MOUNTAIN WEATHER INFORMATION SERVICE

Southern Uplands

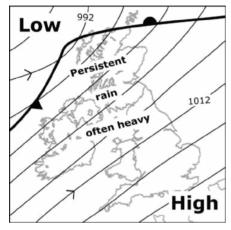
The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).





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General Summary for Sunday, 14 December, 2025



British Mountain Summary: Based on forecast chart for noon 14 December, 2025

Extensive rain, sustained heavy falls over many western mountains, expect flooding. Smaller amounts of rain toward the N/E Cairngorms, also S/E Wales and Peak District. Widespread gales, powerful gusts around high tops, locally downslope to east. Blanket cloud across hills, lowest in west.

Headline for Southern Uplands

Gales, severe in places. Prolonged heavy rain west.

Detailed Forecast for Sunday, 14 December, 2025

How windy? (On the summits)	Southwesterly, 40-55mph, most notably gusty east, 60mph over Cheviots. Tending to strengthen afternoon, reaching 70mph for a time. Easing only well into night from west to 30mph or less.		
Effect of wind on you?	Arduous conditions over the hills. Strong gusty winds will challenge balance and stability all day, including downslope. Significant wind chill.		
How wet? (Precipitation and its impact)	Rain rarely ceasing, persistently heavy west; flooding Rain throughout the day from south Galloway to the Moffat hills, at times into western Cheviots; sustained heavy falls, ongoing into evening. Patchier at times further north/east, but still setting in widely for periods. Very wet underfoot, streams in spate, flooding increasingly develops.		
Cloud on the hills? Chance of cloud free	Extensive, lowest southwest Blanket low cloud cloaks Dumfries & Galloway up to the Moffat hills with bases 300-500m, lowest on slopes facing Solway Firth. Often covering the east Borders and Cheviots above 600m. Some breaks toward the Pentlands. 10%, to 30% Lothians.		
Sunshine? Air clarity (below cloud)	No sunshine expected and often dull. Variable visibility, often dull west, best in the eastern Borders during dry periods.		
How Cold? (at 750m)	6 to 8C; similar temperatures at all altitudes, may start to drop into night. Feeling like -5C in direct wind.		
Freezing Level	Above the summits		

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Southern Uplands - Looking Ahead

	Monday 15 December	Tuesday 16 December
How windy? (On the summits)	A variable westerly 15-20mph, may lull for periods; chance much stronger at dawn Cheviots.	West to southwesterly 20 to 25mph.
Effect of wind on you?	Fairly small.	Noticeably breezy and feeling chilly over exposed higher terrain.
How wet?	Rain mostly east	Largely dry
(Precipitation and its impact)	Frequent or persistent rain over the Cheviots, reaching the Borders and Lothians for periods, a risk of extended falls here too. Drier Galloway though some patchy rain onto slopes near the Solway. Wet underfoot, flooding.	Chance of an odd light shower mainly near to the Solway coast.
Cloud on the hills?	Mostly east, variable caps to the west	Patchy cloud mostly west
	Cloud shrouds the Cheviot all day, perhaps to middle slopes. Cloud caps over summits will frequent south Galloway and the western Borders as well, though these variable, at times lower but also clearing.	Patchy cloud banks most common on hills toward the Solway, may come and go on slopes above 600m. Some local fog lower down in morning. More often clear hills toward the north and much of Borders.
Chance of cloud free summits?	40% west, 20% east	60%
Sunshine? Air clarity (below cloud)	Generally cloudy, dull east, some brighter skies furthest west. Good visibility out of cloud/rain, but poor especially eastern areas.	Sunshine and thin high cloud. Visibility excellent out of cloud.
How Cold? (at 750m)	3 or 4C, a degree warmer east, possibly 6C Cheviots around dawn.	2C. Feeling like -6C directly in the wind.
Freezing Level	Above the summits	Above highest summits. Slight frost sheltered valleys in morning.

Planning Outlook

All mountain areas of Britain from Monday, 15 December, 2025

Prolonged rain will leave flooding of streams and rivers in many mountain areas early in the new week, with the exception of northeastern Scotland. A frontal system will eventually pass eastwards Monday-Tuesday, wind easing; dropping to freezing above 900m, beware of ice forming on higher Scotlish mountains. Drier conditions for many on Tuesday, though showery near west coast of Scotland. By Wednesday, another system sweeps in from the Atlantic bringing further rain and gales. A risk of more heavy rain particularly England and Wales later in the week. A change of weather pattern is likely in the run up to Christmas, as high pressure builds northward, bringing drier weather, possibly chillier with time.

Forecast issued at 16:16 on Saturday, 13 December, 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.