

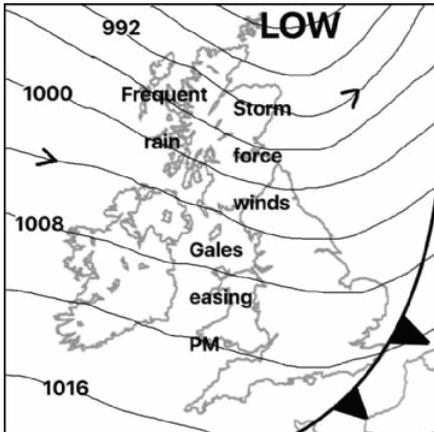
# Southern Uplands

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, 14 June, 2018



**British Mountain Summary:**  
**Based on forecast chart for noon 14 June, 2018**

A deep area of low pressure will bring a very windy day with widespread gales; storm-force winds over the hills of Scotland and Northern England. Winds gradually easing during the afternoon; most significantly England and Wales. Showers affecting many areas; these frequent across western Scotland, but easing across southern areas.

**Headline for Southern Uplands**

Very windy; storm-force winds. Showery with significant wind chill.

## Detailed Forecast for Thursday, 14 June, 2018

<b>How windy? (On the summits)</b>	Southwesterly soon veering westerly, in the range 50-80mph; highest in the morning. Easing slowly later in the afternoon to 30-40mph.
<b>Effect of wind on you?</b>	<b>Difficult walking conditions from exposed low ground upwards. Higher up any mobility difficult on some exposed areas. You could be blown over. Significant wind chill. Conditions easing later.</b>
<b>How wet?</b>	<b>Showers; frequent for a time before easing</b> The legacy of overnight rain at dawn will soon clear, but showers following from the west may be frequent over a few hours, occasionally heavy, before tending to fade during the afternoon.
<b>Cloud on the hills?</b>	<b>Extensive at first; lifting and breaking</b> Widely shrouding the hills at first, patches to low levels. Cloud base tending to lift through the day, with breaks often above 700m, or higher Borders/Cheviots PM.
<b>Chance of cloud free summits?</b>	<b>20% at first; lifting to 60% into the afternoon.</b>
<b>Sunshine and air clarity?</b>	Glimpses of sun, mostly east.  Visibility very good at times, but reduced significantly by rain.
<b>How Cold? (at 750m)</b>	6 to 8C.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Friday 15 June	Saturday 16 June
<b>How windy? (On the summits)</b>	Southwest backing southerly later, around 20mph.	Southwesterly 15-20mph; may drop out and become light and variable during the afternoon.
<b>Effect of wind on you?</b>	<b>Fairly small.</b>	<b>Mostly small.</b>
<b>How wet?</b>	<b>Scattered showers</b> Many hours dry, but a risk of local bursts of rain, most likely during the afternoon for areas away from the coast.	<b>Bursts of rain, some heavy</b> Showery rain will spread in from the southwest to give rain 'on and off, through much of the day, some heavy bursts, before easing away later in the evening.
<b>Cloud on the hills?</b>	<b>Mostly very little</b>  Most cloud confined above 700m in Dumfries & Galloway, and often above higher summits Borders, Cheviots & Lothians. Patches to 600m in rain.	<b>Morning fog lifting to higher tops</b>  Low cloud will shroud the hills from dawn, perhaps fairly extensively down to lower slopes, before lifting towards midday. Many hills will then become clear of cloud. However, a few patches will linger across some higher tops, and some may reform to lower slopes where rain persists for an hour
<b>Chance of cloud free summits?</b>	<b>70%</b>	<b>50%</b>
<b>Sunshine and air clarity?</b>	Patchwork of sun, although cloud tending to fill in.  Visibility mostly very good, briefly reduced by rain.	Often cloudy, some bursts of sun may break through into afternoon.  Visibility generally poor in morning, improving by afternoon.
<b>How Cold? (at 750m)</b>	5 rising to 8 or 9C.	7 rising to 10C
<b>Freezing Level</b>	Above the summits.	Above the summits.

**Planning Outlook****All mountain areas of Britain from Friday, 15 June, 2018**

Changeable conditions over the next week or so as frontal systems come in from the Atlantic. Spells of rain, most persistent on western mountains, accompanied by low cloud. Rain tending to focus on western Scotland next week, whilst England, Wales and the eastern Highlands should see just small amounts. Winds varied, but at times blustery, some days up to gale force on the mountains. Temperatures close to average, but cooler than recent times for many, particularly western Scotland.

**Forecast issued at 16:34 on Wednesday, 13 June, 2018**

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, 2018.