UK Hydrological Outlook

Delivered in partnership by: UK Centre for Ecology & Hydrology

Period: From July 2026

Issued on 08.07.2026 using data to the end of June 2026

SUMMARY The outlook for July indicates normal to below normal river flows are likely across eastern Scotland, southern Wales, and central, southern, and eastern England. In northwestern areas river flows are likely to be normal to above normal for July. This flow pattern is likely to persist over the 3 months from July to September. Groundwater levels across the UK are likely to be in the normal range over the next 3 months.

Rainfall:

June rainfall was above average for the UK (117%) with parts of Northern Ireland, western Scotland, northwest England, and pockets of southeast England receiving more than 170% of the average monthly rainfall. In contrast, parts of north Wales, eastern England and eastern Scotland received below average rainfall.

The forecast (issued by the Met Office on 29.06.2026) indicates balanced chances of a wet or a dry July. Over July-September, the forecast indicates that near average rainfall remains most likely with the potential for large regional variations and an increased chance of a hot 3-month period.

River flows:

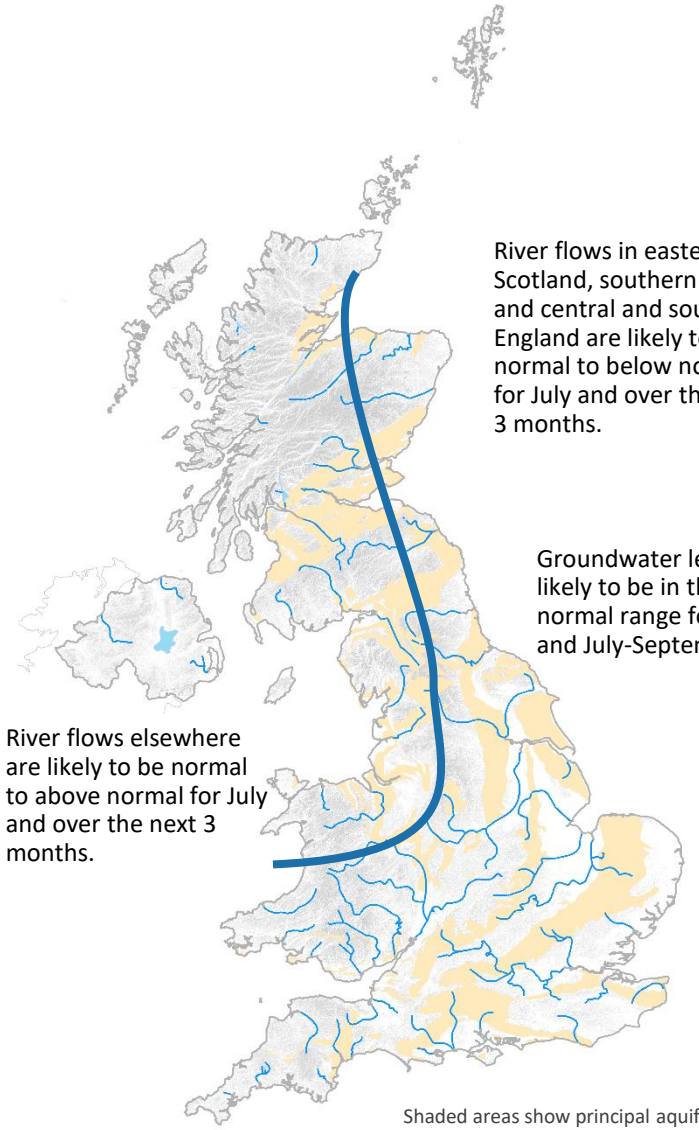
River flows in June were above normal to notably high across western Scotland, Northern Ireland, northwest England, and southern Wales, with record high June flows recorded on the River Cree (southwest Scotland). Elsewhere, river flows were normal to below normal with parts of northeast Scotland and East Anglia recording notably low flows.

The outlook for July is that these patterns will largely continue with flows in northern Wales, northwestern England, western Scotland and Northern Ireland likely to be in the normal to above normal range. Elsewhere flows are likely to be normal to below normal, with the potential for current notably low flows to continue in some areas. Over the July-September period this pattern is likely to persist, with normal to above normal flows likely in northwest Britain and Northern Ireland, and normal to below normal flows elsewhere.

Groundwater:

Groundwater levels at the end of June were normal to below normal in most principal aquifers except for one borehole in eastern Scotland which recorded notably low levels, and southwest Scotland where some boreholes recorded above average levels.

The outlook indicates that groundwater levels are likely to be in the normal range across most principal aquifers in July. Levels in southern Wales are likely to be below normal, while levels in northern England and southern Scotland are likely to be normal to above normal. Over the next three months this is likely to persist though parts of central England are likely to see normal to below normal levels.



The UK Hydrological Outlook provides an outlook for the water situation for the United Kingdom over the next three months and beyond. For guidance on how to interpret the outlook, a wider range of information, and a full description of underpinning methods, please visit the website: www.hydoutuk.net

UK HYDROLOGICAL OUTLOOK

July 2026

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UK Hydrological Outlook

Delivered in partnership by: UK Centre for Ecology & Hydrology

About the UK Hydrological Outlook:

This document presents an outlook for the UK water situation for the next 1-3 months and beyond, using observational datasets, meteorological forecasts and a suite of hydrological modelling tools. The outlook is produced in a collaboration between the UK Centre for Ecology & Hydrology (UKCEH), British Geological Survey (BGS), the Met Office, the Environment Agency (EA), Natural Resources Wales (NRW), the Scottish Environment Protection Agency (SEPA), and for Northern Ireland, the Department for Infrastructure – Rivers (DfIR).

Data and Models:

The UK Hydrological Outlook depends on the active cooperation of many data suppliers. This cooperation is gratefully acknowledged. Historic river flow and groundwater data are sourced from the UK National River Flow Archive and the National Groundwater Level Archive. Contemporary data are provided by the EA, SEPA, NRW and DfIR. These data are used to initialise hydrological models, and to provide outlook information based on statistical analysis of historical analogues.

Climate forecasts are produced by the Met Office. Hydrological modelling is undertaken by UKCEH using the Grid-to-Grid and GR6J hydrological models. Hydrogeological modelling uses the AquiMod model run by BGS. Supporting documentation is available from the Outlooks website: https://hydoutuk.net/about/methods

Presentation:

The language used in the summary presented overleaf generally places flows and groundwater levels into just three classes, i.e. below normal, normal, and above normal. However, the underpinning methods use as many as seven classes as defined in the graphic to the right, i.e. the summary uses a simpler classification than some of the methods. On those occasions when it is appropriate to provide greater discrimination at the extremes the terminology and definitions of the seven class scheme will be adopted.

	Percentile range of historic values for relevant month
Exceptionally high flow	> 95
Notably high flow	87-95
Above normal	72-87
Normal range	28-72
Below normal	13-28
Notably low flow	5-13
Exceptionally low flow	< 5

Disclaimer and liability:

The UK Hydrological Outlook partnership aims to ensure that all Content provided is accurate and consistent with its current scientific understanding. However, the science which underlies hydrological and hydrogeological forecasts and climate projections is constantly evolving. Therefore any element of the Content which involves a forecast or a prediction should not be relied upon as though it were a statement of fact. To the fullest extent permitted by applicable law, the UK Hydrological Outlook Partnership excludes all warranties or representations (express or implied) in respect of the Content.

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The UK Hydrological Outlook is supported by the Natural Environment Research Council funded NC-UK (NE/Y006208/1) and Hydro-JULES (NE/S017380/1) Programmes.

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Further information:

For more detailed information about the UK Hydrological Outlook, and the derivation of the maps, plots and interpretation provided in this outlook, please visit the UK Hydrological Outlook website. The website features a host of other background information, including a wider range of sources of information which are used in the preparation of this Outlook. Dynamic access to many of the outputs of the UK Hydrological Portal are available on the UK Hydrological Outlooks Portal.

Contact:

UK Hydrological Outlooks, UK Centre for Ecology & Hydrology, Wallingford, Oxfordshire, OX10 8BB
t: 01491 838800 e: https://hydoutuk.net/contact

Reference for the UK Hydrological Outlook:

UK Hydrological Outlook, 08 July 2026, UK Centre for Ecology & Hydrology, Oxfordshire UK, Online, https://www.hydoutuk.net/latest-outlook/

Other Sources of Information:

The UK Hydrological Outlook should be used alongside other sources of up-to-date information on the current water resources status and flood risk.

Environment Agency Water Situation Reports: provides summary of water resources status on a monthly and weekly basis for England: https://www.gov.uk/government/collections/water-situation-reports-for-england

Flood warnings are continually updated, and should be consulted for an up-to-date and localised assessment of flood risk:
i. Environment Agency: https://flood-warning-information.service.gov.uk/map
ii. Natural Resources Wales: https://flood-warning.naturalresources.wales/
iii. Scottish Environment Protection Agency: https://www.sepa.org.uk/flooding.aspx

Hydrological Summary for the UK: provides summary of current water resources status for the UK: https://nrfa.ceh.ac.uk/monthly-hydrological-summary-uk

UK Met Office forecasts for the UK: https://www.metoffice.gov.uk/

UK Water Resources Portal: monitor the UK hydrological situation in near real-time including rainfall, river flow, groundwater and soil moisture from COSMOS-UK: https://eip.ceh.ac.uk/hydrology/water-resources/

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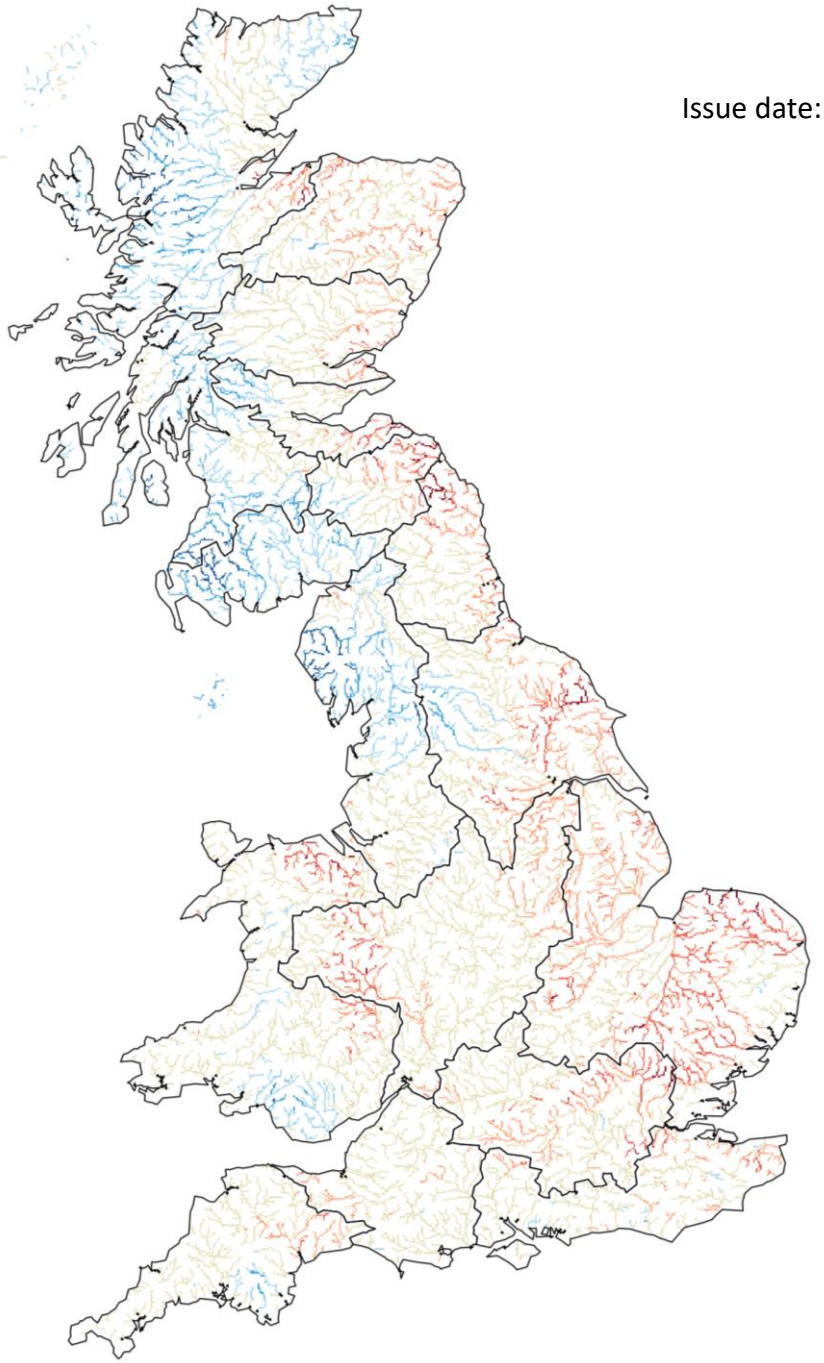
June's mean river flows simulated by the Grid-to-Grid hydrological model

Issue date: 02.07.2026

This map shows the simulated monthly mean flow across Great Britain for last month, ranked in terms of 54 years of historical flow estimates (1963 – 2016).

These flows are produced by the 1km resolution Grid-to-Grid (G2G) hydrological model, which is run up to the end of each calendar month using observed rainfall and MORECS potential evaporation as input.

Note that the G2G model provides estimates of natural flows.



Flow estimate for each river pixel ranked in terms of historic % flow estimates (1963-2016)

Exceptionally high flow	> 95
Notably high flow	87-95
Above normal	72-87
Normal range	28-72
Below normal	13-28
Notably low flow	5-13
Exceptionally low flow	< 5

CURRENT CONDITIONS

July 2026

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Current Daily Simulated Subsurface Water Storage Conditions

Based on subsurface water storage estimated for 30 June 2026

Issue date: 02.07.2026

These maps are based on Grid-to-Grid (G2G) hydrological model simulated subsurface water storage (water in the soil and groundwater), expressed as an anomaly from the historical monthly mean. To highlight areas that are particularly wet or dry, the storage anomaly is presented relative to historical extremes. Rainfall in WET areas with high positive relative wetness could result in flooding in the coming days/weeks. Areas of negative relative wetness indicate locations which are particularly DRY, and little or no rain in these areas could potentially lead to (or prolong) a drought. Maps of soil moisture only are available on the next page.

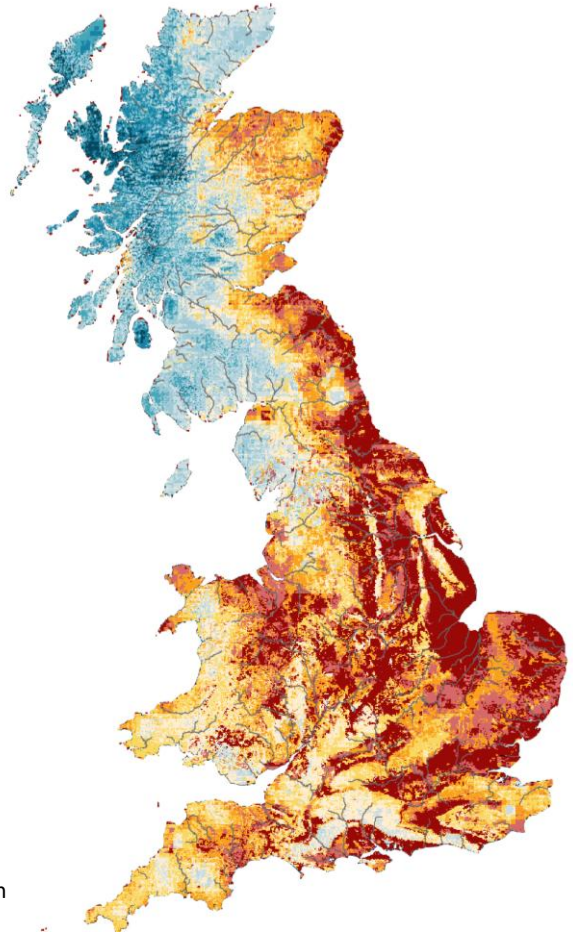
SUMMARY: Subsurface water stores are lower (drier) than normal over much of England, Wales and eastern Scotland, especially in areas where these stores are usually shallow. Elsewhere, stores have been replenished in eastern Scotland and northeast England and are now higher (wetter) than usual.

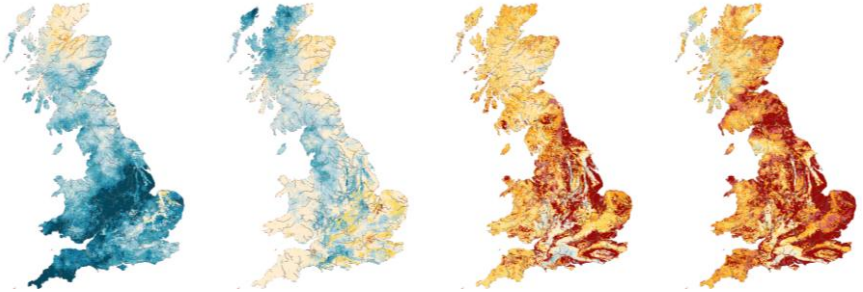
Relative wetness

Water storage anomaly as a % of maximum (positive wetness) or minimum (negative wetness) storage anomaly (zero indicates average value)

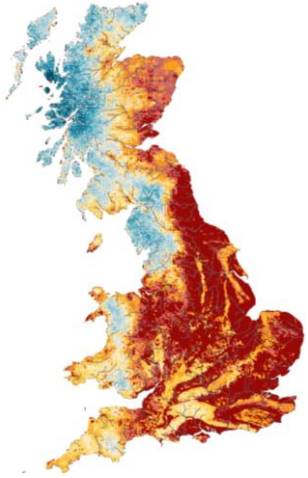
High (very wet)	>80
	60-80
Medium wetness	40-60
	20-40
Low wetness	0.01-20
Average conditions	-0.01-0.01
Low dryness	-20--0.01
	-40--20
Medium dryness	-60--40
	-80--60
High (very dry)	<-80
Major rivers	

Labels refer to estimated storage on final day of named month

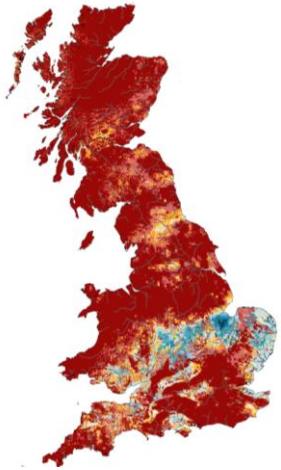




June 2025



August 1976*



*Example month displaying extreme negative wetness

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Current Daily Simulated Soil Moisture Conditions

Based on soil moisture estimated for 30 June 2026

Issue date: 02.07.2026

These maps are based on Grid-to-Grid (G2G) hydrological model simulated soil moisture, expressed as an anomaly from the historical monthly mean. To highlight areas that are particularly wet or dry, the soil moisture anomaly is presented relative to historical extremes. These maps are not a forecast; rather an indication of current conditions. Soil moisture will often look similar to total storage (shown on the previous slide), since total storage comprises both soil moisture and storage in the saturated zone.

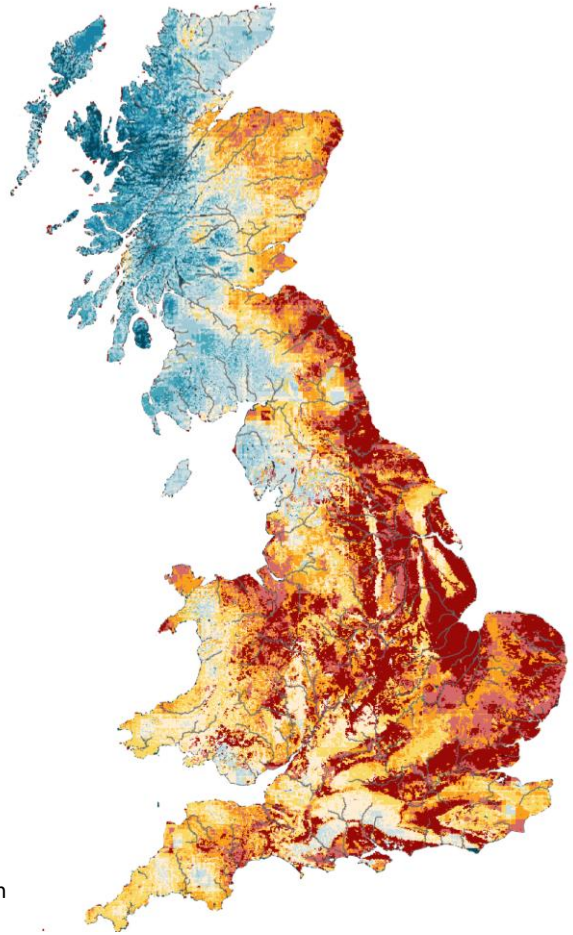
SUMMARY: Soil water stores are lower (drier) than normal over much of England, Wales and eastern Scotland, especially in areas where these stores are usually shallow. Elsewhere, stores have been replenished in eastern Scotland and northeast England and are now higher (wetter) than usual.

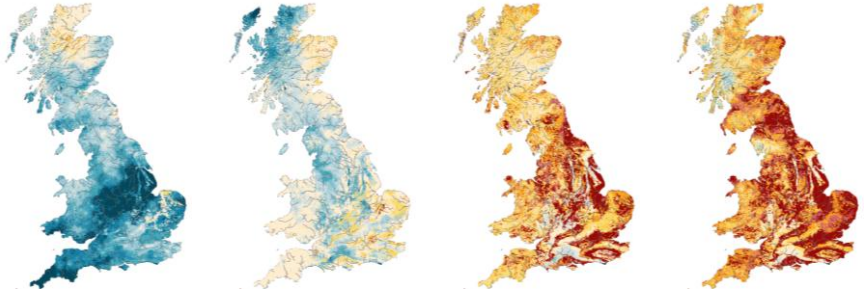
Relative wetness

Soil moisture anomaly as a % of maximum (positive wetness) or minimum (negative wetness) storage anomaly (zero indicates average value)

High (very wet)	>80
	60-80
Medium wetness	40-60
	20-40
Low wetness	0.01-20
Average conditions	-0.01-0.01
Low dryness	-20--0.01
	-40--20
Medium dryness	-60--40
	-80--60
High (very dry)	<-80
Major rivers	

Labels refer to estimated storage on final day of named month





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Estimate of Additional Rainfall Required to Overcome Dry Conditions

Based on subsurface water storage estimated for 30 June 2026

Issue date: 02.07.2026

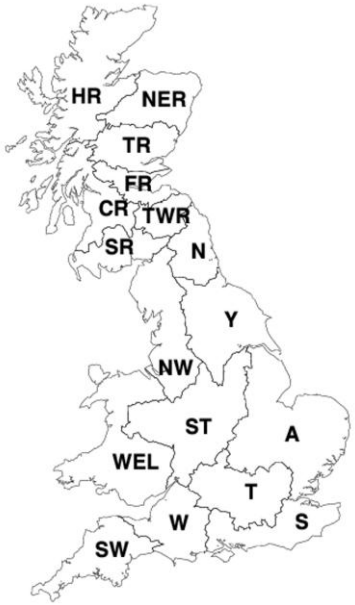
CURRENT CONDITIONS

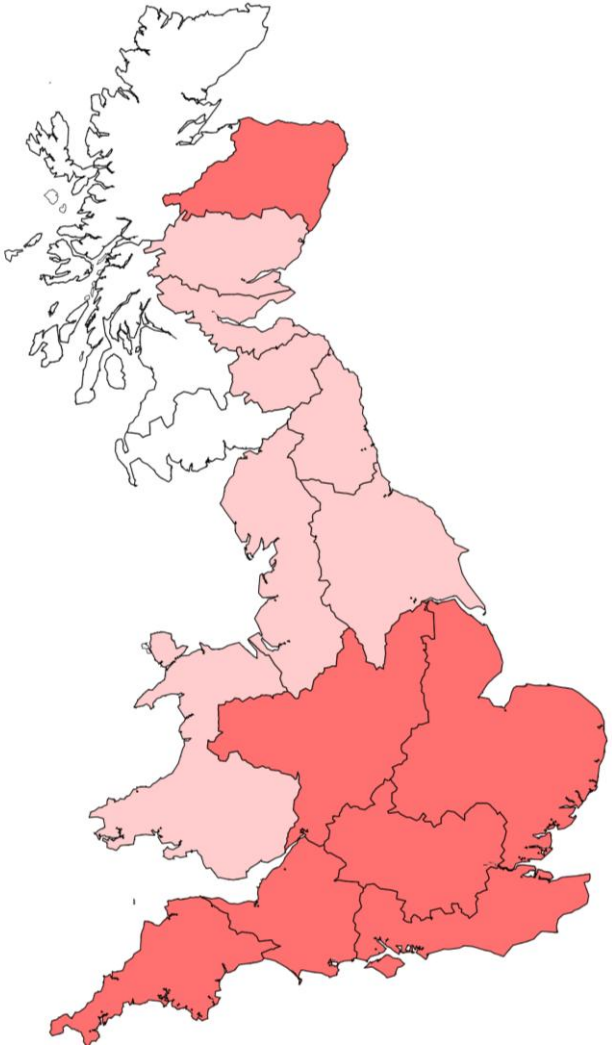
These maps show the Grid-to-Grid (G2G) hydrological model simulated subsurface water storage, expressed as an anomaly from the historical monthly mean (1981-2010), presented on a 1km grid and as regional means. Subsurface storage deficits, i.e. where the subsurface water storage anomaly is less than zero, are highlighted in red/pink.

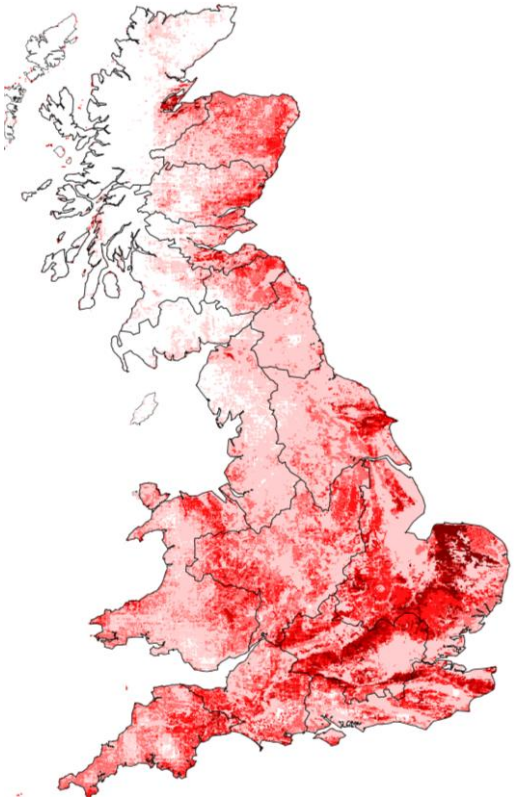
The subsurface storage deficit (mm) can be interpreted as an estimate of additional rainfall that would be required in future months to overcome dry conditions (i.e. rainfall in addition to what is expected on average). Regional mean values of additional rainfall required are provided in the table below.

Regional estimate of additional rainfall required (mm)

	SCOTLAND	
0	HR	Highlands Region
27	NER	North East Region
14	TR	Tay Region
14	FR	Forth Region
0	CR	Clyde Region
24	TWR	Tweed Region
0	SR	Solway Region
	ENGLAND	
16	N	Northumbria
7	NW	North West
24	Y	Yorkshire
32	ST	Severn Trent
49	A	Anglian
50	T	Thames
32	W	Wessex
31	S	Southern
33	SW	South West
	WALES	
23	WEL	Welsh







Water storage deficit (anomaly; mm)

- >125
- 100-125
- 75-100
- 50-75
- 25-50
- 0-25
- <0

July 2026

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Return Period of Rainfall Required to Overcome Dry Conditions

Period: July 2026 - December 2026

Issue date: 02.07.2026

CURRENT CONDITIONS

These maps show the return period of the rainfall required to overcome dry conditions simulated using the Grid-to-Grid (G2G) hydrological model. The maps are coloured according to the return period of accumulated rainfall required to overcome the estimated current subsurface water storage deficit over the next one to six months (areas with no storage deficit will always be white). These maps do not provide a drought forecast; instead they indicate whether particularly heavy rainfall would be required to return to normal conditions for the time of year.

SUMMARY: Water storage deficits now exist in many parts of England and Wales. In central and southern England these deficits will require unusually high (>5-year return period to recover over the next month. In the Anglian region these deficits are likely to persist across the summer.

Jul

Aug

Sep

SCOTLAND

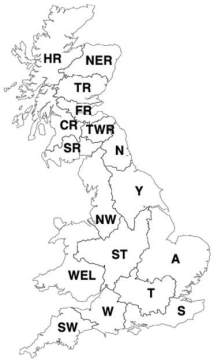
HR Highlands Region
NER North East Region
TR Tay Region
FR Forth Region
CR Clyde Region
TWR Tweed Region
SR Solway Region

ENGLAND

N Northumbria
NW North West
Y Yorkshire
ST Severn Trent
A Anglian
T Thames
S Southern
W Wessex
SW South West

WALES

WEL Welsh



Oct

Nov

Dec

Rainfall amount (Probability)		Return period (years)
Low (Likely)	>20%	<5
	<20%	5-10
	<10%	10-25
	< 4%	25-50
High (Less likely)	< 2%	50-100
	< 1%	100-200
Extreme (Unlikely)	<0.5%	>200

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July 2026

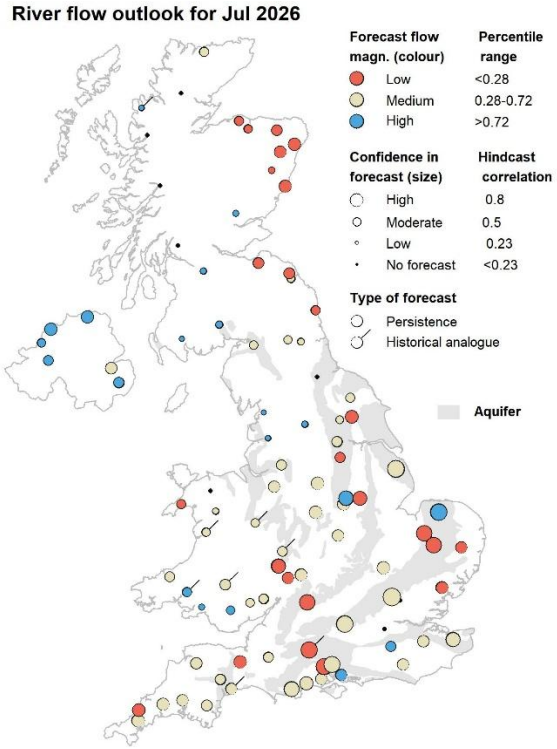
Outlook based on hydrological persistence and analogy

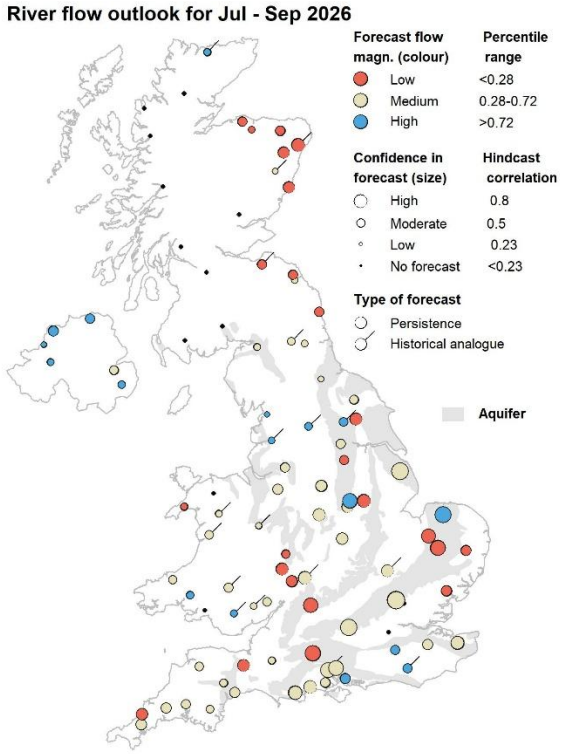
Overview

Period: July 2026 – September 2026

Issued on 06.07.2026 using data to the end of June 2026

SUMMARY: The outlook for July and the July–September period indicates that river flows across much of Britain are expected to be normal to below normal, with below normal flows likely in eastern Scotland. Above normal flows are likely in Northern Ireland. Forecast availability is limited across parts of northern and western Britain.





1-month flow outlook

3-month flow outlook

Outlooks from hydrological analogues are based on a comparison of river flow during recent months with flows during the same months in previous years at a set of approximately 90 sites from across the UK. These sites are depicted on the two maps. Years with observed flows that most closely resemble current conditions are identified as the best analogues and the outlook is based on extrapolating from current conditions based on these analogues.

It is, however, often the case that a simpler forecast based on the persistence of river flow provides a better forecast than provided by analogy. This is particularly true for slowly responding catchments associated with aquifer outcrops.

Both methods are considered at each site and the forecast from the method with the higher confidence is presented. A simple classification of flows is used (high, medium and low) as indicated by the colours of the dots, with the confidence of the forecast being represented by the size of the dot. A tag on the dot indicates which method has been used in each instance.

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Outlook based on hydrological persistence and analogy

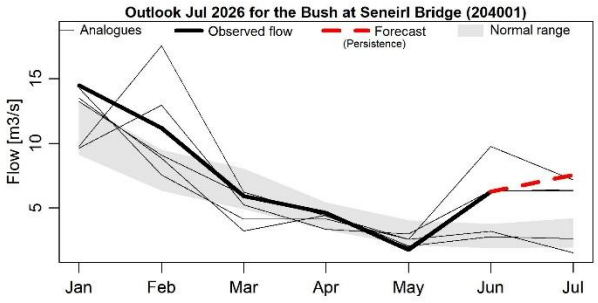
Site-based: 1 month outlook

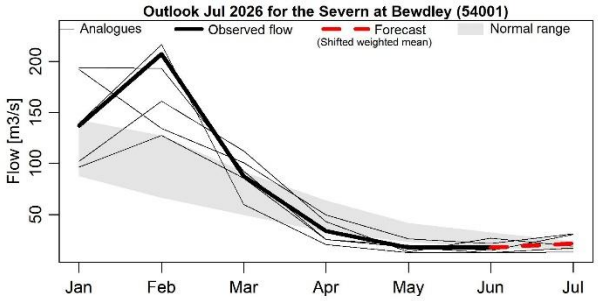
Period: July 2026

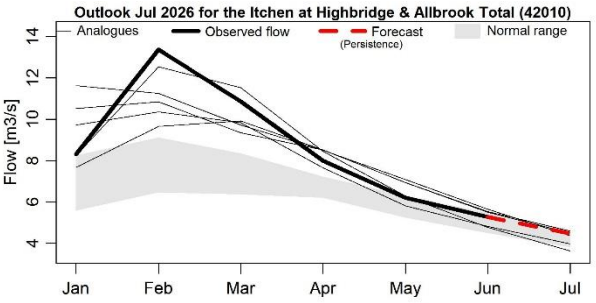
Issued on 06.07.2026 using data to the end of June 2026

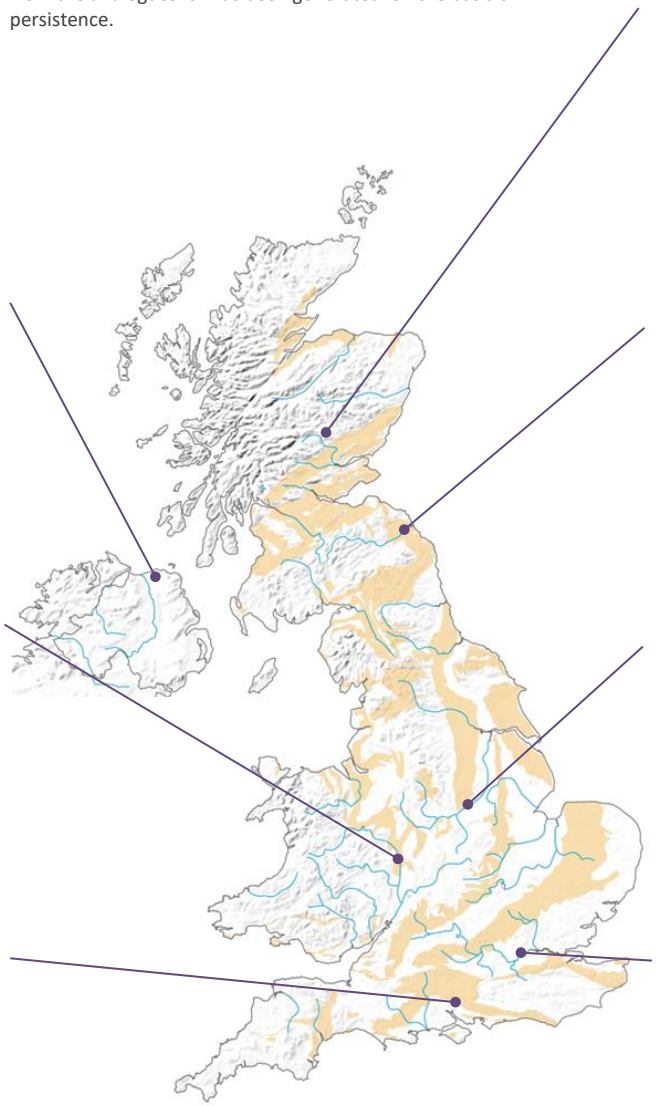
These figures provide insight into the hydrological analogue methodology for a set of sites from across the UK.

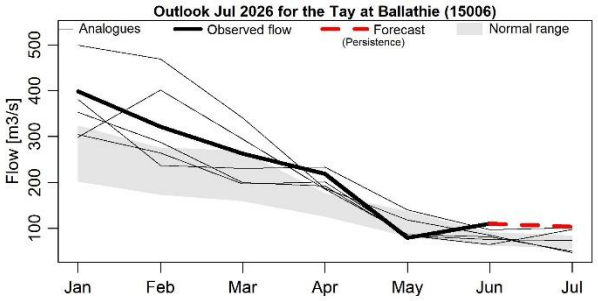
In each of the time series graphs the bold black line represents the observed flow during the past six months. The grey band indicates the normal flow range (the normal band includes 44% of observed flows in each month). The selected analogues are shown as thin lines and the trajectories that flows took in the following month are also shown. The forecast is shown as the dashed red line, and in each plot it states whether this has come from the analogues or has been generated on the basis of persistence.

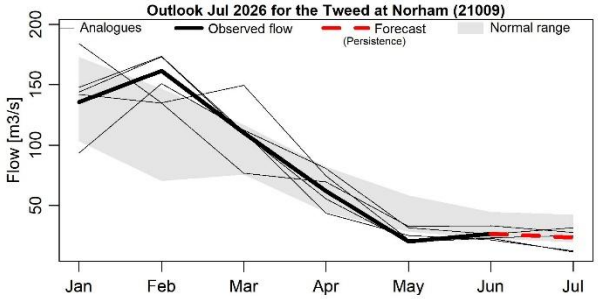


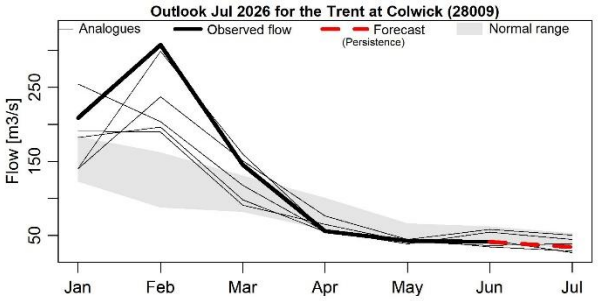


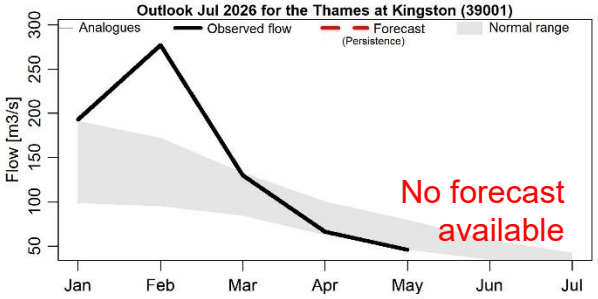












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RIVER FLOW ANALOGY

July 2026

Outlook based on hydrological persistence and analogy

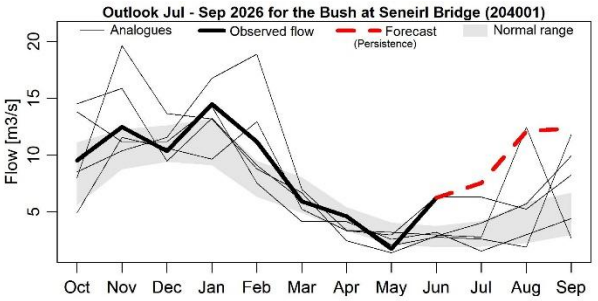
Site-based: 3 month outlook

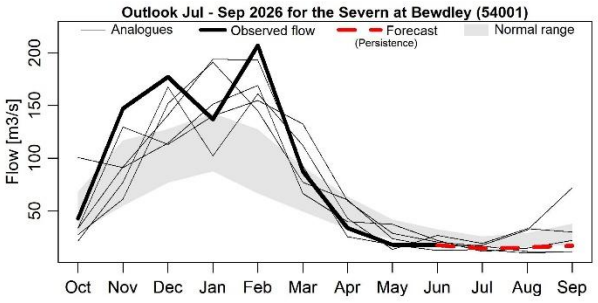
Period: July 2026 – September 2026

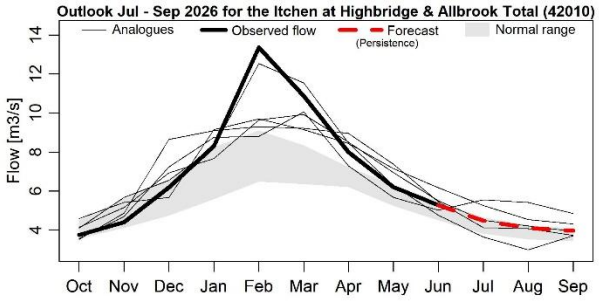
Issued on 06.07.2026 using data to the end of June 2026

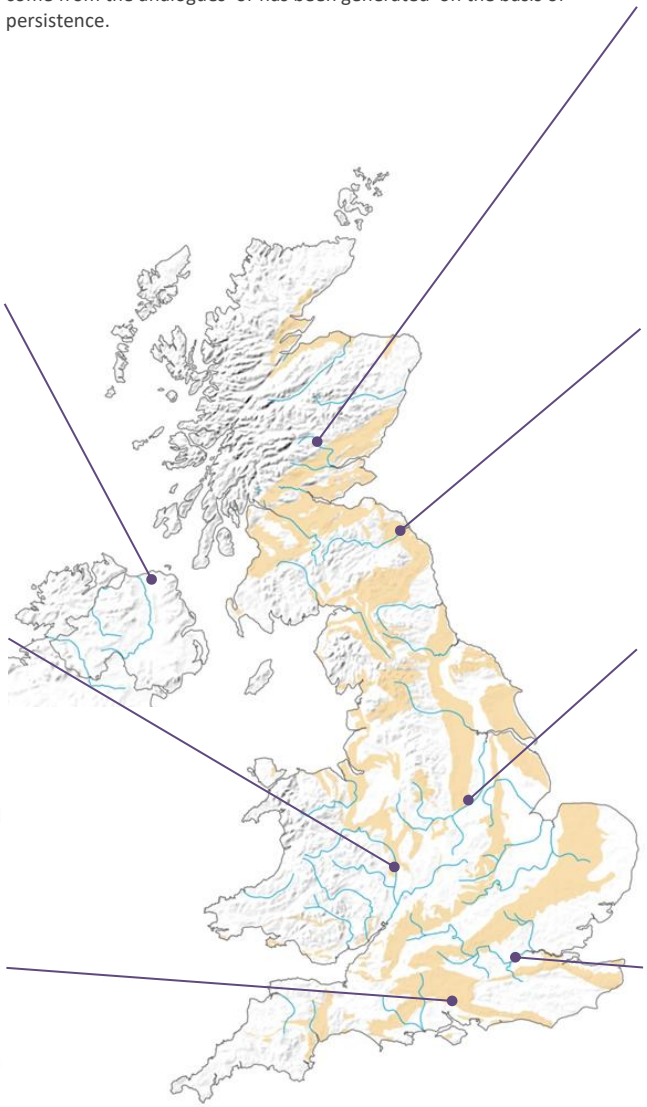
These figures provide insight into the hydrological analogue methodology for a set of sites from across the UK.

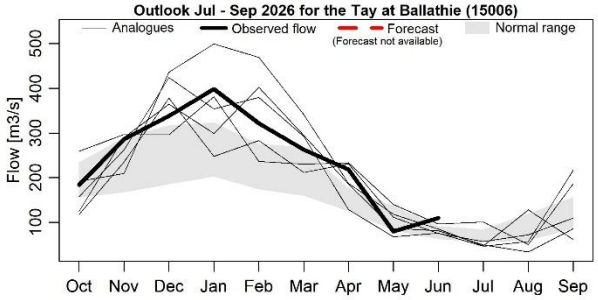
In each of the time series graphs the bold black line represents the observed flow during the past nine months. The grey band indicates the normal flow range (the normal band includes 44% of observed flows in each month). The selected analogues are shown as thin lines and the trajectories that flows took in the following three months are also shown. The forecast is shown as the dashed red line, and in each plot it states whether this has come from the analogues or has been generated on the basis of persistence.

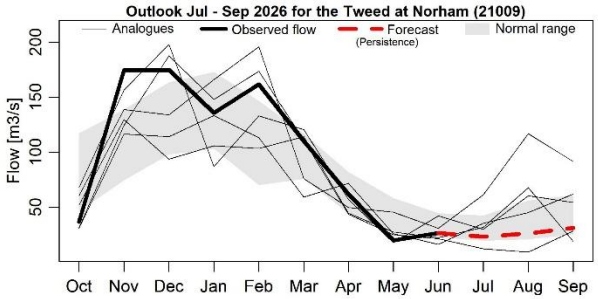


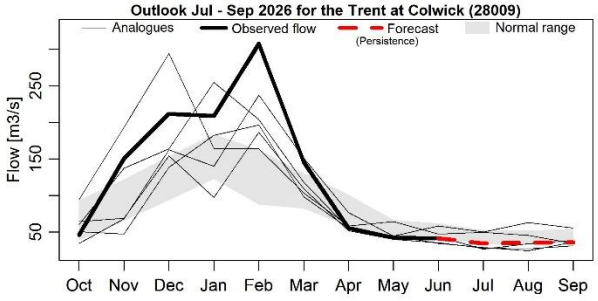


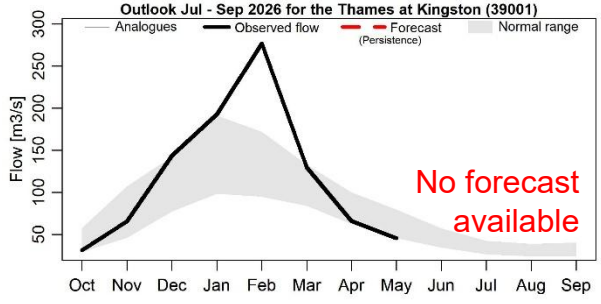












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RIVER FLOW ANALOGY

July 2026

UK Centre for Ecology & Hydrology

British Geological Survey

Environment Agency

Outlook based on modelled flow from historical climate

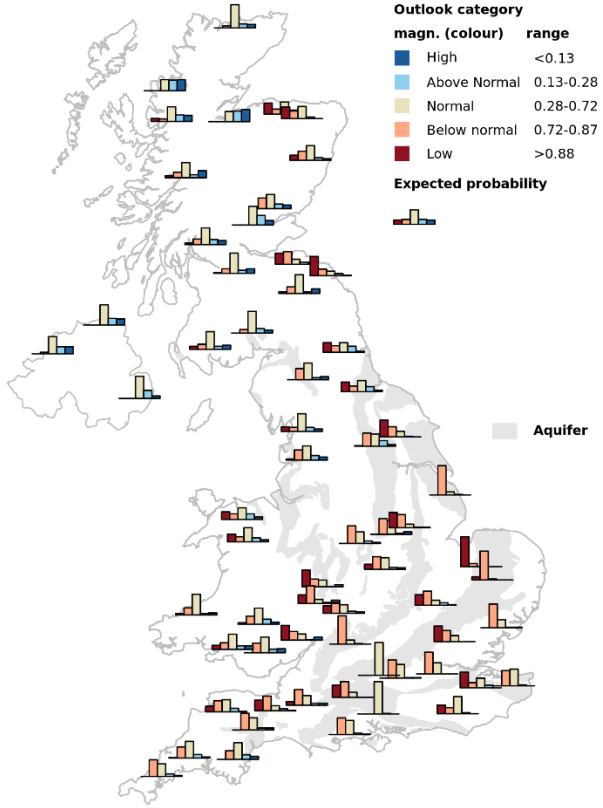
Overview

Period: July 2026 – December 2026

Issued on 02.07.2026 using data to the end of June 2026

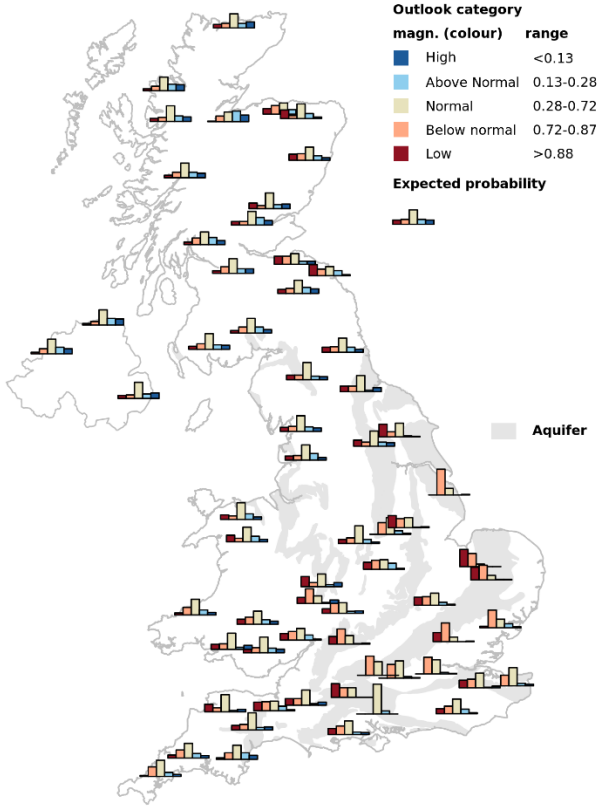
The outlook for July indicates that river flows are likely to be below normal to low across eastern and southern England, eastern Scotland, and north Wales. Elsewhere, flows are likely to be in the normal range, except for some catchments in northwestern Scotland where flows are likely to be normal to above normal. The July to September outlook indicates a continuation of the dry conditions across southern and central England. For the rest of the UK, flows are likely to shift towards more normal conditions.

1-month river flow outlook starting Jul 2026



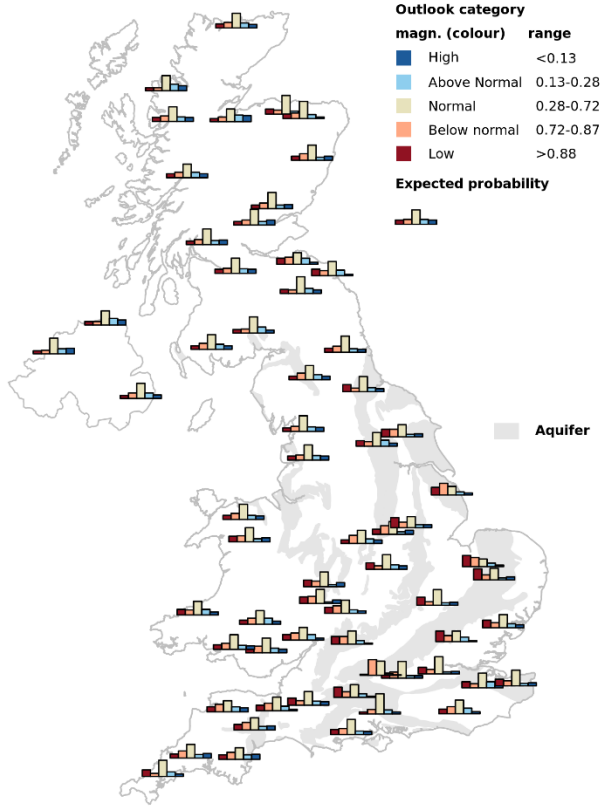
This outlook is based on monthly ensembles of historical sequences of observed climate (rainfall and potential evapotranspiration) that form input to a hydrological model. The outputs are probabilistic simulations of the average river flow over the forecast period (1 to 12 months ahead), at each location. The simulations are generated by the GR6J conceptual rainfall-runoff model from INRAE (France) calibrated on observed or naturalised flows.

3-month river flow outlook starting Jul 2026



The bar plot maps show the outlook distribution for 1, 3 and 6-month period for 64 catchments across England and Wales. Each bar plot represents the probabilistic distribution of the simulated river flow compared to the historical river flow, for the same n-month period. The probabilities fall within five categories, classified as: low, below normal, normal, above normal and high.

6-month river flow outlook starting Jul 2026



This outlook is based entirely on historical sequences and therefore does not contain any knowledge of the state of the atmosphere and ocean. It is hence possible that some of the historical sequences used might be inconsistent with current large-scale atmospheric conditions and would therefore be unlikely to occur in the next few months.

Please note that *Outlooks based on modelled flow from historical climate* from October 2023 onwards were generated using GR6J model, whereas until September 2023, they were produced using GR4J model. For more details, please see the section on River flow from historical climate at this link: https://hydoutuk.net/about/methods/river-flows

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UK Centre for Ecology & Hydrology

British Geological Survey

Environment Agency

Outlook based on modelled flow from historical climate

Overview

This outlook is based on monthly ensembles of historical sequences of observed climate (rainfall and potential evapotranspiration) that form input to a hydrological model. The outputs are probabilistic simulations of the average river flow over the forecast period (1 to 12 months ahead), at each location. The simulations are generated by the GR6J conceptual rainfall-runoff model from INRAE (France) calibrated on observed or naturalised flows.

The stack diagrams show the variation over time of the outlook distribution for a number of individual catchments. Each graph represents variation over time of the number of simulated river flows, in each month ensemble, that fall within each of seven categories: exceptionally low, notably low, below normal, normal, above normal, notably high and exceptionally high. The categories represent cumulative flow conditions, e.g. For 3-month, the simulated total 3-month flow compared to the historical 3-month flow distribution. The monthly variations can be compared to the long-term average distribution of river flows (shown as columns on the right of each timeline graph).

This outlook is based entirely on historical sequences and therefore does not contain any knowledge of the state of the atmosphere and ocean. It is hence possible that some of the historical sequences used might be inconsistent with current large-scale atmospheric conditions and would therefore be unlikely to occur in the next few months.

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RIVER FLOW FROM HISTORICAL CLIMATE

July 2026

UK Centre for Ecology & Hydrology

Met Office

Outlook based on modelled flow using historical weather analogues

Period: July 2026 – September 2026

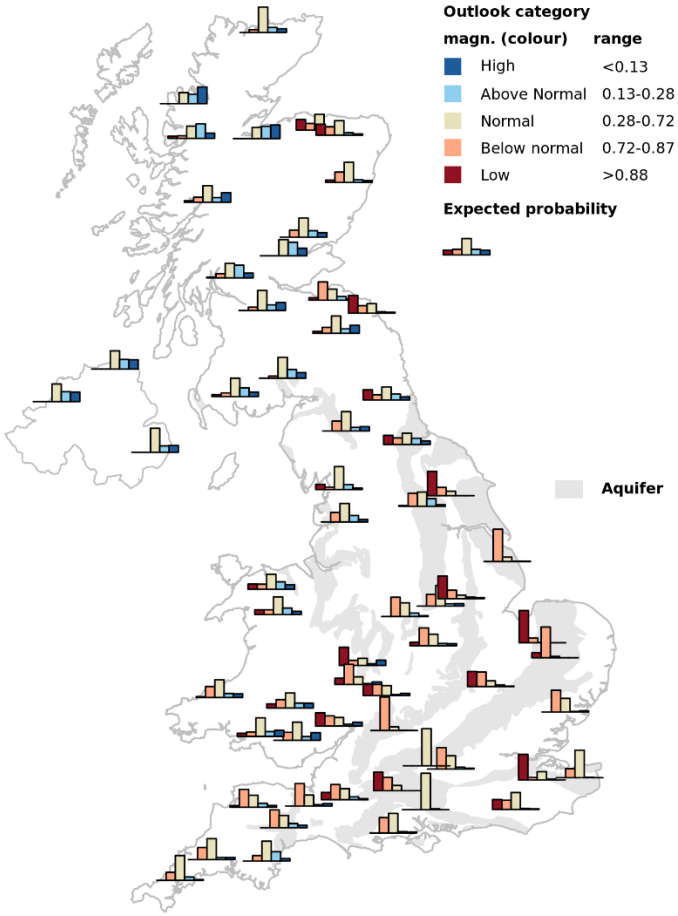
Issued on 02.07.2026 using data to the end of June 2026

The outlook for July indicates that river flows are likely to be below normal to low across central, eastern and southern England, and eastern Scotland. Elsewhere, flows are likely to be normal to above normal. The July to September outlook indicates a broad continuation of this northwest-southeast split for the UK, though there is a slight shift towards more normal conditions across Wales and northern England.

The historical weather analogues method uses Met Office predictions of average weather 1 and 3 months ahead to provide inputs to a hydrological model. Like the ESP method, observed rainfall and temperature data from past years are used to drive the predictions, however, the analogue method constrains the selection of past rainfall using the weather conditions in the meteorological forecasts (which are summarised for this forecast in the Met Office likelihood of impacts blocks underneath the maps). For each member of the Met Office forecast ensemble, the 10 analogues that best match the predicted average weather pattern (surface pressure map) over the forecast period are selected. Precipitation and temperature sequences constructed from the selected analogue scenarios are corrected to account for historic trends and used as inputs to hydrological models. Here, the GR6J model is run using these inputs, creating an ensemble of hydrological forecasts.

The outputs shown in the maps are the likelihoods of different outcomes for the average river flow over the one-month and three-month forecast periods at each location. The outlooks maps show the distribution for 64 catchments across the United Kingdom. Each bar plot represents the likelihood of the simulated river flow compared to the historical river flow, for the same n-month period. The probabilities fall within five categories, classified as: low, below normal, normal, above normal and high. The expected climatological probability of ensemble members in each of these categories is shown under the legend.

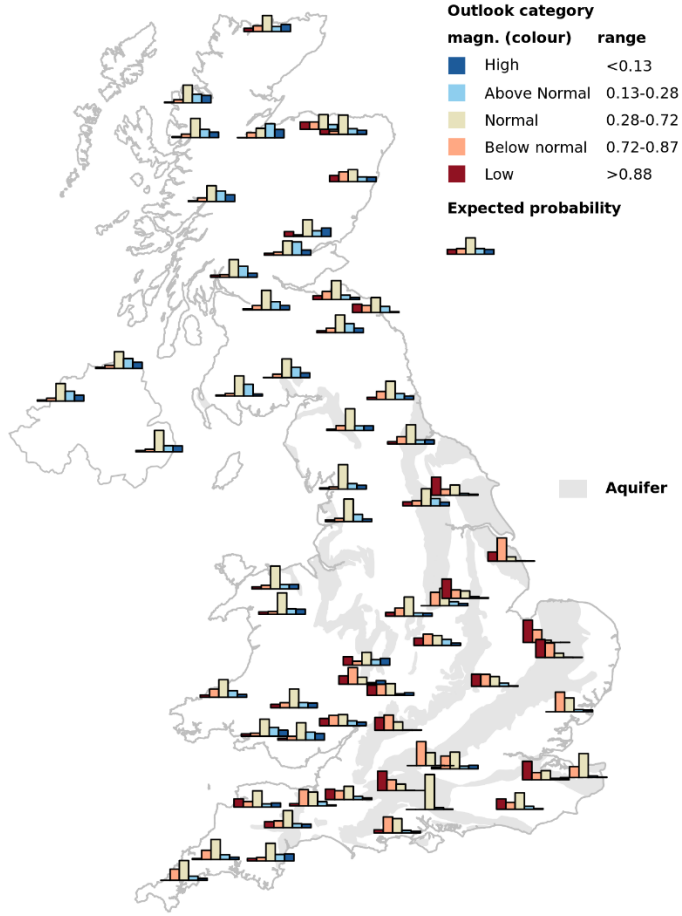
1-month river flow outlook starting Jul 2026



Met Office 1-month likelihood of precipitation impact

15%	60%	25%
chance the month will be DRY	chance the month will be NEAR AVERAGE	chance the month will be WET
0.8× the normal chance	1.0× the normal chance	1.3× the normal chance

3-month river flow outlook starting Jul 2026



Met Office 3-month likelihood of precipitation impact

15%	60%	25%
chance the season will be DRY	chance the season will be NEAR AVERAGE	chance the season will be WET
0.8× the normal chance	1.0× the normal chance	1.3× the normal chance

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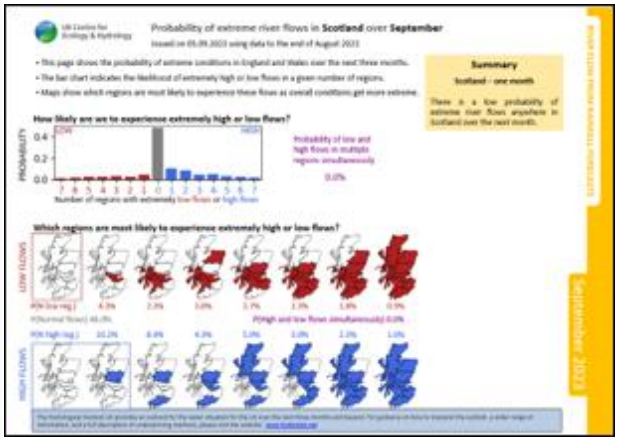
Forecasts of river flows using Met Office rainfall forecasts

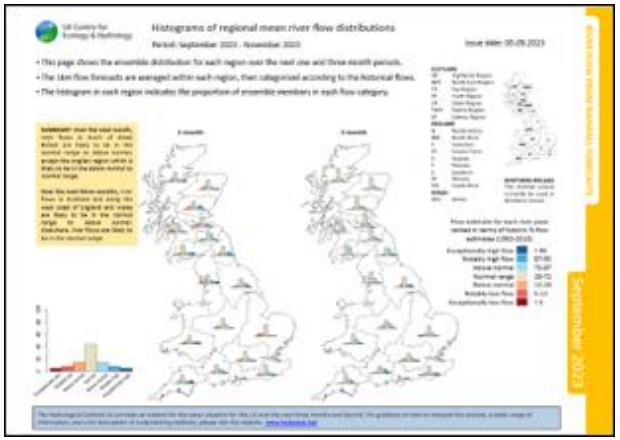
- These (yellow edged) pages summarise river flow forecasts produced by the UKCEH Water Balance Model.
- This model uses an ensemble of rainfall forecasts provided by the Met Office and a hydrological model to forecast river flows for the next one- and three-months ahead.
- A detailed description of these forecast products can be found on the final page, and a full technical description is given in the documentation available via the Hydrological Outlook website.
- Additional forecast products are available on the Hydrological Outlook Portal, via the website.

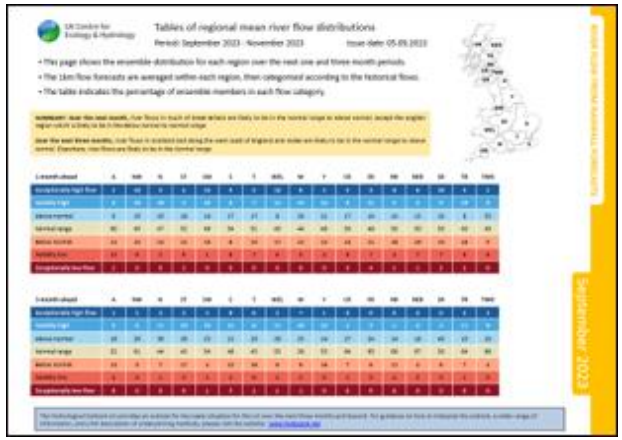
Probability of extreme river flows



- **Use these pages if you are interested in extreme conditions across multiple regions.**
- These pages summarise the risk of extremely high or low flows being observed across GB.
- The four pages show the risk for **Scotland** and for **England & Wales** over the next one and three months.
- The slides indicate the **probability of widespread extreme conditions** and which regions are most likely to experience extremely high or low flows.

Regional mean river flow distributions





- **Use these pages if you are interested in the ensemble distribution in a single region.**
- The first page shows the ensemble distribution as a histogram for each region.
- The second page shows the percentage of ensemble members in each band for each region.

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July 2026

Probability of extreme river flows in **Scotland** over **July**

Issued on 02.07.26 using data to the end of June 2026

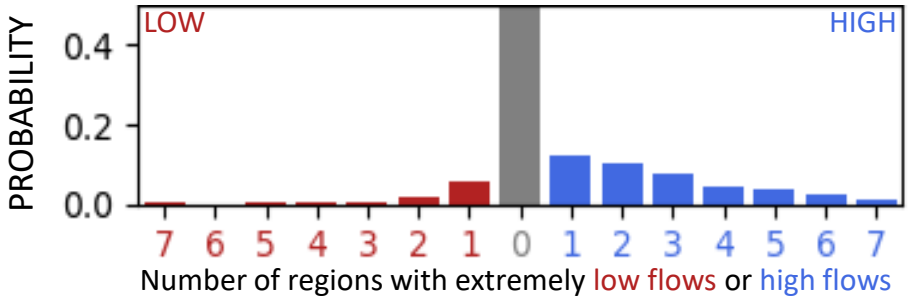
This page shows the **probability of extreme conditions in Scotland** over the next month. The bar chart indicates the likelihood of extremely high or low flows in a given number of regions. Maps show which regions are most likely to experience these flows as overall conditions get more extreme.

Summary

Scotland – one month

Exceptionally high or low flows are not likely to be observed in Scotland over the next month.

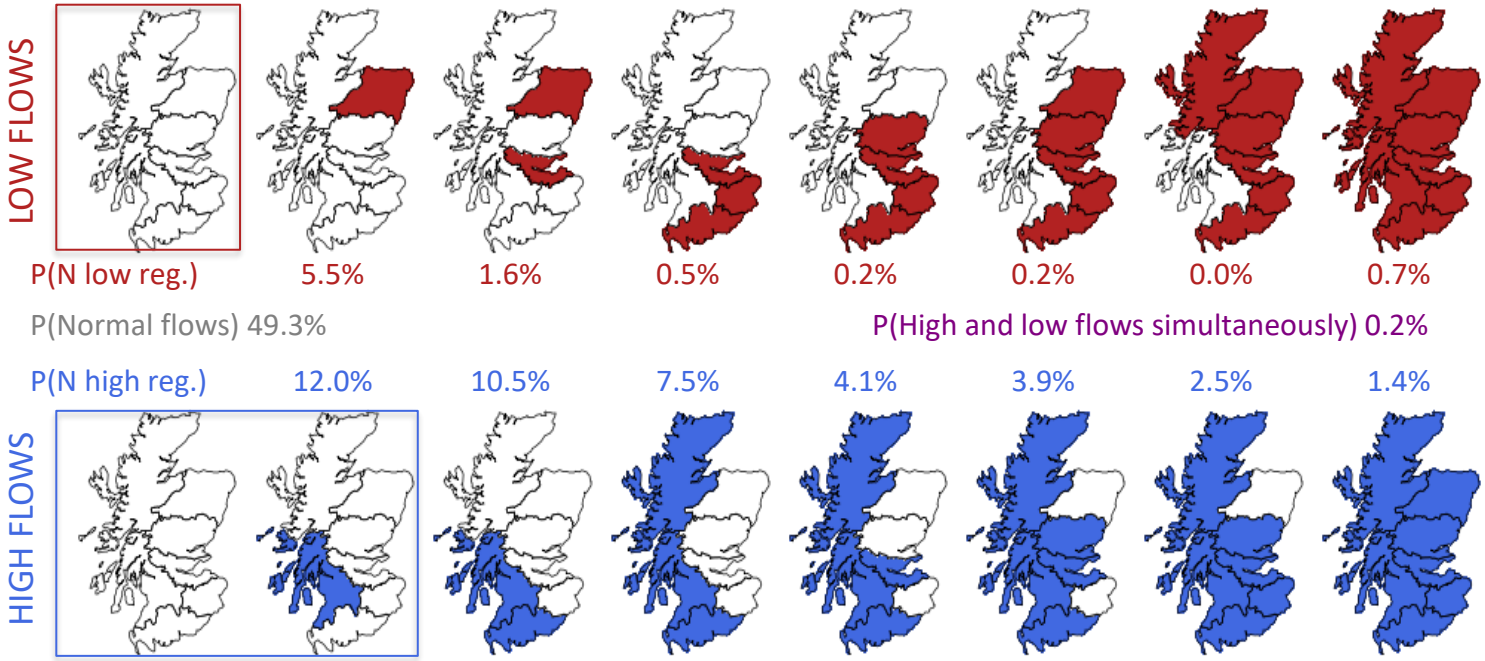
How likely are we to experience extremely low or high flows?



Probability of low and high flows in multiple regions simultaneously

0.2%

Which regions are most likely to experience extremely low or high flows?



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Probability of extreme river flows in **Scotland** over **July to September**

Issued on 02.07.26 using data to the end of June 2026

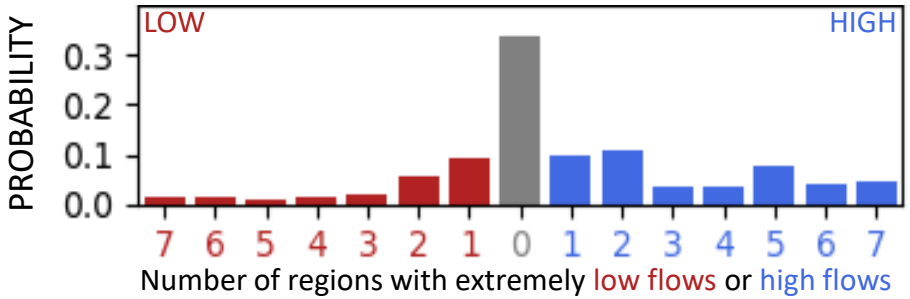
This page shows the **probability of extreme conditions in Scotland** over the next three months. The bar chart indicates the likelihood of extremely high or low flows in a given number of regions. Maps show which regions are most likely to experience these flows as overall conditions get more extreme.

Summary

Scotland – three months

Exceptionally high or low flows are not likely to be widespread in Scotland over the next three months.

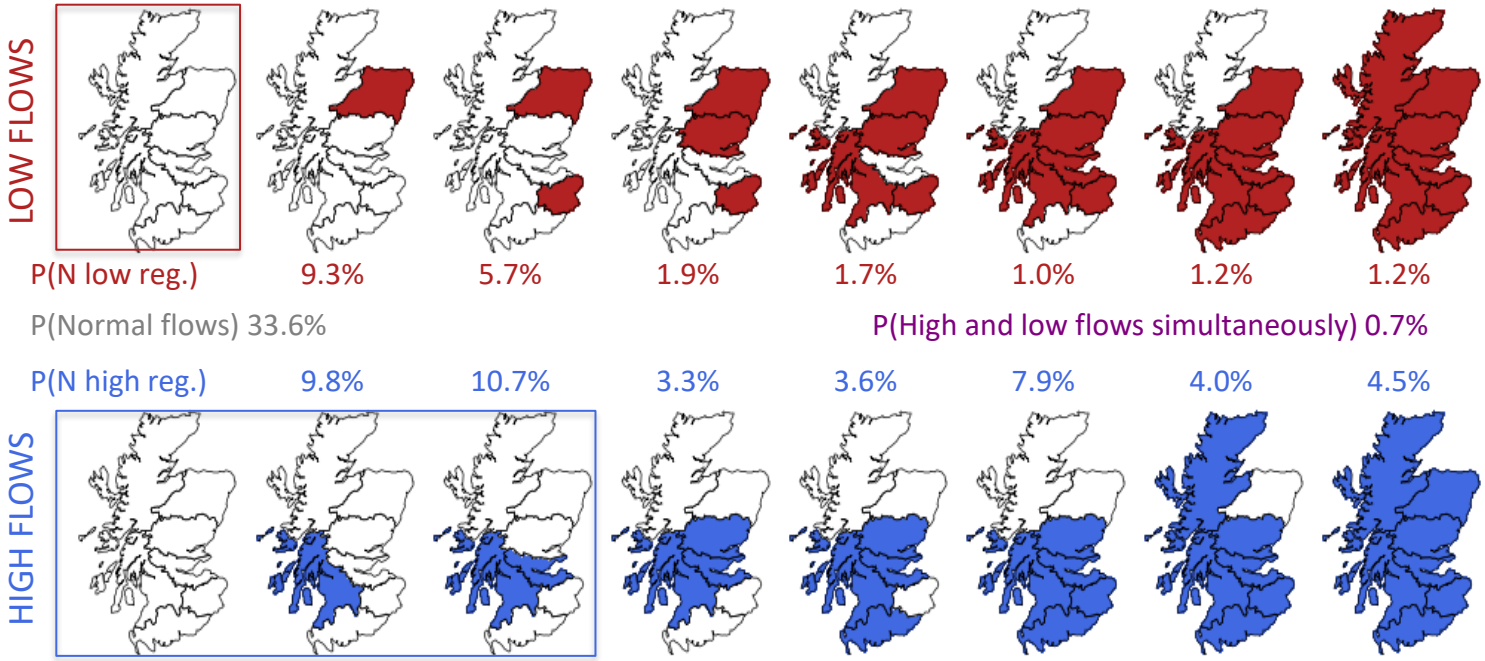
How likely are we to experience extremely low or high flows?



Probability of low and high flows in multiple regions simultaneously

0.7%

Which regions are most likely to experience extremely low or high flows?



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RIVER FLOW FROM RAINFALL FORECASTS

July 2026

Probability of extreme river flows in **England and Wales** over **July**

Issued on 02.07.26 using data to the end of June 2026

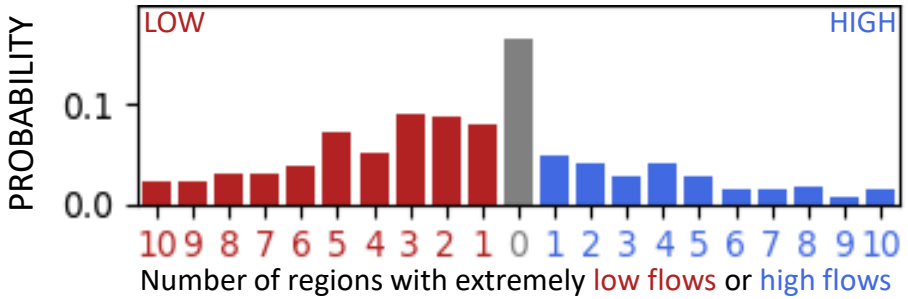
This page shows the **probability of extreme conditions in England and Wales** over the next month. The bar chart indicates the likelihood of extremely high or low flows in a given number of regions. Maps show which regions are most likely to experience these flows as overall conditions get more extreme.

Summary

England and Wales – one month

Extremely low flows are likely to be observed in parts of England over July. These are most likely in areas of eastern and south-east England where subsurface water stores are already low.

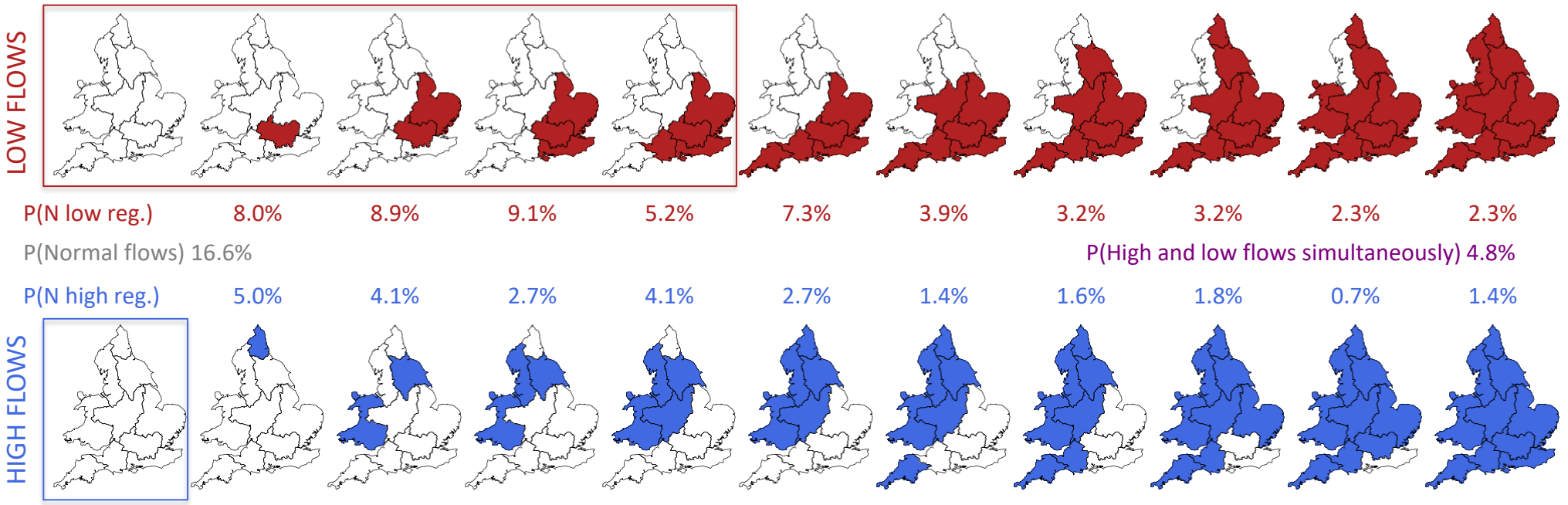
How likely are we to experience extremely low or high flows?



Probability of low and high flows in multiple regions simultaneously

4.8%

Which regions are most likely to experience extremely low or high flows?



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RIVER FLOW FROM RAINFALL FORECASTS

July 2026

Probability of extreme river flows in **England and Wales** over **July to September**

Issued on 02.07.26 using data to the end of June 2026

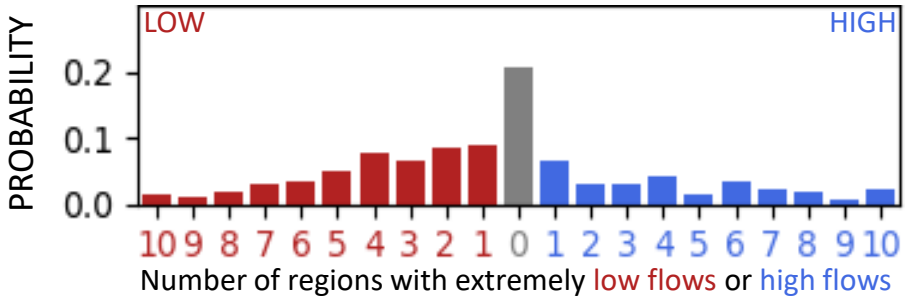
This page shows the **probability of extreme conditions in England and Wales** over the next three months. The bar chart indicates the likelihood of extremely high or low flows in a given number of regions. Maps show which regions are most likely to experience these flows as overall conditions get more extreme.

Summary

England and Wales – three months

Extremely low flows are likely to be observed in parts of England over the next three months. These are most likely in areas of eastern and south-east England where subsurface water stores are already low.

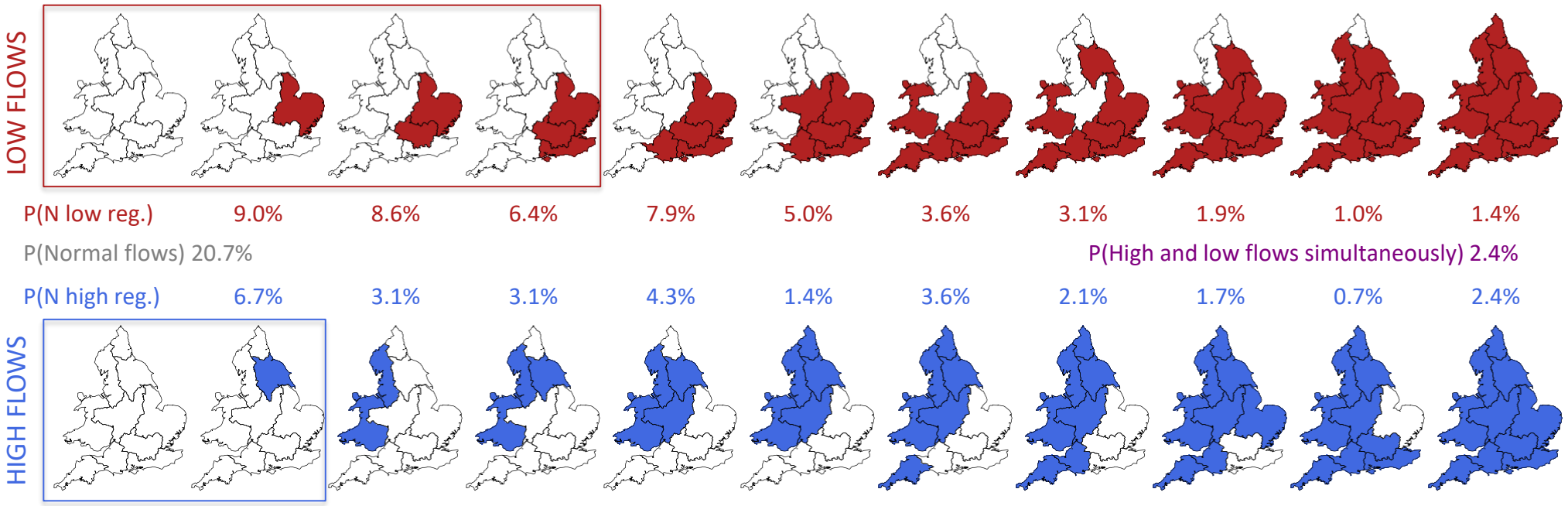
How likely are we to experience extremely low or high flows?



Probability of low and high flows in multiple regions simultaneously

2.4%

Which regions are most likely to experience extremely low or high flows?



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RIVER FLOW FROM RAINFALL FORECASTS

July 2026

Histograms of GB regional mean river flow distributions

Period: July 2026 - September 2026

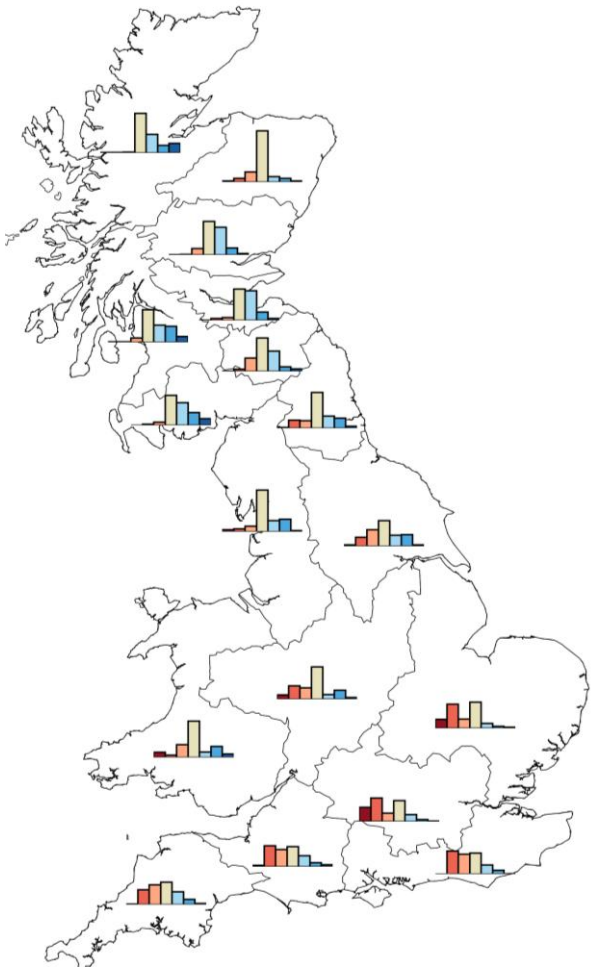
Issue date: 02.07.2026

- This page shows **the ensemble flow distribution for each region** over the next 1- and 3-month periods.
- The 1km flow forecasts are averaged within each region, then categorised according to the historical flows.
- The histogram in each region indicates the proportion of ensemble members in each flow category.

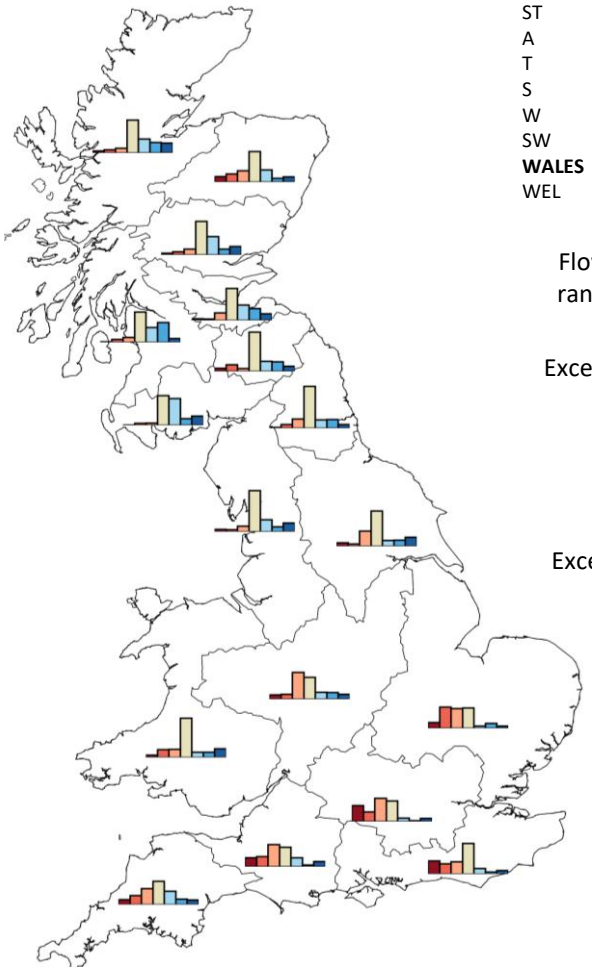
SUMMARY: Over the next month, flows in southern and central England are likely to be in the *normal range* to *notably low*. Flows in Scotland and northern England are likely to be in the *normal range* to *above normal.*

Over the next three months, flows in southern and central England are likely to be in the *normal range* to *notably low*. Flows in Scotland and northern England are likely to be in the *normal range* to *above normal.*

1-month



3-month



SCOTLAND

HR	Highlands Region
NER	North East Region
TR	Tay Region
FR	Forth Region
CR	Clyde Region
TWR	Tweed Region
SR	Solway Region

ENGLAND

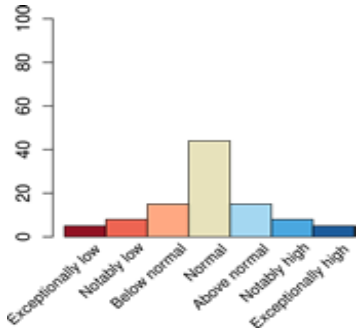
N	Northumbria
NW	North West
Y	Yorkshire
ST	Severn Trent
A	Anglian
T	Thames
S	Southern
W	Wessex
SW	South West

WALES

WEL	Welsh

Flow estimate for each river pixel ranked in terms of historic % flow estimates (1963-2016)

Exceptionally high flow	> 95
Notably high flow	87-95
Above normal	72-87
Normal range	28-72
Below normal	13-28
Notably low flow	5-13
Exceptionally low flow	< 5



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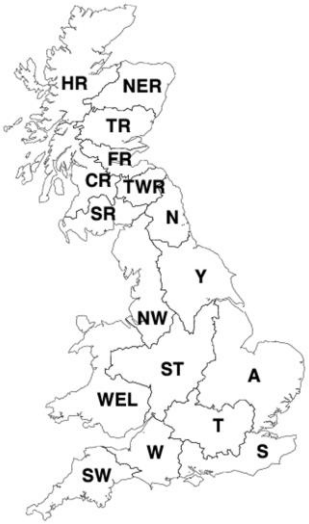
Tables of GB regional mean river flow distributions

Period: July 2026 - September 2026 Issue date: 02.07.2026



- This page shows **the ensemble flow distribution for each region** over the next 1- and 3-month periods.
- The 1km flow forecasts are averaged within each region, then categorised according to the historical flows.
- The table indicates the percentage of ensemble members in each flow category.

SUMMARY: Over the next month, flows in southern and central England are likely to be in the *normal range* to *notably low*. Flows in Scotland and northern England are likely to be in the *normal range* to *above normal.*

Over the next three months, flows in southern and central England are likely to be in the *normal range* to *notably low*. Flows in Scotland and northern England are likely to be in the *normal range* to *above normal.*

1-month ahead	A	NW	N	ST	SW	S	T	WEL	W	Y	CR	FR	HR	NER	SR	TR	TWR
Exceptionally high flow	2	2	2	2	2	0	1	4	3	2	8	3	12	1	9	2	3
Notably high	3	16	13	12	7	5	3	14	5	15	21	11	10	5	17	9	6
Above normal	6	14	16	6	17	12	9	7	14	14	22	39	24	7	30	36	26
Normal range	34	54	47	42	29	27	28	48	26	34	42	41	52	67	39	44	44
Below normal	12	7	10	15	26	26	11	17	22	22	6	4	1	13	4	8	18
Notably low	31	4	10	17	20	30	31	3	28	12	0	3	1	5	2	1	3
Exceptionally low flow	12	2	1	6	0	0	19	7	2	2	0	0	0	2	0	0	0

3-month ahead	A	NW	N	ST	SW	S	T	WEL	W	Y	CR	FR	HR	NER	SR	TR	TWR
Exceptionally high flow	3	11	5	6	6	4	4	11	7	12	5	9	13	7	12	11	7
Notably high	6	6	11	9	7	2	1	7	2	8	26	16	14	5	9	8	12
Above normal	3	16	11	9	18	7	4	7	12	7	19	20	18	16	35	24	13
Normal range	27	54	55	29	30	40	27	51	26	46	40	42	43	40	39	44	51
Below normal	26	7	12	35	21	16	30	11	29	20	6	10	6	15	3	8	4
Notably low	28	3	5	6	12	13	12	10	13	3	4	2	4	10	3	4	9
Exceptionally low flow	8	3	1	6	6	17	21	3	12	4	0	2	3	7	0	2	4

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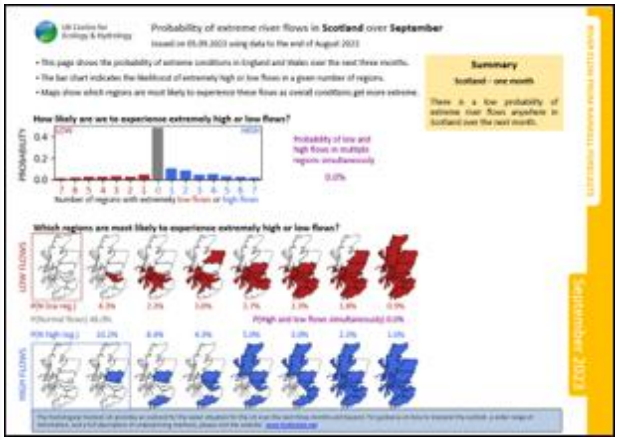
Forecasts of river flows using Met Office rainfall forecasts

- The data on these (yellow-bordered) pages are based on approximately 400 rainfall scenarios provided by the Met Office, which are used as inputs to a water balance hydrological model.
- River flow forecasts for every 1km grid cell are ranked according to the historical flow estimates and aggregated within each region.
- A full description of this method and these summary products is given in the technical documentation available via the Hydrological Outlook website.

Probability of extreme river flows



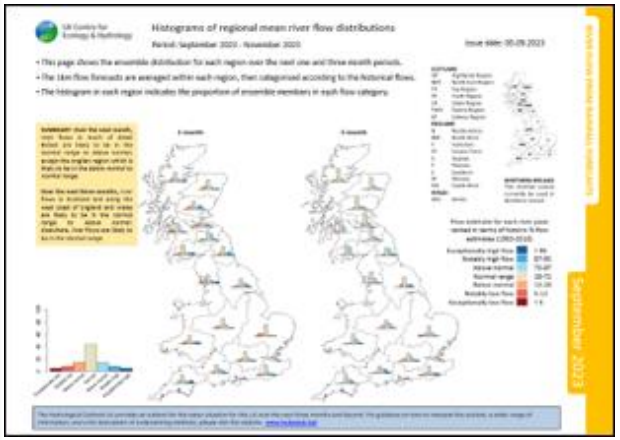
Extreme river flows are defined as those which rank in the lowest or highest 13% of historical flow estimates (1963 - 2016). This definition encompasses the 'Notably' and 'Exceptionally' high/low flow bands used elsewhere in the Outlook.

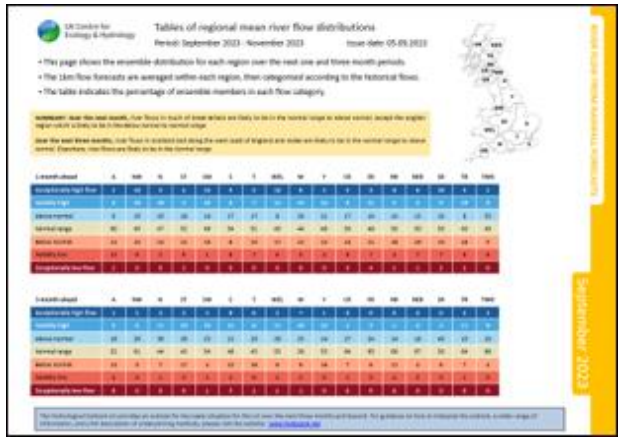
The bar chart shows the probability of a given number of regions experiencing extremely high/low flows, where scenarios showing both extremely high and extremely low flows in different regions simultaneously excluded. These probabilities are also shown beneath the maps.

Shaded regions on each map are those most likely to experience extreme flows from the set of scenarios with at least a given number of regions experiencing such flows. If shown, grey maps indicate scenarios not observed in the ensemble.

The box drawn around some maps spans the central 50% probability interval, excluding scenarios where extremely high/low flows are observed simultaneously. If these excluded cases constitute a significant probability, details are given in the yellow summary box.

Regional mean river flow distributions





The maps illustrate the ensemble distribution of regional mean river flows. The historical distribution is shown at bottom-left, and allows deviations from the normal distribution to be determined by comparing the forecast distribution to the historical distribution. A summary is given in the yellow box.

The table gives access to the data shown in the histograms. The numbers in the tables are the percentage of ensemble forecasts falling in each of the flow categories. As before results are averaged by region then ranked in terms of 54 years of historical regional flow estimates (1963 – 2016).

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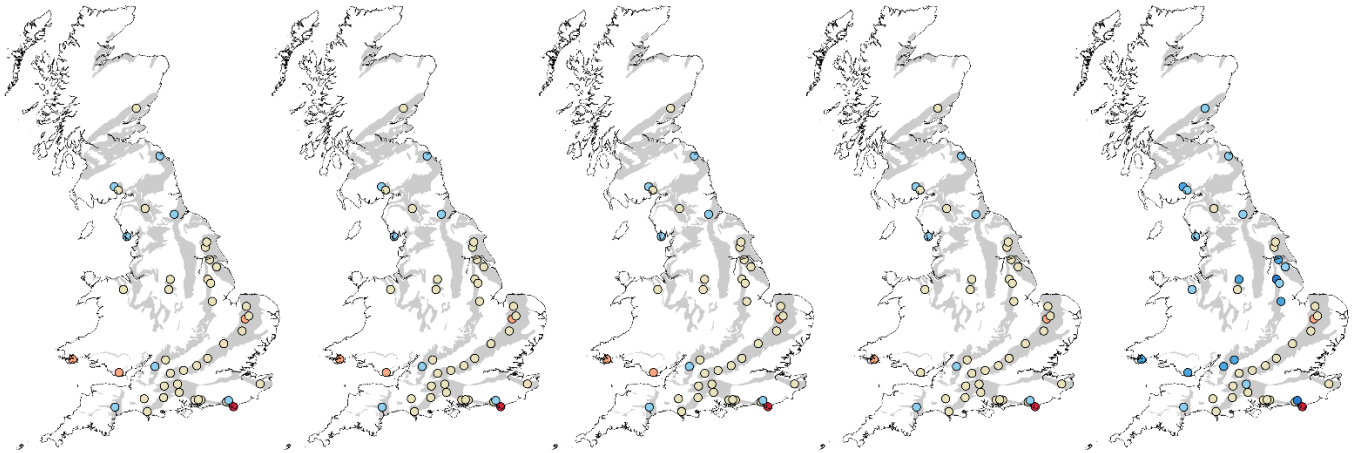
UKCEH

Period: July 2026 – September 2026

Issued on 06.07.2026 using data to the end of June

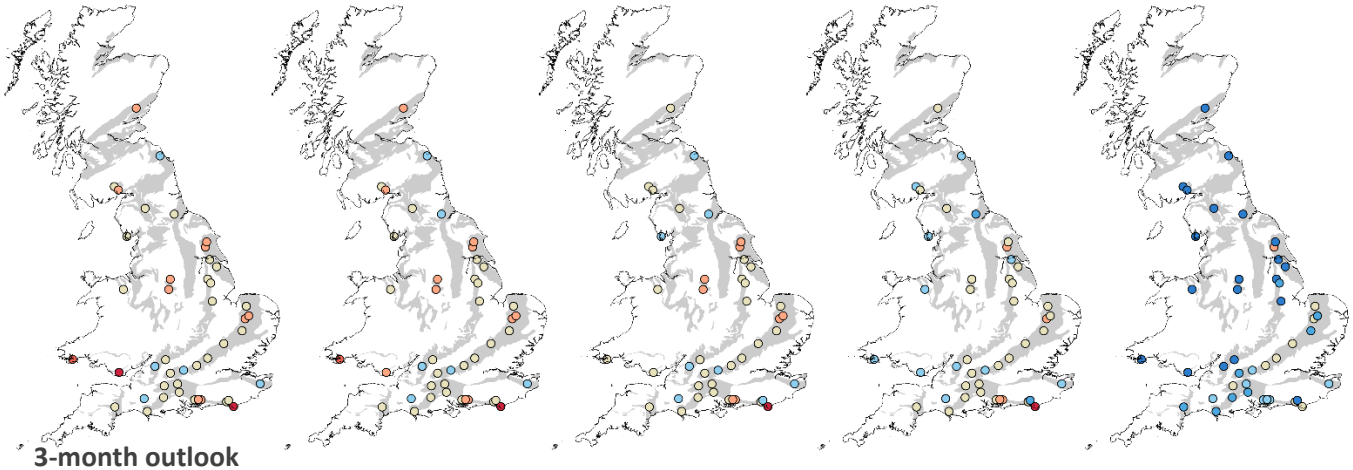
Under median rainfall conditions, groundwater levels in the Chalk are generally expected to be around normal over the next month. One exceptionally low site is noted in the southern Chalk. In the Permo-Triassic Sandstone in England, levels are expected to range from normal to above normal. In north Wales, levels are expected to be normal, whereas in South Wales it is anticipated levels will be below normal. Under median rainfall conditions the three-month groundwater outlook shows that levels in the Devonian/Carboniferous sandstone in England will move from normal to below normal, and contrastingly in Wales, from below normal to normal. The Chalk shows a range of behaviour, with sites in East Anglia and the south changing from normal to below normal, while other sites in the south move from normal to above normal.

Lowest rainfall forecast | *1st quartile* | *Median* | *3rd quartile* | *Highest rainfall forecast*



1-month outlook

Lowest rainfall forecast | *1st quartile* | *Median* | *3rd quartile* | *Highest rainfall forecast*

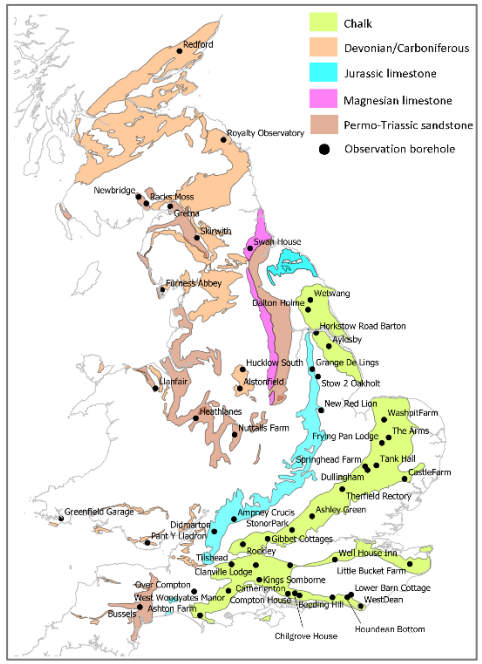


3-month outlook

These forecasts are produced by running five members of the Met Office ensemble climate forecast through groundwater models of observation borehole hydrographs at 42 sites across the country. The sites are distributed across the principal aquifers.

Based on the distribution of observed historical groundwater levels in a given month, seven categories have been derived for each site: very low, low, below normal, normal, above normal, high, and very high. The forecast groundwater level is assigned to one of these seven categories depending on where it falls within the distribution of the historically observed values.

Key	Percentile range of historic observed values for relevant month
Exceptionally high levels	> 95
Notably high levels	87-95
Above normal	72-87
Normal	28-72
Below normal	12-28
Notably low levels	5-13
Exceptionally low levels	< 5



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RIVER FLOW FROM RAINFALL FORECASTS

July 2026

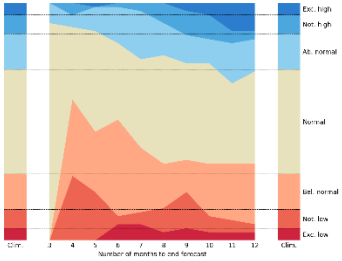
UKCEH

Period: June 2026 – May 2027

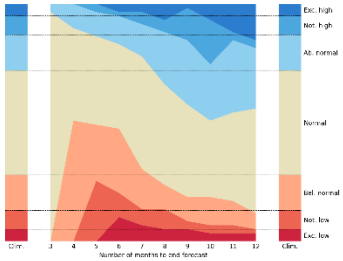
Issued on 06.07.2026 using data to the end of June

Groundwater levels in the Chalk (at Little Bucket Farm) as well as for the Permo-Triassic sandstone (Bussels 7A) and Devonian/Carboniferous limestone/sandstone (Skirwith) are forecasted to be normal to below normal for the next 3-6 months, before becoming likely to be normal for the remainder of the year. For Dalton Holme in the Chalk, the forecast is below normal until around the six-month mark, where levels become normal. For the remaining southeast Chalk site (Little Bucket Farm) levels may move from above normal to normal in three months for the rest of the year. At New Red Lion in the Jurassic, levels are may remain mostly normal or below normal. At ten months, levels may range from normal to above normal.

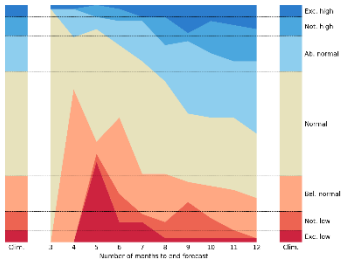
Skirwith (NY63/2)

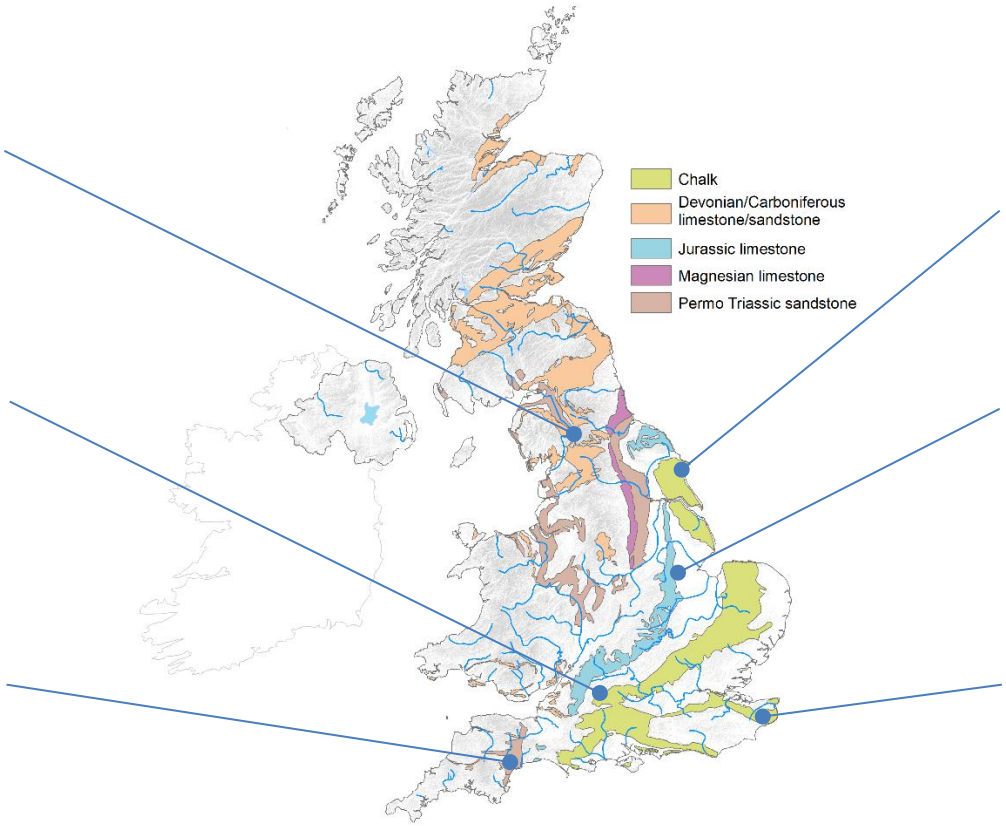


Rockley (SU17/57)

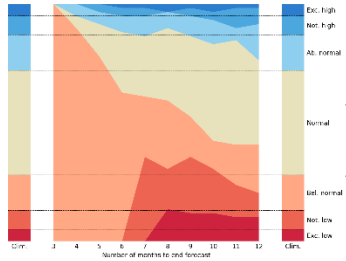


Bussels No 7A (SX99/37B)

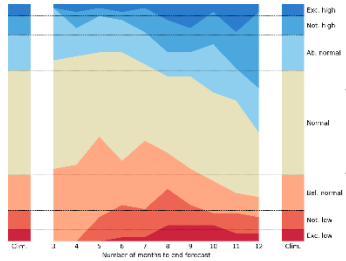




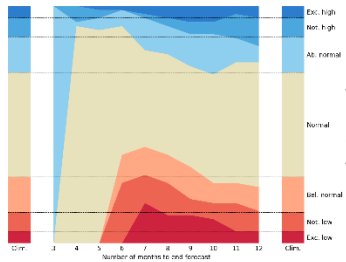
Dalton Holme (SE94/5)



New Red Lion (TF03/37)



Little Bucket Farm (TR14/9)



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