MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands

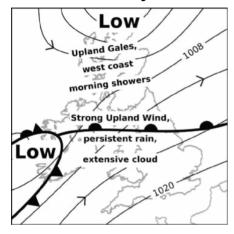
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



the national agency for sport

Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Thursday, 18 September, 2025



British Mountain Summary: Based on forecast chart for noon 18 September, 2025

Strong upland wind or gales across the mountains. Frontal wave bringing persistent, heavy rain and extensive cloud from North Wales to the Southern Uplands. Highlands drier, especially east of A9, but showery near the west and north-west coast in the morning. Temperatures mild but with notable wind chill.

Headline for Southern Uplands

Strong upland wind. Rain & extensive cloud afternoon.

Detailed Forecast for Thursday, 18 September, 2025

How windy? (On the summits)	Southwesterly 30 to 45mph, risk 50mph in the afternoon especially Moffat and the Tweed valley. Gusty.		
Effect of wind on you?	Arduous walking conditions will affect your balance. Difficult conditions possible. Gusts may blow you over. Marked wind chill.		
How wet? (Precipitation and its impact)	Dry morning, heavy rain afternoon A dry morning will give way to showery, occasionally heavy, rain arriving from the south in the afternoon. Areas near Edinburgh and Glasgow may stay dry until late afternoon.		
Cloud on the hills?	Becoming extensive		
	Patchy cloud on higher ground in the morning will in and lower as rain arrives in the afternoon. Cloud will reach the lowest slopes in southern Galloway.		
Chance of cloud free summits?	60% morning, becoming 10% west; 40% east		
Sunshine? Air clarity (below cloud)	Morning: Patchy sunshine through high cloud. Hazy over the Irish Sea but excellent visibility inland. Afternoon: Little or no sun. Poor visibility.		
How Cold? (at 750m)	8C. Feeling between 0 and -5C in the wind.		
Freezing Level	Well above the summits.		

MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands - Looking Ahead

	Friday 19 September	Saturday 20 September
How windy? (On the summits) Effect of wind on you?	Southwesterly 20 to 35mph, likely strongest toward the Cheviots, particularly morning, may be over 40mph for a time. Feeling blustery with balance affected at times, especially Cheviots. Marked wind chill.	Forecast details uncertain. Lull in the morning, picking up to northeasterly 15 to 25mph, risk 35mph. Small at first, comfort of walking affected in the afternoon. Risk of arduous conditions later. Marked wind chill.
How wet?	Rain may persist some areas	Light rain likely turning heavy & persistent
(Precipitation and its impact)	Persistent rain, occasionally heavy, mostly in the morning, may tend to fizzle out in areas further north and northwest, but greater risk of rain lingering further south.	Rain on and off in the morning with some regions staying mostly dry. Likely to get persistent and heavier in the afternoon. Small chance of drier conditions if position of front shifts.
Cloud on the hills?	Extensive in rain, lowest south	Becoming extensive
	Cloud likely from lower slopes up in Galloway. Cloud base higher towards the Lothians but many summits in clouds or the base just above the higher hills.	Widespread, patchy cloud on high ground will lower and become extensive as heavy rain arrives.
Chance of cloud free summits?	10% west; 40% east	20%
Sunshine? Air clarity (below cloud)	Little or no sunshine. Poor visibility in rain, locally improving where rain fades toward north.	Likely overcast all day. Good visibility away from rain.
How Cold? (at 750m)	9 to 11C, warmest toward Borders. Feeling around 0C in the wind.	5C, dropping a little into the afternoon. Feeling as cold as -5C in the wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Friday, 19 September, 2025

Weather remains mixed into and through the weekend, often with high winds, regions of persistent rain and extensive cloud. Temperatures falling through Saturday across the UK with the higher Scottish summits dropping below freezing and frosts in some glens. Looking increasingly likely that high pressure will take hold from the north on Sunday evening, bringing a period of more settled weather across the country for a couple of days at least, perhaps longer.

Forecast issued at 16:30 on Wednesday, 17 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.