

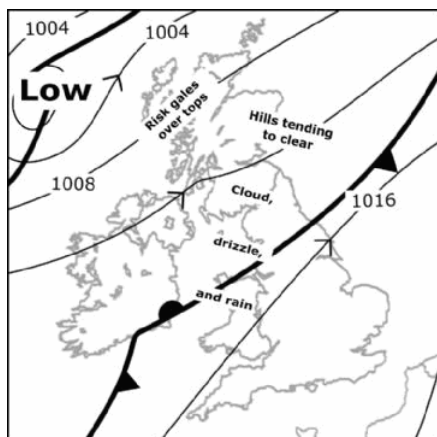
Southern Uplands

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 Friday, 19 September, 2025



British Mountain Summary:

Based on forecast chart for noon 19 September, 2025

Mostly dry and blustery for Scottish Highlands; cloud, some showers, and risk of gales on west coast tops. Persistent cloud and rain for southern Scotland, north England, and north Wales with a similar risk of gales on highest tops. Rain more patchy south Pennines and south Wales, some cloud breaks to inland summits.

Headline for Southern Uplands

Cloud and persistent rain western areas, at times spreading

Detailed Forecast for Friday, 19 September, 2025

How windy? (On the summits)	Southwesterly 20 to 30mph, strongest east of M72 where morning winds over tops may reach up to 40mph.
Effect of wind on you?	Feeling blustery with balance affected at times, especially in the morning over eastern high tops. Marked wind chill.
How wet? (Precipitation and its impact)	Rain on and off, persistent southwest Rain fairly persistent with regular heavy bursts on southern Galloway hills and Borders hills near the Solway. Rain will spread more widely at times for several hours.
Cloud on the hills?	Extensive in rain, some breaks towards summits north and east Cloud likely from lower slopes up in Galloway and Borders hills near the Solway. Cloud base higher towards the Lothians but many summits in clouds or the base just above the higher hills.
Chance of cloud free summits?	10% west; 40% east
Sunshine? Air clarity (below cloud)	Little or no sunshine. Poor visibility in rain, locally improving where rain fades toward north.
How Cold? (at 750m)	9 to 11C, tending to vary as rain comes and goes. Feeling near 0C in direct wind.
Freezing Level	Above the summits.

All mountain areas of Britain from Saturday, 20 September, 2025

Some showers into northern Scotland on Monday will fade for a substantially dry week ahead with good sunny breaks for many. Temperatures staying cool but slowing rising day-by-day.

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.