

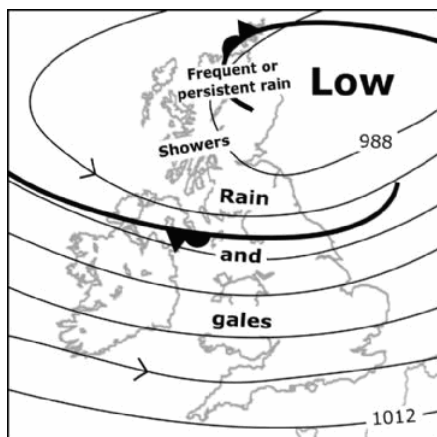
# Southern Uplands

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 Monday, 15 September, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 15 September, 2025

Rain likely persistent for the northern Highlands, at times heavy. Showery rain elsewhere over Scotland, may cluster locally into areas of more frequent rain. Wind variable for Highlands, but likely increasing. Westerly gales over hills in England, severe on tops in Wales, and raining most of the day.

### Headline for Southern Uplands

Windy, up to gale force high tops. Periods of showery rain.

## Detailed Forecast for Monday, 15 September, 2025

<b>How windy? (On the summits)</b>	Westerly, 25 to 40mph, often strongest over more southern hills, but tending to increase everywhere into the afternoon, may reach 50mph at least in gusts.
<b>Effect of wind on you?</b>	<b>Blustery conditions, frequent buffeting, often arduous walking over higher tops, increasingly widely. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showery, wettest in west</b> Frequent showery rain will drive in from the west through the day, giving periods of constant rainfall across hills near and west of the M74. Drier toward the Lothians.
<b>Cloud on the hills?</b>	<b>Frequently covering hills</b> 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.
<b>Chance of cloud free summits?</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun, mostly in the east. Visibility sometimes poor due to rain, better eastwards, often good Borders/Lothians.
<b>How Cold? (at 750m)</b>	8C. Feeling like 0 to -3C in the wind.
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	<b>Tuesday 16 September</b>	<b>Wednesday 17 September</b>
<b>How windy? (On the summits)</b>	Westerly 30 to 40mph at first, easing down toward afternoon to 25mph.	Uncertainty as a complex weather system approaches: Southeast or variable, likely 20-30mph, chance of becoming gales.
<b>Effect of wind on you?</b>	<b>Arduous conditions through morning, perhaps difficult over the tops for a time, significant wind chill. Easing afternoon.</b>	<b>Expect blustery conditions, affecting ease of walking and balance on high tops, but beware possibly deteriorating further.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Periods of showery rain</b> Showers, some drizzly in nature, rather frequent for a few hours in Galloway. Scope for a heavy burst or two. Becoming more scattered afternoon.	<b>Rain and drizzle, may fade</b> Rain and drizzle likely fairly persistent, at least on and off throughout the day; risk of steadier rain lasting several hours. May break up into showers with time.
<b>Cloud on the hills?</b>	<b>Lifting to or above tops afternoon.</b>  Banks of cloud on upper slopes from dawn, most extensive Galloway hills. Bases lifting and breaking and by afternoon tops will likely often clear.	<b>Fairly extensive</b>  Cloud likely to cover higher slopes most or all day, at times blanketing hills to mid-slopes especially during rain.
<b>Chance of cloud free summits?</b>	<b>30% lifting to 70%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sunshine coming through. Hazy later due to high cloud. Visibility very good away from showers.	Generally overcast, varied layers of cloud. Visibility reduced by rain, at times poor; locally may be good, mainly north.
<b>How Cold? (at 750m)</b>	8C. Feeling below freezing in the wind.	7 to 9C. Feeling near or below freezing in the wind.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

### All mountain areas of Britain from Tuesday, 16 September, 2025

An ongoing unsettled outlook generally dominated by low pressure. Uncertainty about the track of a developing low into midweek, a risk of further extensive rain and gales, though the worst of these conditions may be confined to England and Wales. Areas of rain and showers frequently in the forecast later in the week. Temperatures near-average, but feeling cool when exposed to wind. A chillier northwesterly may emerge by next weekend, briefly dropping near freezing on highest Scottish tops. Indications then favour higher pressure at least briefly expanding northwards early next week for some drier days, but unlikely to settle down for long.

### Forecast issued at 16:15 on Sunday, 14 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.