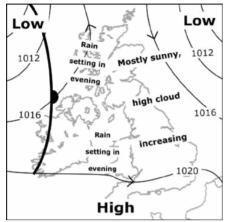
Southern Uplands

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 Friday, 23 May, 2025



British Mountain Summary:

Based on forecast chart for noon 23 May, 2025

A sunny start for most. High cloud begins drifting over western areas, gradually thickening through afternoon. Patchy high cloud builds in eastern Scotland and down the spine of the Pennines before high cloud reaches these areas too. Overcast for most by dusk with rain setting into western coastal areas, spreading east overnight.

Headline for Southern Uplands

Sunny, high cloud increasing; rain into night

Detailed Forecast for Friday, 23 May, 2025

| How windy? (On the summits) | Variable 10mph or less in the morning; northerly breezes onto the Cheviot, up to 20mph. Shifting west-southwesterly through afternoon and strengthening, 15-20mph by evening. | | |
|---|---|--|--|
| Effect of wind on you? | Mostly small | | |
| How wet? (Precipitation and its impact) | Dry daylight, rain into the west evening, spreading east Dry during the day. Rain arriving into Galloway later afternoon, spreading east to all areas through dusk and deteriorating to steadier and some heavier rain into the night. | | |
| Cloud on the hills? Chance of cloud free summits? | Little if any Chance of isolated cloud caps on easternmost tops in the morning, soon lifting above the summits. Above 90% | | |
| Sunshine? Air clarity (below cloud) | Strong sunshine, some patchy fair weather cloud building. High cloud thickens from the west afternoon, becoming widely overcast by dusk. Excellent visibility, though some haze around early east of M74. | | |
| How Cold? (at 750m) | 4 or 5C most areas, as cool as 2C east of the Borders. Rising to 9 or 10C well inland, remaining around 7C on slopes nearest to coasts. | | |
| Freezing Level | Above the summits. Frost in some valleys east of M74 at dawn. | | |

Southern Uplands - Looking Ahead

| | Saturday 24 May | Sunday 25 May |
|---|---|---|
| How windy? (On the summits) Effect of wind on you? | West to southwesterly, 25 to 40mph, strongest in morning, but also risk strengthening further evening into night. Blustery over the hills, affecting comfortable walking and balance on exposed tops and ridges, feeling cool. | Westerly 40-50mph. Squally gusts near showers. Walking arduous, squally gusts may inhibit forward progress or blow you over. Significant wind chill. |
| How wet? | Drizzly, fading at times east | Frequent showers west, occasional east |
| (Precipitation and its impact) | Persistent rain up to dawn fades, but leaves drizzly rain, staying damp much of day Dumfries & Galloway, but easing off for periods toward Borders & Lothians. Risk heavier rain evening into night. | Rain drifts east across most areas through morning. Frequent showers follow into Galloway with heavy bursts, intermittent towards the Borders. Only occasional light showers far east. |
| Cloud on the hills? | Extensive west, breaks northeast | Frequent, variable banks in the west |
| | Blanket cloud from lower slopes up most or all day toward Solway. Inland Dumfries & Galloway extensive above 300-500m, may also extend to western Cheviots. Higher and more broken cloud toward Pentlands. | Most terrain at dawn shrouded from 500m upward. Cloud will gradually break through morning. Bases lifting in the east, often clearing high terrain. Variable bases west between 500-700m. |
| Chance of cloud free summits? | 20% | 30% Galloway, 60% Borders and east |
| Sunshine? Air clarity (below cloud) | Glimpses of sun toward east, visibility good where dry. Mostly cloudy and dull further west, misty in drizzle. | Little or no sun at first, becoming intermittent, frequent east of the M74. Good visibility out of showers. |
| How Cold? (at 750m) | 9C, locally 11C Borders, little change all day. Feeling near freezing directly in the wind. | 5 to 7C, always coolest west. Becoming 3 to 4C by evening. Feeling like -8C in direct wind. |
| | | |

Planning Outlook

All mountain areas of Britain from Saturday, 24 May, 2025

Low pressure facilitates a strong westerly Atlantic breeze over the weekend: blustery winds, low cloud, damp conditions for Saturday, then widely heavier rain is expected by Saturday night, accompanied by winds strengthening to gale force over many hills. Remaining very windy through Sunday and Monday with mountain gales; cooler too, with heavy showers, particularly frequent in western Scotland, a risk of hail and thunder. A changeable week follows, winds generally easing and likely a period of rain for England and Wales Tuesday. Eastern Scotland may be substantially dry with regular sun. Some improvement likely late week into the weekend.

Forecast issued at 16:21 on Thursday, 22 May, 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.