

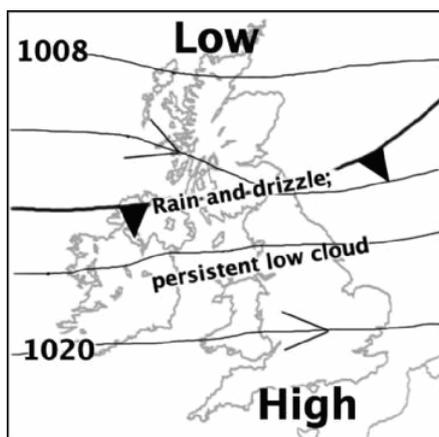
# Southern Uplands

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 Friday, 14 September, 2018



### British Mountain Summary:

**Based on forecast chart for noon 14 September, 2018**

Windy, particularly morning Scottish Highlands. A weak front will continue to lie across central Britain, bringing bursts of rain, and very extensive low cloud - this giving fog on many lower west coastal slopes. Colder and showery N Scotland, risk thunder. Wet snow highest tops.

### Headline for Southern Uplands

Windy. Frequent drizzly rain. Persistent fog most summits.

## Detailed Forecast for Friday, 14 September, 2018

<b>How windy? (On the summits)</b>	West to southwesterly, 30 to 35mph.
<b>Effect of wind on you?</b>	<b>Walking arduous where exposed on higher areas.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Rain and drizzle on and off. Often dry near the Cheviot.</b> Rain and drizzle on and off all day. Sometimes the rain constant for an hour or two. However, total rainfall small eastern Borders/The Cheviot, where frequently dry.
<b>Cloud on the hills?</b>	<b>Extensive, particularly west of M74</b> Covering hills across Dumfries & Galloway, perhaps most of the day above 600m, and sometimes below 400m. Some breaks to higher tops, most common Borders and Lothians - and there may be a general improvement in the afternoon.
<b>Chance of cloud free summits?</b>	<b>Almost nil, but 40% eastern and northern Borders</b>
<b>Sunshine? Air clarity (below cloud)</b>	Possibly glimpses of sun afternoon toward Lothians. Visibility often reduced by rain.
<b>How Cold? (at 750m)</b>	6C
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	<b>Saturday 15 September</b>	<b>Sunday 16 September</b>
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	West backing southwesterly 20-25mph. Will begin to strengthen in the evening.  <b>Fairly small.</b>	Southwesterly 35 to 45mph post dawn. Will ease during morning to typically 30 to 35mph.  <b>Walking arduous on higher areas.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain probable toward evening</b> Substantially dry although threat of rain toward evening, especially Dumfries and Galloway.	<b>Rain on and off</b> Rain and drizzle on and off, mostly near and west of M74. Total rainfall very small Borders.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Mostly very little - forming later</b>  Cloud base likely to rise above the summits within a few hours of dawn. However, during the afternoon, cloud base may gradually drop, although summits toward the Lothians will remain free of fog.  <b>70%</b>	<b>Very extensive</b>  Fog across the hills, intermittently from lower slopes up near the Solway. In the Borders, by afternoon, most cloud above 600m and breaks to highest tops.  <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine in and out - mainly Borders. Overall extensive high level cloud. Excellent visibility.	Pockets of sun, mainly Borders. Hazy.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	6C.  Above the summits. Slight frost in some valleys at dawn.	8C.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Saturday, 15 September, 2018**

Frequently windy, wet with extensive low cloud, with the worst conditions focussed on western mountains - for the next week to ten days. Risk around Tuesday of stormy very wet weather although the timing and track of the worst conditions is very uncertain.

**Forecast issued at 14:45 on Thursday, 13 September, 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.