

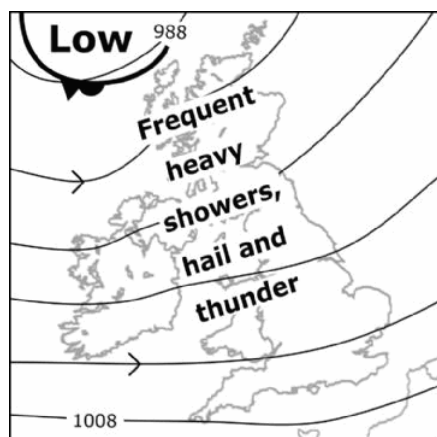
# Southern Uplands

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



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## General Summary for Thursday, 11 September, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 11 September, 2025

Gale force winds over many Scottish high tops in the morning, but persistent all day toward the northwest; powerful squally gusts around showers. Up to gale-force also on Welsh high tops. Heavy downpours already affect most of western Britain from dawn, increasingly widespread with hail, thunder & lightning.

### Headline for Southern Uplands

Windy, squally gusts. Showery bursts, hail & thunder.

## Detailed Forecast for Thursday, 11 September, 2025

<b>How windy? (On the summits)</b>	Southwesterly 25 to 30mph, at times 35mph on tops, sudden squally gusts in showers.
<b>Effect of wind on you?</b>	<b>Walking becoming impeded at times. Strongest winds on tops may challenge stability. Feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showers develop widely, risk thunder</b> Frequently raining west. Increasingly showery across most areas through midday and afternoon, mostly passing through quickly, but locally frequent with heavy bursts, local hail and thunder.
<b>Cloud on the hills?</b>	<b>Increasingly extensive in rain, breaks east</b> High tops of the Borders and hills west of M74 often shrouded with some patches below 500m. Clearer to the east with breaks to tops at times. Cloud tending to fill in as showers form, though higher breaks in east continue.
<b>Chance of cloud free summits?</b>	<b>60% east, lowering widely to 30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sunshine and fair weather cloud - may be largely cloudy at times. Very good visibility away from rain.
<b>How Cold? (at 750m)</b>	6 or 7C, rising to 8C eastern Borders/Cheviots. Feeling near/below freezing in exposure.
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	Friday 12 September	Saturday 13 September
<b>How windy? (On the summits)</b>	Southwesterly 20 to 30mph, at times 35mph on higher summits.	Southwesterly 25 to 30mph.
<b>Effect of wind on you?</b>	<b>Ease of walking becoming affected, very blustery in places on exposed high tops. Feeling cool.</b>	<b>Blustery across the hills, affecting ease of walking on exposed terrain. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Heavy showers, most frequent west</b> Frequent showers west of M74, at times merging into persistent rain, heavy bursts. Risk of heavy showers becomes widespread through afternoon with local hail and thunder.	<b>Frequent showers, some heavy</b> Clusters of showery rain, merging to be more constant rain for periods in west. Heavy bursts on and off, risk of hail and thunder.
<b>Cloud on the hills?</b>	<b>Often over tops, best breaks east</b>  From dawn, extensive over high terrain of Galloway and toward Moffat hills to some mid slopes. More broken east, likely capping high tops. Tending to lift with breaks in the east, but cloud banks often covering higher western tops.	<b>Varied over tops, mostly west</b>  Cloud base frequently changing over higher slopes, capping tops most often west of the M74. Breaks more often to tops further east.
<b>Chance of cloud free summits?</b>	<b>30% west, 60% east</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy or frequent sunshine east, only brief bursts west. Excellent visibility away from rain.	Glimpses of sun mostly morning in east. Visibility very good when dry, reduced to poor in showers.
<b>How Cold? (at 750m)</b>	5 or 6C, rising to 7C. Feeling just below freezing in direct wind.	6 or 7C. Feeling sub-zero, around -4C on highest tops directly in the wind.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

### All mountain areas of Britain from Friday, 12 September, 2025

Unsettled southwesterlies dominate through the weekend into early next week - often windy with frequent rain, cloud capping the tops. Showery bursts at times with a risk of hail and thunder. Driest and highest cloud bases toward eastern Scotland. Temperatures on the cool side, often feeling below freezing in exposure to wind on higher terrain. During Sunday and into Monday, a deeper Atlantic low is expected to move in, bringing more extensive heavy rain and gales - the strongest wind probably focused on England & Wales. Some improvement expected for a time into middle of next week, but the longer range outlook into late September remains unsettled.

### Forecast issued at 16:16 on Wednesday, 10 September, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering 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 Mountain Weather Information Service, 2025.