

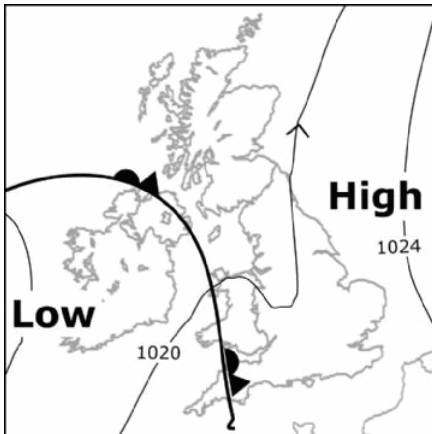
Southern Uplands

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, 1 May, 2026



**British Mountain Summary:
Based on forecast chart for noon 1 May, 2026**

As pressure falls slowly, so extensive high level cloud and bursts of rain (perhaps thundery in places later in day) will spread east - although the precise locations of the showery rain remains uncertain. Patches of low cloud, mainly near Irish Sea coasts will accompany the rain.

Headline for Southern Uplands

Bursts of rain, possibly heavy late in day. Fairly light wind.

Detailed Forecast for Friday, 1 May, 2026

How windy? (On the summits)	Southerly, 10 to 15mph. May increase to 20mph toward evening.
Effect of wind on you?	Small.
How wet? (Precipitation and its impact)	Risk burst of rain morning; then developing more widely. Small risk lightning. Extensively dry morning although a few bursts of rain Galloway. The rain spreading slowly east afternoon and evening, with scattered heavy bursts with small risk thunder. By evening, patches of heavy thunder rain may be fairly widespread.
Cloud on the hills?	Extensively cloud free - before forming from west later in day The hills substantially clear all day, but later if a shower occurs, odd patches may form at various heights.
Chance of cloud free summits?	Above 90%
Sunshine? Air clarity (below cloud)	Through morning from west becoming extensively cloudy but bright (as weak sun comes through high cloud layers). Visibility very good, slight haze develops.
How Cold? (at 750m)	10C, up to 14C in east afternoon, though a little less warm Galloway.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Saturday 2 May	Sunday 3 May
How windy? (On the summits) Effect of wind on you?	Generally southwesterly; 15 or 20mph. Small	North to northeasterly between 20 and possibly 35mph (low confidence at this stage). Expect considerable wind chill, and even on some lower slopes significant buffeting in gusty wind.
How wet? (Precipitation and its impact)	Risk occasional rain Largely or perhaps completely dry. However, risk pockets of drizzle in morning and bursts of showery rain later in day.	Persistent rain probably extending north A broad band of rain approaching Scotland may well envelop the Southern Uplands, particularly Galloway to the Cheviots.
Cloud on the hills? Chance of cloud free summits?	Very extensive from dawn; will gradually lift although may persist Confidence in detail low: Particularly toward the Solway coast, cloud may at least through morning be below 300m. Otherwise, fragments on lower slopes, but extensive cloud higher up should lift toward or above 700m. 20% rising to 60%	May well fill in across the hills The hills may be free of cloud most or all day - particularly those closest to the central belt. But in rain, fog enveloping the hills, sometimes from lower slopes - highest risk Galloway to the Cheviots. 40%
Sunshine? Air clarity (below cloud)	Occasional sunshine with mostly very good visibility though the morning in Dumfries and Galloway could be dull and misty before slowly improving.	Sunshine unlikely. Excellent or superb visibility in very clear air - but visibility poor in rain.
How Cold? (at 750m) Freezing Level	8C. Above the summits.	5C: may well feel as cold as minus 5C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 2 May, 2026**

Less settled from the weekend onwards. Rain will be more frequent although apart from on Saturday night and Sunday (when a band of rain will move north about as far as central Scotland - the detail presently very uncertain) total rainfall will remain fairly small.

Temperature levels will drop markedly, particularly on the Scottish Highlands, where overnight and mornings higher slopes will be below freezing point on Scottish Highlands - with hail and snow flurries. Overnight frosts may extend as far south as Wales again.

Forecast issued at 7:25 on Friday, 1 May, 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.