# UK summer twice as likely to be hot following driest spring in a century



The UK faces a notably higher likelihood of experiencing a hot summer this year, with the Met Office reporting that conditions are now twice as likely to be warmer than usual. This forecast comes on the heels of a historically sunny spring, which saw the country enjoy an impressive 630 hours of sunshine since March, marking it as the driest spring in over a century.

Recent temperature readings indicate a significant uptick, with highs reaching as much as 8°C above the average for this time of year. Heathrow recorded the warmest day, at 26.7°C. This surge in warmth has also coincided with heightened levels of grass pollen, particularly prevalent in the south-east of England, adding to the challenges faced by those with hay fever or respiratory issues.

The predictions for a hot summer arise from the Met Office’s three-month outlook for June through August, a tool primarily designed for government and business contingency planning rather than public forecasting. Nicola Maxey, a spokesperson for the Met Office, cautioned that while the indicators point towards warmer days ahead, this does not guarantee an unbroken spell of heat. “We could see more hot days and warm nights than usual,” Maxey stated, “but we could also experience cooler days and less extreme warmth.”

Climate data suggests that this summer aligns with a sustained trend towards increasing temperatures across the UK, particularly impactful in the south-east, where average summer temperatures hover between 16-17°C. The last notably "cool" summer occurred in 2015, and since then, soaring summer temperatures have become the norm. Enhanced warmth has been further exacerbated by an ongoing marine heatwave in the north-west European waters, where sea surface temperatures are reported to be 1.5-2.5°C above average, which could amplify summer heat while also increasing the risk of intense storms due to moisture-laden air.

Despite the warnings of heat, rainfall and wind speeds for the coming months are expected to remain relatively stable. Yet, many water companies are hoping for an increase in precipitation to mitigate the need for water usage restrictions, particularly after the Environment Agency declared a drought status in the north-west of England due to the driest start to spring in nearly seven decades, which left reservoirs at critically low levels.

The implications of climate change have become increasingly evident in the UK, as the Met Office's State of the UK Climate report indicates summers have transformed into warmer, wetter, and sunnier experiences over recent decades. The frequency of extreme temperature events is pressing; the number of "hot" days, defined as those surpassing 28°C, has more than doubled, and days exceeding 30°C have tripled over the past decade compared to the previous century.

Research from various studies underscores that the warming trend is set to continue, with the Met Office forecasting that by 2070, summers in the UK could be between 1°C and 6°C warmer than those in 1990. Furthermore, the likelihood of experiencing days exceeding 30°C could increase sixteenfold in southern regions, dictating the need for responsive public health and urban planning measures to safeguard against extreme heat events.

This situation is amplified by a broader global context, where rising greenhouse gas emissions have led to escalating temperature records year on year. With climate projections indicating that we could experience days over 40°C every three to four years by the end of the century, it is clear that both immediate and long-term strategies are essential to manage the challenges posed by increasingly hot summers.

As the UK approaches what could potentially be another record-breaking summer, the question of how to prepare for, adapt to, and mitigate the effects of these rising temperatures has never been more pertinent.

## Reference Map:

* Paragraph 1 – [[1]](https://www.theguardian.com/uk-news/2025/jun/01/uk-twice-as-likely-to-have-hot-summer-this-year-says-met-office), [[6]](https://www.ox.ac.uk/news/2023-05-17-extremely-hot-days-are-warming-twice-fast-average-summer-days-north-west-europe-0)
* Paragraph 2 – [[1]](https://www.theguardian.com/uk-news/2025/jun/01/uk-twice-as-likely-to-have-hot-summer-this-year-says-met-office), [[2]](https://www.metoffice.gov.uk/research/climate/understanding-climate/uk-and-global-extreme-events-heatwaves), [[3]](https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2024/2025-global-temperature-outlook)
* Paragraph 3 – [[5]](https://weather.metoffice.gov.uk/warnings-and-advice/seasonal-advice/health-wellbeing/hot-weather-and-its-impacts), [[7]](https://www.bbc.co.uk/news/science-environment-46462014)
* Paragraph 4 – [[4]](https://www.metoffice.gov.uk/weather/climate-change/climate-change-in-the-uk/), [[5]](https://weather.metoffice.gov.uk/warnings-and-advice/seasonal-advice/health-wellbeing/hot-weather-and-its-impacts), [[6]](https://www.ox.ac.uk/news/2023-05-17-extremely-hot-days-are-warming-twice-fast-average-summer-days-north-west-europe-0)
* Paragraph 5 – [[1]](https://www.theguardian.com/uk-news/2025/jun/01/uk-twice-as-likely-to-have-hot-summer-this-year-says-met-office), [[2]](https://www.metoffice.gov.uk/research/climate/understanding-climate/uk-and-global-extreme-events-heatwaves), [[4]](https://www.metoffice.gov.uk/weather/climate-change/climate-change-in-the-uk/)

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## Bibliography

1. <https://www.theguardian.com/uk-news/2025/jun/01/uk-twice-as-likely-to-have-hot-summer-this-year-says-met-office> - Please view link - unable to able to access data
2. <https://www.metoffice.gov.uk/research/climate/understanding-climate/uk-and-global-extreme-events-heatwaves> - The Met Office reports that UK average maximum temperatures have increased, leading to warmer summers and milder winters. Climate projections suggest that by the end of the 21st century, all areas of the UK are projected to be warmer, with hotter and drier summers becoming more common. The likelihood of experiencing 40°C days in the UK is expected to increase, with such events potentially occurring every 3-4 years under high greenhouse gas emission scenarios.
3. <https://www.metoffice.gov.uk/about-us/news-and-media/media-centre/weather-and-climate-news/2024/2025-global-temperature-outlook> - The Met Office forecasts that 2025 is likely to be one of the three warmest years on record, following 2024 and 2023. The average global temperature for 2025 is projected to be between 1.29°C and 1.53°C above the pre-industrial period (1850-1900). This would mark the twelfth consecutive year with temperatures at least 1.0°C above pre-industrial levels, indicating a continuing trend of global warming.
4. <https://www.metoffice.gov.uk/weather/climate-change/climate-change-in-the-uk/> - The Met Office states that the UK has already warmed by 1°C since the 1950s, with increased temperatures in coastal seas, less frost and snow, and longer and more frequent warm spells. Projections indicate that by 2070, summers could be between 1 and 6°C warmer compared to 1990, with the chance of exceeding 30°C for two days or more being sixteen times more likely in the south.
5. <https://weather.metoffice.gov.uk/warnings-and-advice/seasonal-advice/health-wellbeing/hot-weather-and-its-impacts> - The Met Office highlights that the UK experienced its first 40°C temperature on 19 July 2022, recorded at Coningsby, Lincolnshire. This milestone underscores the increasing frequency and intensity of heatwaves in the UK, emphasizing the need for public awareness and preparedness for extreme heat events.
6. <https://www.ox.ac.uk/news/2023-05-17-extremely-hot-days-are-warming-twice-fast-average-summer-days-north-west-europe-0> - Research from the University of Oxford reveals that in North-West Europe, the maximum temperature of the hottest days is increasing at twice the rate of average summer days. This trend is particularly pronounced in England, Wales, and Northern France, indicating that extreme heat events are likely to become more regular due to climate change.
7. <https://www.bbc.co.uk/news/science-environment-46462014> - A Met Office study indicates that climate change has made the record-breaking heatwave in the UK during the summer of 2018 about 30 times more likely. Without human-induced warming, the odds of such a heatwave occurring were less than half a percent, but now they have risen to 12%, or about once every eight years.