MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands

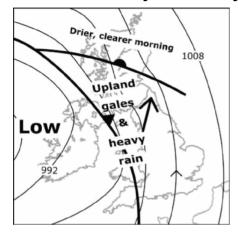
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



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General Summary for 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?	Rain and drizzle widespread, sustained heavier rain west		
(Precipitation and its impact)	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		

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Southern Uplands - Looking Ahead

	Monday 20 October	Tuesday 21 October
How windy? (On the summits) Effect of wind on	Variable or mostly east-southeasterly, 10-15mph or less, locally 20mph at times Galloway. Mostly small	Westerly, 15 to 25mph, tending to increase, chance of a rapid increase in western areas to 35mph. Fairly small, but feeling blustery over
you?		exposed tops. May become more challenging especially in west.
How wet?	Patchy rain, may escape drier	Showers mostly west
(Precipitation and its impact)	Areas of light rain and some possible showers drifting around slowly, greater risk toward the Solway. Amounts likely small, but locally may linger over several hours. Likely drier northwards.	Occasional showery rain mostly Galloway hills, brief light showers drifting toward M74 corridor, but substantially dry further east.
Cloud on the hills?	Varied cloud banks, may persist	Varied fog and low cloud, local breaks
	Banks of cloud at various elevations from lower slopes upward from dawn, some slopes may be between cloud layers for a time. Areas of cloud linger around hills in rain. Local breaks forming to tops.	Banks of cloud may be fairly widespread over the hills in the morning, including fog in some valleys. Tending to lift above 600m, most persistent western hills, breaks to tops mainly east.
Chance of cloud free summits?	40%	40%
Sunshine? Air clarity (below cloud)	Largely cloudy, some weak sun. Areas of mist into valleys in morning, may linger. Visibility locally very good below cloud.	Mostly cloudy west, occasional sun toward Borders and Lothians. Visibility very good away from rain, excellent in Borders.
How Cold? (at 750m)	7C, little change all day.	6 or 7C, little change, small variation with height in morning. Feeling near/below freezing in stronger wind.
Freezing Level	Above the summits	Above the summits

Planning Outlook

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.

Forecast issued at 16:00 on Saturday, 18 October, 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.