

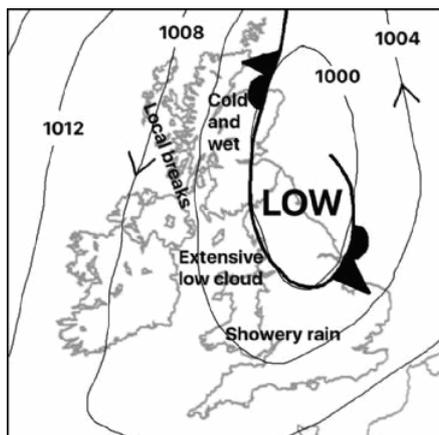
# Southern Uplands

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 Thursday, 13 June, 2019



### British Mountain Summary:

#### Based on forecast chart for noon 13 June, 2019

Low pressure will bring a cold and wet day to most areas with gusty northerly winds and extensive low cloud across many hills. The rain will be focused on E Scotland and NE England. Elsewhere, morning rain breaking into scattered heavy, locally thundery, showers. Far west of Scotland drier with some cloud breaks.

### Headline for Southern Uplands

Extensive hill fog and persistent, at times heavy, rain.

## Detailed Forecast for Thursday, 13 June, 2019

<b>How windy? (On the summits)</b>	Northerly, into the afternoon becoming westerly, in the range 15 to 30mph, strongest in the morning when locally 35mph.
<b>Effect of wind on you?</b>	<b>Expect buffeting and wind chill across the hills throughout the day; may become small for periods.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain, at times heavy, much of the day.</b> Persistent and at time heavy rain for much of the day. Later in the afternoon, rain will tend to ease and leave a legacy of drizzly outbreaks.
<b>Cloud on the hills?</b>	<b>Extensive</b> Cloud will shroud the hills extensively through much of the day, often patches forming from lower slopes up. However, there may be local breaks between cloud layers. As rain breaks up later in the day, cloud may lift in places.
<b>Chance of cloud free summits?</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sun unlikely. Visibility often poor due to rain.
<b>How Cold? (at 750m)</b>	5 to 7C.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Friday 14 June	Saturday 15 June
<b>How windy? (On the summits)</b>	Confidence of detail low: Southwesterly, some lulls, often 20-30mph.	South to southeast, later in the day southwesterly 15-25mph; risk 30mph in west later.
<b>Effect of wind on you?</b>	<b>Varied, at times small, may give blustery conditions much of day.</b>	<b>Mostly small, but may impede walking higher tops in west later in the day.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Threat thundery downpours</b> 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.	<b>Showers arriving from the west.</b> A largely dry start, but increasing risk showers developing through the day; these becoming frequent for a time in the afternoon as a front edges in from the west, some heavy bursts risk local thunder.
<b>Cloud on the hills?</b>	<b>Often covering tops</b> Varied, often capping higher tops, but ragged banks of cloud lowering suddenly during and after rain to form on lower slopes.	<b>Very little, lowering onto tops in rain later.</b> Hills likely widely clear for many hours. However, as showers develop, patches of cloud will likely lower onto higher slopes and should rain become persistent, hill fog locally becoming fairly extensive.
<b>Chance of cloud free summits?</b>	<b>50%</b>	<b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Brief glimpses of sun, mostly cloudy. Visibility good away from rain, but some areas often poor.	Occasional sunshine, mainly morning. Visibility very good or excellent, but lowering in rain.
<b>How Cold? (at 750m)</b>	5 to 7C.	7 lifting to 9 or 10C.
<b>Freezing Level</b>	Above the summits.	Above the summits.

**Planning Outlook****All mountain areas of Britain from Friday, 14 June, 2019**

Low pressure will dominate 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. Conditions remaining rather cyclonic into next week with further areas of rain or showers, but some hints of pressure building for a time later in the week to give drier weather.

**Forecast issued at 16:35 on Wednesday, 12 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.