MOUNTAIN WEATHER INFORMATION SERVICE

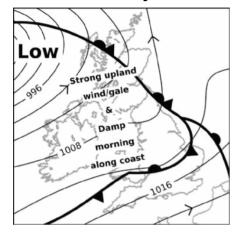
Southern Uplands

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 Wednesday, 17 September, 2025



British Mountain Summary: Based on forecast chart for noon 17 September, 2025

Strong upland wind, gale force at times. Persistently damp morning across all west-coastal regions, fading to various extents into the afternoon. Extensive cloud in most areas. Very wet underfoot in England and Wales with streams in spate after heavy overnight rain.

Headline for Southern Uplands

Upland wind increasing; low cloud patchy rain

Detailed Forecast for Wednesday, 17 September, 2025

How windy? (On the summits)	Southerly 20 to 35mph, highest Galloway, in morning. Steadily increasing to become southwesterly 35 to 45mph in the afternoon.	
Effect of wind on you?	Arduous, blustery conditions developing which will affect ease of walking and balance. Marked wind chill by the afternoon.	
How wet? (Precipitation and its impact)	Rain and drizzle, tending to fade Rain and drizzle fairly persistent, at least on and off throughout the day; steadier rain lasting several hours in the morning. Tending to fade in the afternoon away from Galloway where drizzly conditions will continue.	
Cloud on the hills?	Fairly extensive Cloud likely to cover higher slopes most or all day, at times blanketing hills to mid-slopes especially during rain. In the afternoon breaks will develop in eastern regions.	
Chance of cloud free summits?	20%	
Sunshine? Air clarity (below cloud)	Generally overcast, varied layers of cloud. Visibility reduced by rain, at times poor; locally may be good, mainly north.	
How Cold? (at 750m)	10C. Feeling near or below freezing in the wind.	
Freezing Level	Above the summits	

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Southern Uplands - Looking Ahead

	Thursday 18 September	Friday 19 September
How windy? (On the summits) Effect of wind on you?	Forecast details still uncertain. Southwesterly 30 to 45mph. Gusty. Arduous walking conditions will affect your balance. Gusts may blow you over. Marked wind chill.	Forecast details uncertain. West to southwesterly 30-45mph. Chance of easing late in the day. Feeling blustery with balance affected at times, especially morning. Marked wind chill.
How wet? (Precipitation and its impact)	Risk of heavy, sustained rain Details uncertain: Likelihood of sustained rain, heavy at times. Weather depends on position of a frontal wave system, so chance of much drier conditions with only light showers. Least rain in the eastern fells.	Persistent rain Persistent rain, occasionally heavy, likely through the day.
Cloud on the hills? Chance of cloud	Risk of extensive cloud, down to lower slopes in Galloway. Should it happen to remain dry, patchy cloud on high ground will likely lift and clear into the afternoon.	Probably extensive Cloud likely from lower slopes up in Galloway. Cloud base higher towards the Lothians but many summits in clouds or the base just above the higher hills. 10% west; 40% east
free summits? Sunshine? Air clarity (below cloud)	Patchy sunshine through high cloud. Excellent visibility out of cloud.	Little or no sunshine Poor visibility.
How Cold? (at 750m) Freezing Level	9C. Feeling around 0C in the wind. Well above the summits.	9C. Feeling around 0C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 18 September, 2025

Extensive rain and gales into midweek, likely wettest on west-coastal regions. Areas of rain and showers frequently in the forecast later in the week. Temperatures near-average, but feeling cool when exposed to wind. A chillier northwesterly may emerge by next weekend, briefly dropping near freezing on the highest Scottish tops. Indications then favour higher pressure at least briefly expanding northwards early next week for some drier days, but unlikely to settle down for long.

Forecast issued at 16:30 on Tuesday, 16 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.