

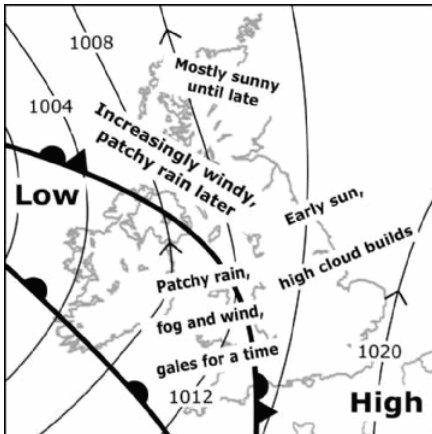
# Southern Uplands

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 Tuesday, 14 April, 2026



### British Mountain Summary: Based on forecast chart for noon 14 April, 2026

Patchy light rain and fog soon spread into Wales from the south, soon windy too, briefly gales. Starting sunny elsewhere, high cloud spreads north over England, later into central Scotland. Patchy rain into Lakeland to the west Highlands later, wind strengthens, gales coastal west Highlands. Northern Scotland stays sunny.

### Headline for Southern Uplands

Increasingly blustery with afternoon patchy rain west, only east later

## Detailed Forecast for Tuesday, 14 April, 2026

<b>How windy? (On the summits)</b>	Southerly, 10 to 20mph morning, strongest in the west and soon strengthening with a southeasterly shift, reaching 30-40mph later around evening, strongest west with powerful downslopes gusts to the northwest, further deteriorating.
<b>Effect of wind on you?</b>	<b>Fairly small through morning, but becoming more blustery over higher terrain, quite soon in the west, later strenuous in exposure with gusts requiring addition effort to maintain stability in the west with notable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Patchy rain arrives west afternoon, later pushing east east</b> Starting afternoon, a rising risk of patchy rain from the southwest, mostly light and isolated west of M74 through much of afternoon, patches drifting eastward towards the Cheviots, and only reaching more widely late in the day.
<b>Cloud on the hills?</b>	<b>Mostly little, likely all clearing, returning west later</b> Patchy cloud around some hills mainly southwest in morning, also mist in some valleys at first. Largely breaking up or lifting above the hills into middle of day, but then returning to high Galloway slopes through afternoon, deteriorating and spreading east into evening.
<b>Chance of cloud free summits?</b>	<b>80%, lowering to 30% west through afternoon</b>
<b>Sunshine? Air clarity (below cloud)</b>	Morning sunshine, high cloud gradually building from the southwest; sunny east until at least early afternoon. High cloud widespread later afternoon. Visibility excellent, deteriorating west later.
<b>How Cold? (at 750m)</b>	1C rising to 5C. Always a degree milder east, where may locally reach 7C for a time afternoon. Staying elevated into nighttime. Feeling colder later in day as wind increases.
<b>Freezing Level</b>	At dawn, close to freezing on highest summits some some light frosts in some inland valleys. Soon above freezing to summits soon after daybreak.

## Southern Uplands - Looking Ahead

	Wednesday 15 April	Thursday 16 April
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Southerly 35-50mph; very gusty, not just high elevations, locally variable direction; strongest west, perhaps higher speeds. <b>Arduous to often challenging walking with significant wind chill all day; gusts constantly affecting stability.</b>	Southwesterly 35-45mph, an easing trend with time, to 25-30mph, locally stronger over tops. <b>Walking often strenuous on high exposed terrain, particularly early when stability will require extra effort.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Often raining, nearly persistent west</b> Raining on most hills early, soon patcher east. Drizzle lingers on tops. Near/west of M74, more often raining, persistent west Galloway hills. A heavier band of rain passes east later, risk of a very heavy burst as it passes.	<b>Early drizzle, soon showery</b> Drizzly on high terrain at dawn, locally to middle slopes west of M74. Drizzle fades as cloud lifts, then some scattered afternoon showers.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Extensive west, improvements east</b>  Extensive cloud shrouds Dumfries and Galloway hills from middle slopes up all day, lower slopes in the morning, and locally in valleys in the south. Extensive early east, bases lifting, towards 700-800m Lothians, chance brief breaks off high tops. <b>10% west, 30% east</b>	<b>Early cloud improves, most east summits clearing</b>  Extensive over high terrain at dawn, to the middle south Galloway slopes or lower. Bases lift with time, breaks forming, summits east of M74 becoming largely clear afternoon, just fleeting caps on tops. Merrick will be slower to clear, and perhaps cloud lingers over the summit well into the day. <b>30%, rising to 70% east</b>
<b>Sunshine?</b> Air clarity (below cloud)	A few glimpses of weak afternoon sun, but otherwise mostly cloudy. Mixed visibility, often poor in cloud/drizzle but very good where out of cloud.	Sun increasingly breaking out, a patchwork through afternoon. Visibility becoming excellent.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	7 or 8C, to 9C eastern Borders and Cheviots. Sharply cooling west into night. Feeling like -6 to -8C in strong wind. Above the summits.	3C rising to 5 or 6C. Feeling as cold as -8C in direct wind.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Wednesday, 15 April, 2026**

Milder from Wednesday into the weekend, but Scottish high tops below freezing at times, locally lower in the northwest. Unsettled conditions in the immediate near-term with showers (sometimes heavy with hail and lightning), occasionally more persistent rain, accompanied by often gusty winds, gales over mountains for periods, but also brighter spells between rain. With spring sunshine, temperatures will tend to rise several degrees during daylight, often becoming warm in the valleys; slopes north of major hill groups often milder. Saturday sees continued showers, mostly north and west, but higher pressure gradually builds through late weekend into early next week, bringing fewer showers and lighter winds; chilly overnight, but fairly mild spring days. Confidence is low regarding how long high pressure will establish.

**Forecast issued at 16:18 on Monday, 13 April, 2026**

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, 2026.