

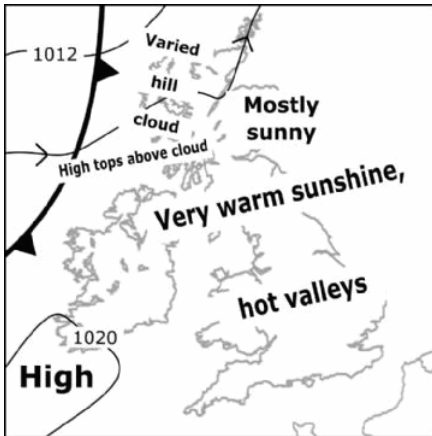
Southern Uplands

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 Thursday, 9 July, 2026



British Mountain Summary:

Based on forecast chart for noon 9 July, 2026

Warm-to-hot sun for most, risk of sunburn and dehydration. Early sea fog on low slopes near west coasts of England and Wales, may briefly lift but soon dissipating. Varied cloud western Scottish Highlands, mostly Mull to Skye, little or none eastward; high tops in and around Lochaber above the cloud layer.

Headline for Southern Uplands

Early cloud, most in the west, clearing for very warm sun

Detailed Forecast for Thursday, 9 July, 2026

How windy? (On the summits)	West to southwesterly 15mph in morning, easing to 10-15mph afternoon, locally easing to a lull later in the day.
Effect of wind on you?	Feeling breezing in the morning, but small effect on walking, becoming negligible with time.
How wet? (Precipitation and its impact)	No rain expected
Cloud on the hills?	Clearing during morning Varied mist in some valleys and cloud banks on western hill slopes extending to the Moffat hills early in the day; an extensive bank of cloud stretching into the Central Belt as well. Cloud lifts and breaks with time, largely above all summits by midday or earlier. Some low fog may linger near Solway coast for a time.
Chance of cloud free summits?	Rising to 90%
Sunshine? Air clarity (below cloud)	Sun increasingly extensive, a little fair-weather and thin high cloud around. Some early patchy mist, but visibility becoming excellent as cloud lifts.
How Cold? (at 750m)	14C rising to 17 to 19C afternoon, warmest eastern hills; valley temperatures approach 23 or 24C in the east.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 10 July	Saturday 11 July
How windy? (On the summits) Effect of wind on you?	Variable 10mph or less in morning, trending easterly, speeds approaching 15mph over tops later. Small.	Easterly 5-15mph, strongest breezes typically east and through Central Belt. Mostly small.
How wet? (Precipitation and its impact)	Chance of a thunderstorm later Most of the day dry. Perhaps odd spots or a brief burst of rain from high cloud. Later in the day, low risk an isolated thundery downpour.	Some patchy rain A risk of rain for most hills, the least rain to the west of the M74, perhaps only isolated patches here or entirely dry. Some risk of extended steady falls to the west with some fine drizzle over the tops early in the day.
Cloud on the hills? Chance of cloud free summits?	Likely none Small chance of a few thin ribbons of cloud around the Cheviot, this likely breaking up soon in the morning. Above 90%	High terrain stays shrouded east From the Borders eastward, cloud often shrouds slopes above 500-600m. Breaks forming, but most extensive east and Central Belt slopes, perhaps all day. Broken west, but some varied banks come and go above 600-700m. 30%, rising to 50% western summits
Sunshine? Air clarity (below cloud)	Strong sunshine, some thin high cloud, may build across the sky. Visibility very good.	Patchy weak sun to the south and west where visibility very good. Little sun expected to the east where often foggy (at least on high terrain).
How Cold? (at 750m) Freezing Level	16C at dawn rising to 19 to 21C, warmest around the Borders (valleys reaching 26C). Rather humid too. Above the summits.	Variable, between 14 and 18C; always coolest around Lothians/eastern hills, warmest towards slopes near Solway. Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 10 July, 2026

Staying warm in Scotland, hot for England and Wales into the weekend. High pressure shifts northward, facilitating a strengthening easterly wind across most areas. Some lingering cloud and rain over the Scottish Highlands on Friday and Saturday, some risk of heavier thundery bursts on Friday. The weekend is likely dry across England and Wales with fairly extensive sun, some sea fog beginning to affect northeastern hill groups later weekend.

Easterly wind will persist next week, sometimes quite strong England and Wales. Mostly sunny and quite hot, including Scottish Highlands. Low pressure south of the country may push showers into Wales, though confidence is low.

Otherwise, this hot and dry pattern is likely to persist until late next week, at least.

Forecast issued at 16:20 on Wednesday, 8 July, 2026

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