

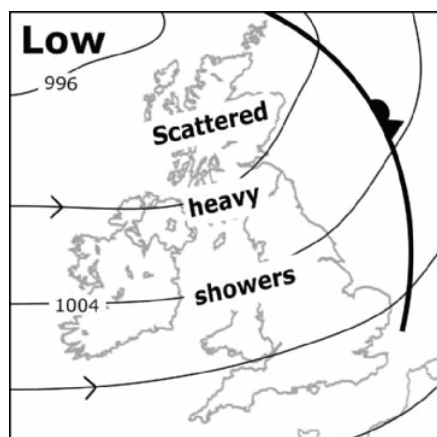
Southern Uplands

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 Saturday, 13 September, 2025



British Mountain Summary:

Based on forecast chart for noon 13 September, 2025

Showery south-westerly airflow across the mountains. Most frequent showers western hills, where they will band into prolonged rain for a time with heavy or even torrential bursts. Scattered heavy showers spreading to eastern mountains too. Risk of thunder. Cloud shrouding western hills, occasional further east.

Headline for Southern Uplands

Blustery and chilly with gusty winds. Frequent showers, risk thunder.

Detailed Forecast for Saturday, 13 September, 2025

How windy? (On the summits)	Southwesterly 25 to 30mph.
Effect of wind on you?	Blustery across the hills, affecting ease of walking on exposed terrain. Considerable wind chill.
How wet? (Precipitation and its impact)	Frequent showers, some heavy Clusters of showery rain, merging to be more constant rain for a time as a trough moves in from the west. Heavy bursts on and off, risk of hail and thunder.
Cloud on the hills?	Varied over tops, mostly west Cloud base frequently changing over higher slopes, capping tops most often west of the M74. Breaks more often to or above tops further east.
Chance of cloud free summits?	40% west, 70% east.
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly morning in east. Visibility very good when dry, reduced to poor in showers.
How Cold? (at 750m)	6 or 7C. Feeling sub-zero, around -4C on highest tops directly in the wind.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Sunday 14 September	Monday 15 September
How windy? (On the summits)	South-westerly, backing south then south-easterly, 15 to 25mph, lifting to 35-50mph late afternoon when very	West to southwesterly, in the range 35 to 50mph, perhaps up to 60mph for a time.
Effect of wind on you?	Mostly small at first, but becoming arduous and then difficult later in the day, with significant buffeting and chill.	Be prepared for difficult conditions much of the day, with significant wind chill and buffeting.
How wet? (Precipitation and its impact)	Rain setting in After a dry start, perhaps all morning, rain will set in into the afternoon. Increasingly heavy later in the afternoon.	Frequent rainfall Frequent showery precipitation will drive in from the west through the day, giving periods of constant rainfall across hills near and west of the M74.
Cloud on the hills?	Breaks at first, forming in rain. Hills may be clear for a time, but as rain develops, cloud will widely form over the tops, and patches down to mid slopes increasingly too.	Frequently covering hills Hills near and west of the M74 will be frequently covered on upper slopes in cloud. Occasionally lowering onto eastern tops too, but best breaks there.
Chance of cloud free summits?	Lowering to 30% in rain.	30%
Sunshine? Air clarity (below cloud)	Soon overcast. Visibility very good at first, becoming poor in rain.	Glimpses of sun, mostly in the east. Visibility sometimes poor due to rain.
How Cold? (at 750m)	7C	8C
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Sunday, 14 September, 2025

Staying unsettled and cyclonic through into next week with temperatures staying 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 northwards 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 16:29 on Friday, 12 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.