

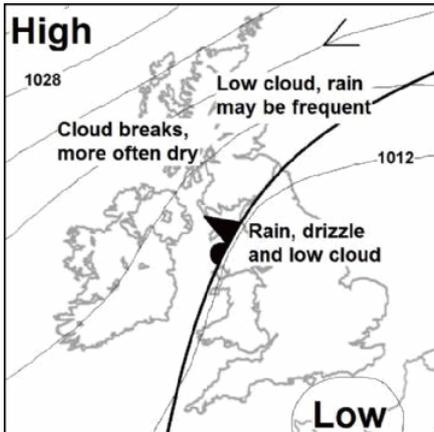
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Alpine Exploratory
Trekking holidays in the Alps, Norway and UK based on our research

General Summary for Wednesday, 12 June, 2019



British Mountain Summary:

Based on forecast chart for noon 12 June, 2019

A front will be pivoting slowly westwards across Britain, with low cloud, rain and drizzle affecting many areas through the day. Some heavy bursts, the most persistent rain concentrated on eastern hills. Largely dry toward NW Scotland. Cold & windy - gale force across tops in the Highlands much of day. Less windy Wales, S Pennines.

Headline for Southern Uplands

Upland gales. Rain frequent or persistent. Very low cloud east.

Detailed Forecast for Wednesday, 12 June, 2019

How windy? (On the summits)	Northeasterly, 30 to 40mph, locally 45-50mph morning, at least in gusts. Speeds tending to lessen just a little afternoon.
Effect of wind on you?	Arduous or at times difficult walking conditions across the hills. Local sudden gusts to some lower slopes. Significant wind chill for June.
How wet? (Precipitation and its impact)	Persistent rain focused east/northeast A zone of rain and drizzle will influence the region much of the day. Some persistent, at times heavy falls, concentrated on Borders, Lothians, Cheviots and perhaps up to Moffat hills. Rain patchier in nature west across Dumfries & Galloway, but a risk may still rain frequently locally over a few hours.
Cloud on the hills?	Fairly extensive, very low toward North Sea. Shrouding many hills throughout the day, especially where rain persists. Some breaks above 600-700m, mostly across Galloway. Further east, fog likely to envelop hills from Lammermuirs, to upper Tweed and Cheviots to low levels.
Chance of cloud free summits?	10% east; 40% central areas; 60% west Galloway.
Sunshine? Air clarity (below cloud)	Glimpses of sun possible in Galloway, but generally overcast and dull. Visibility poor around rain, locally some improvements in west.
How Cold? (at 750m)	5 to 7C. In exposure to strongest wind, wind chill feeling close to -7C.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Thursday 13 June	Friday 14 June
How windy? (On the summits)	Low confidence in the forecast detail: Direction variable, 15 to 30mph, local lulls.	Confidence of detail remains low: Southwesterly, some lulls, often 20-30mph.
Effect of wind on you?	Expect buffeting and wind chill across the hills throughout the day; may become small for periods.	Varied, at times small, may give blustery conditions much of day.
How wet? (Precipitation and its impact)	Risk of persistent heavy rain Low confidence: A zone of rain or showers is likely to pivot across central-southern Scotland much of the day. Threat raining heavily for many hours.	Threat thundery downpours Detail very uncertain, but strong likelihood of clusters of showers, in places some torrential downpours forming (mainly PM) with risk of hail, thunder and lightning.
Cloud on the hills?	Likely extensive and low If rain occurs widely, cloud extensive across hills to low levels. Should rain break up, cloud may lift in places.	Often covering tops Varied, often capping higher tops, but ragged banks of cloud lowering suddenly during and after rain to form on lower slopes.
Chance of cloud free summits?	30%	50%
Sunshine? Air clarity (below cloud)	Sun unlikely. Visibility often poor due to rain.	Brief glimpses of sun, mostly cloudy. Visibility good away from rain, but some areas often poor.
How Cold? (at 750m)	5 to 7C.	5 to 7C.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Thursday, 13 June, 2019**

Low pressure will dominate for the rest of this week into the weekend, maintaining unsettled conditions across the British Isles. Periods of rain and some heavy downpours with possible thunder and lightning. Temperatures generally cool, and winds often brisk across the hills. Day-to-day forecast detail will stay very uncertain, with occasional windows of drier weather possible locally. Into next week, generally warmer with winds from the south/southwest. Some hints of pressure building at least for a time to give drier weather.

Forecast issued at 16:35 on Tuesday, 11 June, 2019

The production of the Scottish forecasts is fully funded by the Scottish Government through the Mountaineering Council of Scotland with the support of sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Geoff Monk & Associates, 2019.