

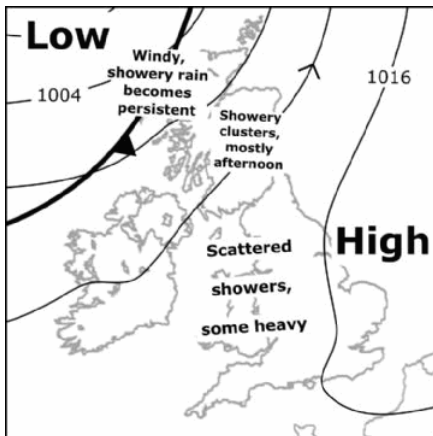
# Southern Uplands

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 Thursday, 7 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 7 May, 2026**

South to southwesterly winds giving considerable chill factor over high terrain, up to gale-force over coastal northwest Highlands. Areas of showery rain, most widespread into the afternoon when some clusters of heavier rain forming. Rain generally becomes more persistent toward northwest Scotland.

### Headline for Southern Uplands

Breezy. Local showery bursts of rain mostly west.

## Detailed Forecast for Thursday, 7 May, 2026

<b>How windy? (On the summits)</b>	Southerly 15 to 25mph; lightest east at first, but later more widely 25mph.
<b>Effect of wind on you?</b>	Fairly small, but a nuisance breeze in exposure, particularly west, and later more widely. Feeling chilly in exposure.
<b>How wet? (Precipitation and its impact)</b>	<b>Showery rain, mostly afternoon in west</b> Local clusters of showers, the greatest chance in afternoon when locally heavier and more frequent rain for a few hours, more likely central and western hills, but some places stay largely dry.
<b>Cloud on the hills?</b>	<b>Soon lifting east, longer extensive west</b> Risk of an extensive layer from 300-400m up south Galloway slopes towards Moffat hills well into the day. Further east and north, banks above middle slopes in the morning, lifting with plenty of summit breaks, but risk returning to tops where heavier rain occurs.
<b>Chance of cloud free summits?</b>	<b>80% east, only later rising to 50% west</b>
<b>Sunshine? Air clarity (below cloud)</b>	Glimpses of sunshine. Excellent visibility out of cloud and rain, but westernmost areas may have a lingering hill fog.
<b>How Cold? (at 750m)</b>	2C rising to 6 or 7C, mildest east. Directly in the wind, feeling like -3C at first, near 0C by afternoon.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Friday 8 May	Saturday 9 May
<b>How windy? (On the summits)</b>	Southwesterly 15-25mph early, a slightly westerly trend and easing, to 10-15mph.	Northeasterly 15 to 20mph, occasional 25mph, particularly Cheviots.
<b>Effect of wind on you?</b>	<b>Blustery in exposure early, particularly east, easing to small effects.</b>	<b>Fairly small, but feeling more blustery and rather chilly in places, gusty around tops.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showery rain, risk heavy afternoon</b> Showery rain comes and goes, likely all day, with a risk of merging into broader areas of rain with heavy falls, mainly central areas afternoon, but hit and miss, some places remaining largely dry.	<b>Risk of a little rain mostly east</b> Some uncertainty - patchy rain or drizzle mostly eastern areas, may linger over a few hours to be persistently damp, but possibly clearing south or all fading out. One or two light showers may form.
<b>Cloud on the hills?</b>	<b>Variable but lifting to upper slopes with breaks</b> Banks at various heights in the morning, most tops shrouded, and some fog in sheltered valleys. Bases lift, largely above 700-800m, breaks too but clinging to higher terrain around rain, with fleeting ragged patches some lower slopes.	<b>Possibly low cloud for a few hours east</b> Banks of cloud over higher slopes in the morning, some patches lower down especially eastern areas, which may persist over hills if rain lingers. Tending to thin and lift, may clear most tops.
<b>Chance of cloud free summits?</b>	<b>60%</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun. Variable visibility, very good during drier periods, may be very poor in heavier showers.	A veil of high cloud may persist, some weak sun. Visibility very good, but reduced if rain occurs locally.
<b>How Cold? (at 750m)</b>	4 or 5C, rising to 7C. Far east and west a degree cooler and warmer, respectively.	1C rising to 3 or 4C. Feeling near -5C if exposed to wind.
<b>Freezing Level</b>	Above the summits.	Close to freezing on highest tops and in some valleys at first. Lifting above all summits.

## Planning Outlook

### All mountain areas of Britain from Friday, 8 May, 2026

A notably chilly outlook for May into the weekend and early next week, with higher Scottish mountains almost continuously below freezing point possibly onward through much of next week as northwesterly air prevails. After a warmer end to this week, higher tops in England and Wales also dropping intermittently to freezing point from the weekend onward. Wind-speed varying day-to-day, but prepare for often considerable chill-factor on all mountains. Some frost overnight into valleys when skies are clear. Broadly showery through mid-May, plus some fronts bringing persistent rain most common in northwestern Scotland, often falling as snow on mountain tops, sometimes to below 600m. Drier intervals too, some days with fewer showers and broken cloud lifting above the summits, varying locally day-to-day.

### Forecast issued at 16:26 on Wednesday, 6 May, 2026

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