

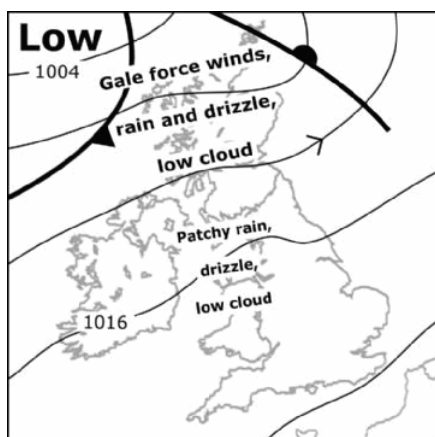
# Southern Uplands

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 Tuesday, 28 July, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 28 July, 2026

Challenging conditions over high terrain with gale-force winds, severe gales on the higher Scottish mountains. A few hours of persistent rain, some heavy for the Highlands, leaving drizzly conditions, low cloud across most hills. Some heavier rain again later in western Scotland.

### Headline for Southern Uplands

Gales on hills. Rain and low cloud.

## Detailed Forecast for Tuesday, 28 July, 2026

|                                                   |                                                                                                                                                                                                                                                                                                                                                 |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>                | Southwesterly 35 to 45mph, gusts 55-60mph around high tops in the morning, peak speeds fluctuating during the day, slightly less middle of day and early afternoon.                                                                                                                                                                             |
| <b>Effect of wind on you?</b>                     | <b>Challenging walking conditions, balance difficult in exposure on tops, gusts could knock you over. Marked wind chill despite mild and humid air.</b>                                                                                                                                                                                         |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Rain and drizzle, later showery rain</b><br>Drizzle and some steadier rain in the morning, generally wettest for areas near and west of the M74 corridor. Patchier in afternoon and easing off at times further east. Some heavier showery bursts later in the day. Then from dusk into night, more prolonged heavier rain develops in west. |
| <b>Cloud on the hills?</b>                        | <b>Extensive, lowest southwest</b><br>Blanket cloud shrouding the hills from lower elevations upward in Dumfries & Galloway much of the day. Higher bases into afternoon, better north and east, local breaks above 600m.                                                                                                                       |
| <b>Chance of cloud free summits?</b>              | <b>20%</b>                                                                                                                                                                                                                                                                                                                                      |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Largely cloudy, misty in west, poor visibility widely in rain; some improvements and brief moments of sun in east.                                                                                                                                                                                                                              |
| <b>How Cold? (at 750m)</b>                        | 13C, little variation all day, locally 15C eastern hills, quite humid.<br>Feeling like 1 to 4C directly in wind on tops.                                                                                                                                                                                                                        |
| <b>Freezing Level</b>                             | Above the summits.                                                                                                                                                                                                                                                                                                                              |

## Southern Uplands - Looking Ahead

|                                                   | Wednesday 29 July                                                                                                                                                                                                                                     | Thursday 30 July                                                                                                                                                                                                                         |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>How windy? (On the summits)</b>                | Southwesterly 25 to 30mph, some stronger gusts over higher tops.                                                                                                                                                                                      | Southwest then westerly, 15 to 25mph strengthening during morning to reach 30-35mph, stronger gusts afternoon.                                                                                                                           |
| <b>Effect of wind on you?</b>                     | <b>Blustery over the hills, affecting ease of walking with some buffeting gusts on exposed higher areas.</b>                                                                                                                                          | <b>Fairly small at first, but increasingly affecting comfortable walking, buffeting gusts in exposure. Marked wind chill.</b>                                                                                                            |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Patchy rain, heavier bursts forming</b><br>Rain on and off, a mix of drizzle and some showery bursts, risk of becoming more frequent and a band of rain arriving from west later in the day, heavier falls may set in. Risk of occasional thunder. | <b>Showery bursts of rain</b><br>Broadly showery, may give locally heavy bursts of rain over an hour or so passing eastwards during afternoon, chance of isolated thunder. Possible showers returning to Galloway from west late in day. |
| <b>Cloud on the hills?</b>                        | <b>May persist west, varied east/north</b><br><br>Shrouding hills in Dumfries and Galloway perhaps much of the day, to some lower elevations near Solway. Higher bases and more broken cloud north and eastwards.                                     | <b>Lifting above tops away from showers</b><br><br>Patchy cloud banks around upper slopes in the morning, lifting mostly above the hills, but patches return over tops and briefly lower down around showers.                            |
| <b>Chance of cloud free summits?</b>              | <b>20% southwest, to 50% north/east.</b>                                                                                                                                                                                                              | <b>70%</b>                                                                                                                                                                                                                               |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Largely cloudy, glimpses of sun Borders. Visibility poor around rain, improving below cloud where dry.                                                                                                                                                | Fairly cloudy, some sun breaking through for periods. Visibility very good when dry, reduced briefly in showers.                                                                                                                         |
| <b>How Cold? (at 750m)</b>                        | 13C, rising to 16C eastern hills afternoon. Feeling like 3 to 6C directly in wind.                                                                                                                                                                    | 8 to 10C, coolest Galloway, slight drop later in daytime. Feeling like 0C in exposure to wind.                                                                                                                                           |
| <b>Freezing Level</b>                             | Above the summits.                                                                                                                                                                                                                                    | Above the summits.                                                                                                                                                                                                                       |

## Planning Outlook

## All mountain areas of Britain from Wednesday, 29 July, 2026

A complex pattern into the start of August as weak low pressure is nearby to the west. Some showery bursts of rain, possibly thundery in places on some days, locally persistent rain possible, but some places may well escape drier. Cloud varying over the hills from day to day. Strong southwesterly winds later this week, then becoming more variable in speed and direction over the weekend into early next week, may strengthen again for periods. A generally showery westerly may then prevail during next week. Temperatures near average or on the cooler side for Scotland, warmer for Wales and Peak District. Beware ongoing fire management restrictions to access despite rain in the forecast.

## Forecast issued at 7:53 on Tuesday, 28 July, 2026

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