

**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:**

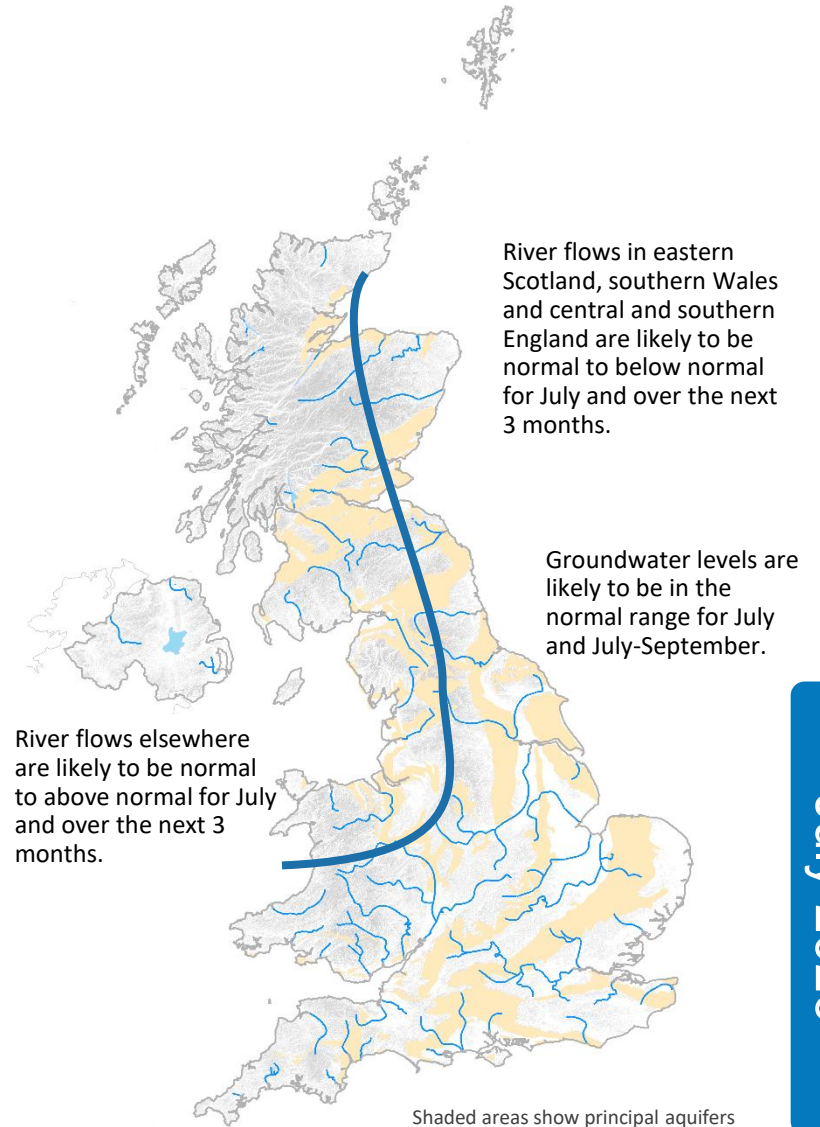
River flows in June were above normal to notably high across western Scotland, Northern Ireland, northwest England, and southern Wales, with record high June flows recorded on the River Cree (southwest Scotland). Elsewhere, river flows were normal to below normal with parts of northeast Scotland and 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.hydroutuk.net](http://www.hydroutuk.net)

## 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 AquilMod 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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## 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:

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## 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:

- Environment Agency: <https://flood-warning-information.service.gov.uk/map>
- Natural Resources Wales: <https://flood-warning.naturalresources.wales/>
- 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/>