MOUNTAIN WEATHER INFORMATION SERVICE

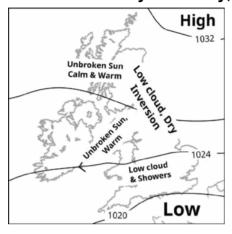
Southern Uplands

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, 20 September, 2024



British Mountain Summary:

Based on forecast chart for noon 20 September, 2024

Sunny, warm and calm with only morning valley fog in the Highlands. Low cloud southern Scotland and northeastern England, inversion, tops above the cloud. Sunny Lake District. East Wales under low cloud, west including Snowdon sunny & dry. Showers in Brecon Beacons. Locally gusty Welsh and English hills.

Headline for Southern Uplands

Sunny west, low cloud in the east. Dry, tops above cloud

Detailed Forecast for Friday, 20 September, 2024

How windy? (On the summits)	East to northeasterly 15mph.	
Effect of wind on you?	Small.	
How wet? (Precipitation and its impact)	Rain not expected	
Cloud on the hills?	May form at times; perhaps widely Borders	
Chance of cloud free summits?	West of M74 hills cloud free all day. In the east very low cloud, the top of which likely to be below 400m morning. May extend to higher slopes afternoon, but tops above 700m should stay above the cloud. 60%	
Sunshine? Air clarity (below cloud)	Bright sunshine and excellent visibility higher areas; foggy or misty east of M74, most likely Borders and Lothians.	
How Cold? (at 750m)	10 to 13C, colder lower down where in cloud.	
Freezing Level	Above the summits.	

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Southern Uplands - Looking Ahead

	Saturday 21 September	Sunday 22 September
How windy? (On the summits)	East to northeasterly, 15-20mph, locally 25mph.	Easterly less than 15mph, at times lull.
Effect of wind on you?	Fairly small.	Negligible.
How wet? (Precipitation and its impact)	No rain expected	No rain expected
Cloud on the hills?	Hills often clear	Eastern hills covered
	Morning fog in some valleys, dissipating early in the west, in Cheviots and Lothians low cloud slowly lifting and perhaps covering mid-slopes most of the day. Tops above 600-800m likely above the cloud.	Lothians and Cheviots mostly in cloud, tops above 600-800m perhaps above the sea of clouds. Toward Galloway hills clear except for morning mist in valleys.
Chance of cloud free summits?	90% west, 30% east but tops often clear	40%
Sunshine? Air clarity (below cloud)	West of M74 sunny and very good visibility. Toward the east low clouds often preventing the sun to reach the ground.	Cloudy in Lothians and in Cheviots, mostly sunny toward Galloway. Visibility good.
How Cold? (at 750m)	Around 12C	9 to 13C
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 21 September, 2024

High pressure conditions with a lot of sunshine, warm temperatures and calm winds continue until early next week in Scotland and northern England. In Wales and Peak District during the weekend heavy showery bursts of rain, possibly thunderstorms. On Monday clouds and brief rain in Scotland. Northern England mostly dry, Peaks and Wales still wet. On Tuesday most likely dry day, before a deep low pressure system arrives on Wednesday/Thursday, bringing strong cooling and a lot of rain to most British mountains. Toward next weekend probably cold and wet, with again some snow on high tops.

Forecast issued at 13:09 on Thursday, 19 September, 2024

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, 2024.