MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands

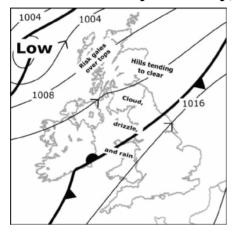
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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 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?	Rain on and off, persistent southwest	
(Precipitation and its impact)	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	Little or no sunshine. Poor visibility in rain, locally improving where rain fades toward north.	
cloud)		
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.	

MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands - Looking Ahead

	Saturday 20 September	Sunday 21 September
How windy? (On the summits)	Forecast details uncertain. Lull in the morning, picking up through afternoon and rising towards 50mph+ by evening.	North-northeasterly 40-50mph, risk much stronger around dawn, up to 60mph. Tending to ease through afternoon.
Effect of wind on you?	Small at first, comfort of walking increasingly affected, becoming arduous or difficult into evening. Marked wind chill.	Arduous conditions much of the day, difficult in the morning. Significant wind chill.
How wet? (Precipitation and its impact)	Light rain likely turning heavy & persistent	Morning rain east, then showers
	Rain on and off in the morning, most likely south. Becoming increasingly persistent and heavy from the south through afternoon, likely widespread and persistent into and overnight.	Heavy rain overnight making ground very wet underfoot, many streams likely in spate; some flooding likely. Rain clears east after dawn. Occasional showers follow the rain, most frequent around Lothians/Cheviots.
Cloud on the hills?	Becoming extensive	Occasional banks on the Cheviot
	Patchy cloud on high ground much of the day, occasional breaks to tops possible for a time. Cloud will lower and become extensive as heavy rain arrives.	From dawn, patchy cloud around the summits, some lower bases east of the Borders, down to 600-700m. Tending to lift and breaks with tops largely clear; high eastern Borders/Cheviot may see passing fog during showers.
Chance of cloud free summits?	20%	80%
Sunshine? Air clarity (below cloud)	Likely overcast all day. Good visibility away from rain.	Mostly cloudy in the morning, tending to break eastward for patchy sunshine. Very good visibility.
	7 or 8C from dawn, lowing to 5C through	3C from dawn, rising to 4 or 5C, staying
How Cold? (at 750m)	afternoon. Feeling as cold as -8C in direct wind.	coolest east of the Borders. Feeling as cold as -10C in strongest wind.

Planning Outlook

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

An unsettled weekend ahead as low pressure brings heavy rain to England and southern Scotland on Saturday with strong winds. Conditions increasingly wet underfoot with streams in spate - some flooding is likely. A northerly wind in Scotland begins to draw unseasonably cold air into the Highlands, bringing freezing levels down to high terrain. Cold air flows into into England and Wales through Sunday on a strong wind - wind chills in direct exposure may reach as low as -10 to -15C.

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.

Forecast issued at 16:30 on Thursday, 18 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.