

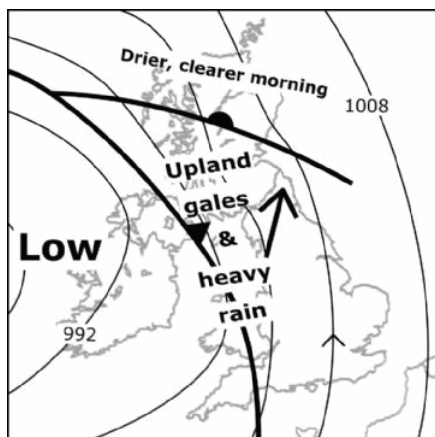
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Sunday, 19 October, 2025



British Mountain Summary:

Based on forecast chart for noon 19 October, 2025

Gale-force south to southeasterlies across the mountains. Extensively wet with blanket low cloud. The heaviest rain across Wales and southwest Scotland, pushing further across the southern Highlands with time. Driest conditions for northern Scotland early in day; briefly drier Pennines mid-late morning.

Headline for Southern Uplands

Gales on tops. Heaviest rain most prolonged southwest.

Detailed Forecast for Sunday, 19 October, 2025

How windy? (On the summits)	Southeasterly 30 to 45mph, speed varying during day, often very gusty around higher tops; starting to lessen later.
Effect of wind on you?	Expect blustery conditions, challenging walking over higher terrain, gusts knocking you off balance. Marked wind chill.
How wet? (Precipitation and its impact)	Rain and drizzle widespread, sustained heavier rain west Rain already by dawn in Galloway, setting in heavy, lasting onward into afternoon, only clears later, becoming very wet underfoot. A largely dry dawn toward Borders & Lothians, but rain and drizzle soon develops extensively.
Cloud on the hills?	Extensive, early breaks north Covering hills in Dumfries & Galloway most likely all day, from lower elevations up near Solway. Higher bases northward. Some breaks toward north and east early in day, but filling in on hills in rain.
Chance of cloud free summits?	10% west; 50% dropping to 20% N/E.
Sunshine? Air clarity (below cloud)	Sun unlikely, overcast all day. Hazy, or widely murky in rain; better visibility toward the central belt, and possibly much of Borders early in day.
How Cold? (at 750m)	6 or 7C. Feeling near -5C directly in the wind.
Freezing Level	Above the summits

All mountain areas of Britain from Monday, 20 October, 2025

A mixed outlook into the new week as low pressure dominates with areas of rain and showers , which will vary locally day-to-day. Some windows of drier weather, particularly central parts of the Highlands. Wind speeds will also vary, but some lulls, but abrupt spells of upland gales possible. Risk of heavier rain spreading from Wales into northern England and southern Scotland later Wednesday into Thursday. Likely significantly colder later in the week with northerly winds, dropping below freezing on higher mountains, with snow showers especially Scottish Munros.

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.