

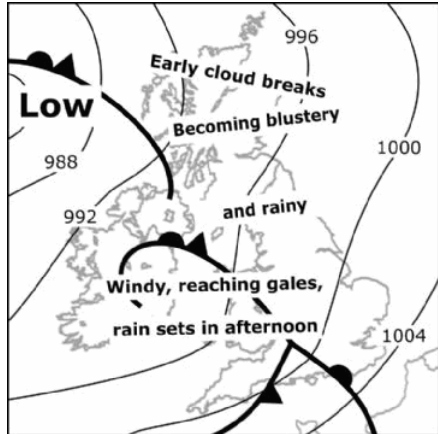
Southern Uplands

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 Sunday, 7 December, 2025



British Mountain Summary: Based on forecast chart for noon 7 December, 2025

Patchy rain in western areas early, drier east though lots of cloud over summits; some clear tops central and south Pennines. Winds soon begin to strengthen widely, quickest in Wales and reaching gale force here afternoon. Rain also arrives from the west afternoon, spreading widely into evening.

Headline for Southern Uplands

Cloudy, increasingly blustery with rain setting in

Detailed Forecast for Sunday, 7 December, 2025

How windy? (On the summits) Effect of wind on you?	Southerly 15-20mph from dawn, shifting southeasterly and gradually rising, reaching 25-30mph or stronger over westernmost tops. Trending westerly into nighttime and strengthening though highly variable for a few hours. Fairly small effects from dawn, increasingly blustery conditions in exposure, risk more strenuous walking developing in the west with marked wind chill. Beware sudden changes overnight.
How wet? (Precipitation and its impact)	Rain sets in widely through afternoon, increasingly heavy Local patchy rain in the morning though amounting to little. Rain starts to set in from the west around midday, spreading east through afternoon, setting in widely and likely heavily by dusk.
Cloud on the hills? Chance of cloud free summits?	Extensive Likely shrouding high terrain all day, some breaks here and there with patches of cloud at several elevations. Filling in more extensive to middle or low slopes as rain sets in. 20%
Sunshine? Air clarity (below cloud)	Any sunshine unlikely. Poor visibility likely most hills, local improvements where out of cloud for a time.
How Cold? (at 750m) Freezing Level	4 or 5C, fairly small variation with height. Southern areas from Galloway to the Cheviot may see temperatures reach 6C briefly around dusk, but cooling again into night. Feeling like -5C or possibly colder if exposed to stronger wind. Above the summits.

Southern Uplands - Looking Ahead

	Monday 8 December	Tuesday 9 December
How windy? (On the summits)	Southwesterly, 20 to 35mph, speed likely to fluctuate; may strengthen further later or into night.	From dawn, southeasterly 30-40mph, soon rising to a gusty 50-65mph and gradually shifting SW'ly. Risk further deteriorating.
Effect of wind on you?	Uncertain timing and intensity of conditions, be prepared for periods of strenuous walking and marked wind chill.	Conditions soon difficult over high exposed terrain, powerful gusts may knock you over. Significant wind chill.
How wet? (Precipitation and its impact)	Occasional rain Patchy showery rain, mostly Dumfries and Galloway; briefly heavier and more widespread in the morning.	Morning heavy rain turns showery Rain nearly incessant and often heavy through the morning. Breaking into showery rain afternoon, most frequent in the west. Beware fast rising streams, flood risk.
Cloud on the hills?	Most common southwest tops Likely to drift onto higher slopes for periods, most frequent from M74 corridor to more southern hills in Galloway. Higher bases further north and east with possible breaks off tops.	Extensive A sheet of cloud cloaks the hills from middle slopes upward, lowest bases in southern Galloway and towards the Moffat hills. Some local improvements possible north Borders/Lothians, though variable.
Chance of cloud free summits?	50%	Less than 10%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly east and northern areas. Visibility often good, reduced locally in showers west.	Overcast and dull. Poor visibility.
How Cold? (at 750m)	4C, a slow rise after dark. If exposed to stronger winds, risk feeling like -7C on high tops.	6 to 8C, warmest over the midday hours on eastern hills. Sharply cooling into night. Feeling like -5C in strongest wind.
Freezing Level	Above the summits.	Above the summits

Planning Outlook

All mountain areas of Britain from Monday, 8 December, 2025

Generally unsettled into the week with areas of low pressure moving in from the Atlantic on prevailing southwesterly winds. Temperatures relatively mild, higher tops in the Highlands intermittently just below freezing point; expect periods of thawing even up to these tops. Day-to-day weather detail will be uncertain even in short-range as complex systems develop - a series of frontal systems bringing spells of rain, at times more widespread and heavy - any snowfall mostly confined to highest tops in Scotland; also showers at times with hail mostly near western coasts. Wind speeds will also vary, often blustery with periods of gales or severe gales on tops, but local lulls too.

Forecast issued at 16:18 on Saturday, 6 December, 2025

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