

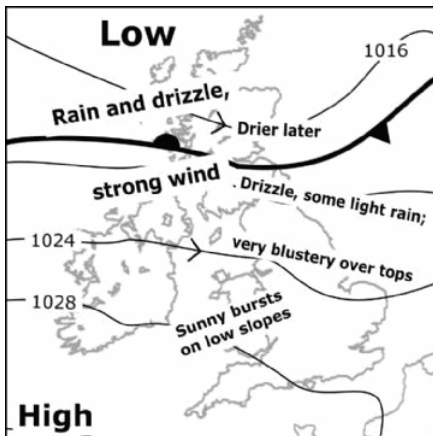
# Southern Uplands

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, 4 July, 2026



### British Mountain Summary: Based on forecast chart for noon 4 July, 2026

Rain sweeps east through Scotland, persistent for several hours; easing afternoon but staying drizzly and dull west. Mild but feeling chilly in strong wind. Lakeland and Pennines very windy and drizzly with hill cloud. Drier in Wales, sunny breaks on low slopes. Warm Wales and England though notable wind chill.

### Headline for Southern Uplands

Drizzle and patchy rain, driest east; windy, gales over tops at times

## Detailed Forecast for Saturday, 4 July, 2026

<b>How windy? (On the summits)</b>	Westerly, 35 to 45mph, sustained speeds near the high end of the range for several midday hours, gusting 55mph over high tops. Likely variable through afternoon.
<b>Effect of wind on you?</b>	<b>Strenuous-to-arduous walking over high terrain, buffeting gusts affecting balance with notable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Drizzle and patchy rain</b> Drizzly over the summits most of the day, persistent near and west of the M74. Patches of rain passing east-to-west from time to time, which may set in for periods, particularly west. Some extended dry windows towards Cheviot.
<b>Cloud on the hills?</b>	<b>Most extensive west</b> Blanket cloud across hills near and west of the M74 much of the day, bases 500-600m, or lower during rain with ragged patches to valley level. Mostly above 600m further east, a few higher breaks possible but any breaks to high summits rare and fleeting.
<b>Chance of cloud free summits?</b>	<b>10% west, 30% east.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Largely cloudy, dull and murky to the west with a mist over Galloway hills. Better visibility below cloud eastward, often very good Borders and around Cheviots.
<b>How Cold? (at 750m)</b>	11 or 12C, a slight rise east. Feeling near freezing in direct wind.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Sunday 5 July	Monday 6 July
<b>How windy? (On the summits)</b>	Westerly 30-40mph.	Westerly 30-40mph.
<b>Effect of wind on you?</b>	<b>Walking strenuous in exposure most of the day with considerable wind chill.</b>	<b>Walking strenuous in exposure most of the day with considerable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Frequent rain and drizzle</b> Often raining across most hills, a persistent drizzle across high hills near and west of M74. The rain more patchy south and east, some dry windows, but some extended falls here as well.	<b>Periods of rain</b> Patchy rain most of the day, most persistent across high Galloway hills, some extended heavier falls from time to time. The rain generally more patchy east.
<b>Cloud on the hills?</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 higher terrain near Cheviot, but filling in again with rain.	<b>Fairly extensive, best breaks east</b>  Western slopes shrouded above 500m likely all day, often lower with ragged patches into valleys; very low cloud towards Central Belt/Lothians too. Best chance higher breaks south and east, but filling in again where rain returns.
<b>Chance of cloud free summits?</b>	<b>10% west, 30% east</b>	<b>10% west, to 40% Cheviots</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, murky and dull to the west. Where out of cloud and rain east, very good visibility.	Largely cloudy, dull to the west. Where out of cloud and rain east, very good visibility.
<b>How Cold? (at 750m)</b>	10 or 11C, only slight rise if at all. Feeling near freezing in direct wind.	10 or 11C, rising slightly, locally 13C from the Borders eastward. Feeling near freezing in direct wind.
<b>Freezing Level</b>	Above the summits.	Above the summits.

## Planning Outlook

### All mountain areas of Britain from Sunday, 5 July, 2026

Rain, drizzle and low cloud persist over western hills from Lake District northward through the weekend and into early next week. Temperatures near average, but feeling cool in exposure to wind on tops, quite strong and gusty in the north. Northeast areas are drier with higher cloud bases but patchy rain reaches 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 ; lighter wind here, but nuisance gusts in exposure. A drier and warmer window builds into the middle of next week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some showers and patchy rain continue through late week and next weekend, though detail is uncertain and more often dry.

### Forecast issued at 15:59 on Friday, 3 July, 2026

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