. Higher bases east, some breaks approach the tops towards Cheviot, but filling in again during rain.  <b>10% west, 40% east</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, dull and murky to the west with a mist over Galloway hills. Better visibility below cloud eastward, often good Borders.	Largely cloudy, dull to the west. Where out of cloud and rain east, very good visibility.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	11 or 12C, a slight rise east. Feeling like 0 to 5C directly in the wind on tops.  Above the summits.	10 or 11C, little change all day. Feeling near freezing in direct wind.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Saturday, 4 July, 2026**

Westerlies prevail across northern Britain. Rain, drizzle and low cloud over western hills from Lake District northward through the weekend. Temperatures near average, but feeling cool in exposure to wind on tops, which could regularly be quite strong and gusty. Generally drier northeast areas with higher cloud bases but patchy rain and drizzle reach here too. Higher pressure south maintains drier conditions in Wales and the south Pennines but cloud and some drizzle will affect high western slopes from time to time. A drier and warmer window looks probable from middle next week as high pressure builds. Very warm temperatures for England and Wales, spells of sunshine more widely. Some showers and patchy rain are likely to continue through late week and next weekend, though detail is uncertain.

**Forecast issued at 15:57 on Thursday, 2 July, 2026**

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