

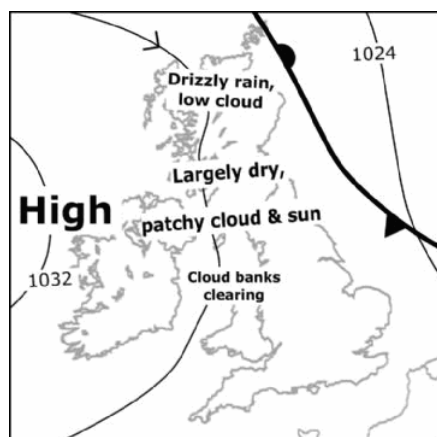
Southern Uplands

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, 22 July, 2026



British Mountain Summary:

Based on forecast chart for noon 22 July, 2026

Dull and damp for northern Scotland much of the day, low cloud blanketing the hills, fresh northwesterly winds, feeling cool. Drier and better cloud breaks southward across the Highlands. Some cloud on hills in northern England and Wales tending to lift and break, some warm sunshine.

Headline for Southern Uplands

Largely dry; some low cloud, tending to lift. Moderate breeze.

Detailed Forecast for Wednesday, 22 July, 2026

How windy? (On the summits)	North to northwesterly 15 to 20mph, nearer 25mph Galloway hills mainly in the morning; may drop less central areas.
Effect of wind on you?	Mostly small effect on walking, but feeling noticeably breezy and quite cool on western tops in the morning.
How wet? (Precipitation and its impact)	Rare if any light rain Local drizzly showers mostly easternmost hills, chance of a brief light shower in Galloway also, but most places likely dry.
Cloud on the hills?	Patchy cloud lifting and clearing Banks of cloud on some hills above 600-700m in the morning, mostly west Galloway and locally around The Cheviot. Tending to lift above tops by middle of day.
Chance of cloud free summits?	60% rising to 90%
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, some cloudier areas in the morning. Visibility very good.
How Cold? (at 750m)	10C rising to 13 to 15C afternoon. In the morning, feeling like 3C in the strongest wind on Galloway tops.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Thursday 23 July	Friday 24 July
How windy? (On the summits) Effect of wind on you?	Westerly 10 to 15mph, tending to increase a little during day to 15-20mph, reaching 25mph evening, 30mph after dark. Fairly small most of day, but feeling breezier later.	Westerly 25 to 30mph, tending to increase a little further into evening. Blustery over the hills, starting to affect ease of walking on exposed higher areas. Noticeable wind chill.
How wet? (Precipitation and its impact)	Generally dry, rare drizzle Chance of an odd patch of drizzle in the morning around cloud in west. Some drizzly rain returns to west from dusk. Small chance an isolated light shower later in day in east.	Occasional drizzle mostly west Patchy drizzle mostly western hills in Galloway, more often dry elsewhere. Into the night, some steadier rain develops from the northwest.
Cloud on the hills?	Patchy cloud lifting and breaking Some cloud banks around 500 to 700m early in the day, mainly western areas. Cloud base rising toward then generally above higher summits by midday.	Most extensive in morning Covering western hills up to M74 corridor fairly widely in morning above 600m, lower banks toward Ayrshire. More broken in east and breaks more widely afternoon.
Chance of cloud free summits?	50% rising to 90%	30% rising to 70% afternoon.
Sunshine? Air clarity (below cloud)	Patchwork of cloud and sun, clouding over for periods. Visibility very good.	Largely cloudy morning, some sun breaking through mainly east in afternoon, varied high cloud. Visibility becoming good.
How Cold? (at 750m) Freezing Level	10C rising to 13 to 15C, warmest eastern hills afternoon. Above the summits.	9C rising to 12C, local 14C Cheviots. Feeling like 0 to 4C directly in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 23 July, 2026

Westerly winds strengthen widely later this week, reaching gale-force over Scottish tops on Friday; low cloud across western Scotland, drizzle and steadier light rain, turning heavier later Friday. A swathe of persistent rain and strong winds moving southwards across Britain into Saturday, leaving a legacy of showers for Scotland, winds tending to lessen. Further areas of showers into Sunday. A changeable westerly pattern into next week and likely into early August, bringing spells of rain and showers; varying wind speeds, strengthening at times to gales on high tops. Often cooler for Scotland, a mix of cooler and warmer days for England & Wales.

Forecast issued at 16:01 on Tuesday, 21 July, 2026

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