

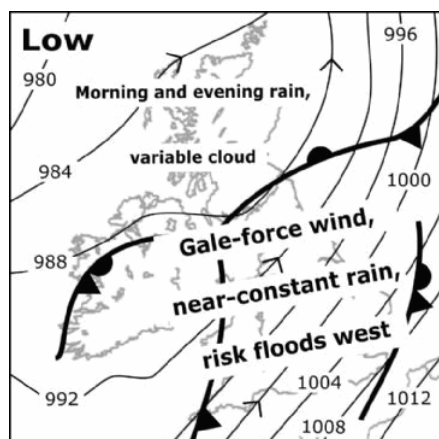
Southern Uplands

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, 1 December, 2025



British Mountain Summary:

Based on forecast chart for noon 1 December, 2025

Morning rain and snow in Scottish Highlands breaks for several hours then returns from the south later. Rain more persistent over the Southern Uplands with heavy bursts south and a risk of strong winds. Gales and rain widely across England and Wales, increasing risk of flooding in Lakeland and west Wales.

Headline for Southern Uplands

Often raining in the south, at times heavy; risk strong winds

Detailed Forecast for Monday, 1 December, 2025

How windy? (On the summits) Effect of wind on you?	Southwesterly 20 to 30mph, though nearer 40mph east in the morning. Winds slowly trending lighter in the afternoon and more variable, though always a risk strengthening in the east and possibly more widely. Prepare for varying conditions. Most likely fairly small impacts, particularly in the west, but a risk of strenuous walking in eastern areas and possibly more widely. Significant wind chill.
How wet? (Precipitation and its impact)	Rain frequent and heavy at times, mostly south Persistent rain from overnight, may break up for a time, greatest chance northern slopes, but rain may remain frequent in southern areas, setting in heavily again later in the day. Driest near the Central Belt.
Cloud on the hills? Chance of cloud free summits?	Fairly extensive, lowest south in rain Banks of cloud shrouding many hills from dawn, some breaks possibly near the Central Belt for a few hours. Lowering extensively across hills later as heavier rain spreads more widely. 30%, dropping below 10% in rain
Sunshine? Air clarity (below cloud)	Largely overcast, dull in rain. Visibility poor in rain, briefly may be good, particularly toward Lothians in morning.
How Cold? (at 750m) Freezing Level	5C most of the day, risk of rising slightly for a few afternoon hours, greatest risk east. Lowering widely overnight towards 1C. Wind chill often feeling near to -10C in exposure on tops. Rising from overnight, staying above freezing to the tops all daytime.

Southern Uplands - Looking Ahead

	Tuesday 2 December	Wednesday 3 December
How windy? (On the summits) Effect of wind on you?	Southwesterly 25-30mph, at times 35mph higher tops, local squally gusts in showers mainly in west. Blustery, starting to affect comfortable walking on exposed higher areas. Noticeable wind chill.	Southwesterly 30-40mph. A slight easing trend. Strenuous walking, particularly in exposure where balance and stability will be affected. Significant wind chill.
How wet? (Precipitation and its impact)	Showers mostly toward southwest Occasional showers coming inland towards the Borders from the Solway Firth, locally briefly heavy, possible hail. Largely dry further toward north and east.	Showery rain near the Solway Frequent showery rain from southern Galloway to the Moffat hills, most persistent in the morning. Some patches drift east into the Borders, most likely earlier. Northernmost hills, Lothians, and Cheviot substantially dry.
Cloud on the hills?	Varied, lowest cloud south Risk areas of low-level cloud particularly southern areas near and west of M74, to some lower slopes in the morning. Tending to rise above 600m, most common on tops in Galloway. Breaks toward tops best further northward.	Extensive near Solway, well-broken north/east A sheet of cloud shrouds the southern Galloway hills towards the Moffat hills, likely all day above 600m. Higher bases, often well-broken, on northern aspects and towards the Cheviot.
Chance of cloud free summits?	30%, rising to 70% northern areas.	20% west, 60% Lothians/Cheviot
Sunshine? Air clarity (below cloud)	Occasional sun mostly toward the north. Visibility very good away from showers.	Best chance of sunny bursts north and eastern areas, particularly Lothians and Cheviots. Excellent visibility away from showers.
How Cold? (at 750m) Freezing Level	2C, up to 3C near Merrick. Wind chill feeling like -5C. Above the summits	2C. Feeling like -10C in direct wind. Above the summits

Planning Outlook**All mountain areas of Britain from Tuesday, 2 December, 2025**

A risk of local flooding remains on Tuesday in Wales and the Lake district following Monday's heavy rain.

Areas of low pressure circulating to the west and north will dominate the weather pattern in the week ahead, bringing generally unsettled weather. Temperatures near average - higher mountains near or just below freezing point likely for the remainder of the week. Often showery and cloudy in the west with broader bands of rain regularly passing east. Wind speed likely to vary though often quite strong with risk of gales coming and going.

First indications suggest unsettled weather will remain dominant into the weekend.

Forecast issued at 16:24 on Sunday, 30 November, 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.