

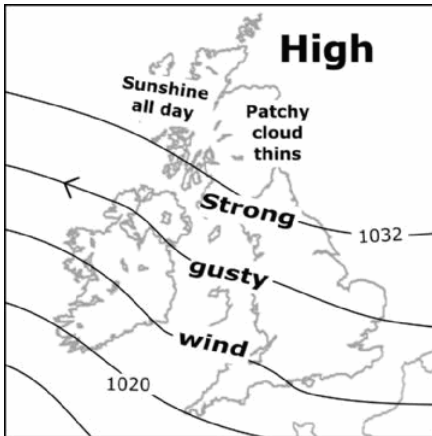
# Southern Uplands

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 Wednesday, 22 April, 2026



### British Mountain Summary: Based on forecast chart for noon 22 April, 2026

Easterly winds, very gusty around higher tops and downslope to the west, strongest over England and particularly Wales, where gale-force in places. Dry overall, sunshine all day in western areas, whilst patchy cloud around eastern hills will tend to thin and retreat away to the coast.

### Headline for Southern Uplands

Windy, near-gale force gusts. Sunshine west, cloudy start east.

## Detailed Forecast for Wednesday, 22 April, 2026

<b>How windy? (On the summits)</b>	Easterly 25mph, but local gusty spots 35mph near and just west of higher tops, strongest in Galloway in morning where may reach 40mph locally.
<b>Effect of wind on you?</b>	<b>Breezy over the hills, in places more uncomfortable gusts, not just higher slopes, more notable in southwestern areas. Feeling chilly in exposure.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>No precipitation expected</b>
<b>Cloud on the hills?</b>	<b>Hardly any west, patchy cloud east</b> Some cloud banks around eastern hills mostly above 600m, patchy in places with the highest summits close to the top of the cloud. Tending to disperse, but patches may come and go beyond noon on Cheviots, then dispersing.
<b>Chance of cloud free summits?</b>	<b>Practically certain west; 60% east in morning, rising above 90% everywhere.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Sunshine most of day western areas, sun and broken cloud east. Visibility excellent.
<b>How Cold? (at 750m)</b>	1C rising to 4 to 6C central-western areas, staying cooler for Cheviots. Feeling like -5C directly in the wind in the morning.
<b>Freezing Level</b>	Pockets of frost on sheltered high terrain, also many valleys from dawn. Otherwise above freezing to tops.

## Southern Uplands - Looking Ahead

	Thursday 23 April	Friday 24 April
<b>How windy? (On the summits)</b>	Southeasterly 15 to 25mph, gusty in places, typically strongest in Galloway.	Variable 10mph or less.
<b>Effect of wind on you?</b>	<b>Fairly small, but more noticeably blustery around some higher slopes, gusty in places lower down.</b>	<b>Negligible.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>No precipitation expected</b>	<b>No rain expected</b>
<b>Cloud on the hills?</b>	<b>Early patches in east clearing</b>  Patchy fog in some valleys, plus some cloud drifting onto eastern hills early morning, may take a few hours to clear Cheviots and eastern Borders, high tops may be above the cloud; all dispersing.	<b>Early low mist, otherwise clear</b>  A layer of mist drifts into low valleys from the Borders eastward at dawn, around the Central Belt too. Mist briefly lifts soon after sunrise but soon dissipates for cloud-free hills.
<b>Chance of cloud free summits?</b>	<b>90%</b>	<b>Practically certain</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunny most of day in west, possibly thin high cloud. Early cloud in east retreating back to coast to give increasing sun. Visibility excellent.	Extensive sunshine. Very good visibility, slight low-level haze.
<b>How Cold? (at 750m)</b>	6C rising to 8 or 9C, locally warmer in west afternoon.	8C rising to 12C. (Valleys start much cooler, then approach 20C inland afternoon).
<b>Freezing Level</b>	Frost in valleys and some sheltered higher areas at dawn. Otherwise above freezing to the summits.	Above the summits. At dawn, slight frost in valleys and possibly sheltered elevated hollows.

## Planning Outlook

### All mountain areas of Britain from Thursday, 23 April, 2026

A settled spell of weather onward through late week into the weekend, with increasingly warmer temperatures on the hills, reaching 10C+ on many tops. Valleys and some sheltered higher areas will start with a risk of frost but increasingly by the afternoons many valleys will warm up toward 20C, particularly in the west. Briefly cooler air may extend back into northeastern areas over the weekend. Strong April sunshine widely across the mountains, beware risk of sunburn. Misty starts in some valleys. After a gusty easterly during midweek, the wind will drop light for most places by late this week. A settled springtime outlook is likely for next week.

### Forecast issued at 16:01 on Tuesday, 21 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.