

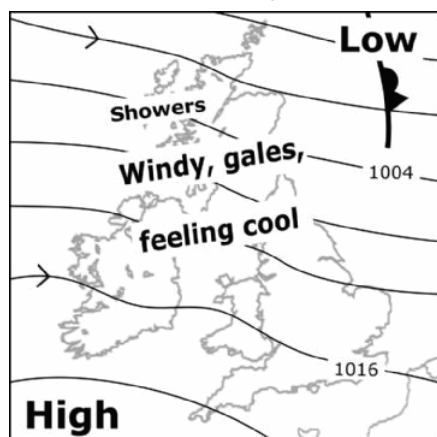
# Southern Uplands

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, 23 June, 2025



### British Mountain Summary:

#### Based on forecast chart for noon 23 June, 2025

Windy for all regions, gale-force westerlies on higher mountains. Much cooler air than recently, feeling distinctly chilly where exposed on hills. Showery rain most frequent western Scotland and cloud often capping tops. Light showers England & Wales, drier spells.

### Headline for Southern Uplands

Cool and windy, near-gale. Light brief showers.

## Detailed Forecast for Monday, 23 June, 2025

<b>How windy? (On the summits)</b>	Westerly 30 to 35mph, at times 40mph higher tops.
<b>Effect of wind on you?</b>	<b>Walking strenuous over higher terrain, frequent buffeting where exposed. Considerable wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Occasional light rain west</b> Patchy light showers and drizzle mostly west of the M74. Often dry Borders & Cheviots. Some more persistent rain dusk into night.
<b>Cloud on the hills?</b>	<b>Mostly western tops</b> Banks of cloud above 600-700m western hills, occasional patches on eastern tops, rising higher afternoon, above many hills.
<b>Chance of cloud free summits?</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Fairly cloudy, occasional sun, more often toward east. Visibility very good below cloud.
<b>How Cold? (at 750m)</b>	5C from dawn, rising to 8C, or 10C east. Feeling sub-zero in the wind in the morning.
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	<b>Tuesday 24 June</b>	<b>Wednesday 25 June</b>
<b>How windy? (On the summits)</b>	Westerly 25 to 30, at times 35mph.	South to southwesterly 15 to 20mph, occasional 25mph higher slopes.
<b>Effect of wind on you?</b>	<b>Very blustery over the hills, strenuous walking where exposed on high tops. Considerable wind chill.</b>	<b>Fairly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain for a time</b> Patchy rain and drizzle, may persist for a few hours western hills, fading to drizzly showers; small amounts in east.	<b>Small amounts of rain, risk wetter later</b> Occasional drizzly showers, mainly Dumfries and Galloway. Toward evening, more persistent rain likely to develop from southwest.
<b>Cloud on the hills?</b>	<b>Fairly extensive, may improve</b>  Covering the hills from mid-to-lower slopes up in morning, base rising, but likely to persist on higher areas in the west. Higher breaks mostly toward Pentland hills.	<b>Lifting from many hills</b>  Covering many higher slopes in the morning, some patches to 500-600m near Solway. Cloud base tending to rise, breaks forming, clearer north & east, but lowering more widely in west later if rain occurs.
<b>Chance of cloud free summits?</b>	<b>30%</b>	<b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Mostly cloudy, glimpses of sun in east. Visibility good below cloud away from rain.	Glimpses of sun best Lothians to Cheviots. Visibility good out of cloud, very good further north and east.
<b>How Cold? (at 750m)</b>	8C. Feeling near freezing in the wind.	8C rising to 11C.
<b>Freezing Level</b>	Above the summits	Above the summits

## Planning Outlook

### All mountain areas of Britain from Tuesday, 24 June, 2025

West to southwesterly winds prevail this week and a series of frontal systems come in from the Atlantic. Rain and drizzle most frequent in west with low cloud often covering hills. Higher cloud bases and drier further eastwards. Much cooler than recently, temperatures nearer average, or lower at times in Scotland. Often windy, but by later in the week, risk of more extensive upland gales and some heavier rain as deeper areas of low pressure likely move in.

### Forecast issued at 16:00 on Sunday, 22 June, 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.