

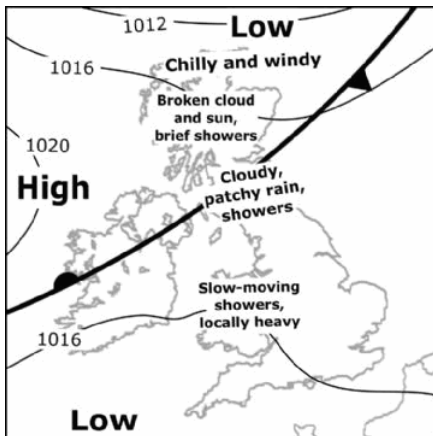
# Southern Uplands

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, 8 May, 2026



### British Mountain Summary: Based on forecast chart for noon 8 May, 2026

Near freezing all day on higher Scottish mountains, considerable chill factor in the north with brisk winds, though tending to ease. A few showers, snow flurries on Scottish tops, but a fair amount of dry weather for the Highlands. Lighter winds England, Wales & southern Scotland, localised heavy bursts of rain forming.

### Headline for Southern Uplands

Wind easing. Some rain and local heavy showers into afternoon.

## Detailed Forecast for Friday, 8 May, 2026

<b>How windy? (On the summits)</b>	Southwesterly 15-20mph from dawn, briefly gusts 25mph particularly in east. Shifting westerly and easing, to 10-15mph; by evening north-northwesterly or variable.
<b>Effect of wind on you?</b>	<b>Blustery and feeling chilly in exposure at first, particularly east, easing to small effects.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showery rain, locally heavy afternoon-evening</b> Showery rain mostly western areas in the morning, drifting eastward, merging into a cluster of heavier showery rain, mainly central to eastern areas afternoon, but hit and miss, some places remaining largely dry. Chance of isolated thunder Cheviots later afternoon-evening.
<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. Bases lift, largely above 700-800m, breaks too but clinging to higher terrain around rain, with fleeting ragged patches some lower slopes.
<b>Chance of cloud free summits?</b>	<b>60%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Largely cloudy, glimpses of sun, mostly west afternoon. Variable visibility, very good during drier periods, at times very poor in heavier showers.
<b>How Cold? (at 750m)</b>	4 or 5C, rising to locally 7C afternoon, mainly central and eastern areas. Feeling like -2C if exposed to early wind.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	<b>Saturday 9 May</b>	<b>Sunday 10 May</b>
<b>How windy? (On the summits)</b>	Northeasterly 15 to 20mph, occasional 25mph, particularly Cheviots.	Variable 10-15mph, but may become westerly and strengthen to 20-25mph, perhaps stronger later.
<b>Effect of wind on you?</b>	<b>Fairly small, but feeling more blustery and rather chilly in places, gusty around tops.</b>	<b>Fairly small, but becoming breezier and feeling noticeably cooler if wind increases.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain mostly east, fading</b> Patchy rain or drizzle mostly eastern areas, may linger over a few hours to be persistently damp, but tending to fade out with time. One or two showers may form afternoon-evening.	<b>Risk some showers later</b> Dry most of the day. Risk patchy showery rain moving in from the northwest mainly later afternoon onward.
<b>Cloud on the hills?</b>	<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>Little if any</b>  Rare patches forming onto higher slopes, greater risk later in day over tops mainly toward the west.
<b>Chance of cloud free summits?</b>	<b>50%</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	A veil of high cloud may persist, some weak sun. Visibility very good, but reduced if rain occurs locally.	Mostly sunny morning, patchy cloud tending to fill in more by afternoon. Visibility excellent.
<b>How Cold? (at 750m)</b>	1C rising to 3 or 4C. Feeling near -5C if exposed to wind.	1C rising to 5C afternoon.
<b>Freezing Level</b>	Close to freezing on highest tops and in some valleys at first. Lifting above all summits.	Frost in valleys and sheltered higher areas at dawn. Otherwise above the summits. Chance of then dropping into night.

**Planning Outlook****All mountain areas of Britain from Saturday, 9 May, 2026**

A chilly outlook into mid-May, with higher Scottish mountains staying near or often below freezing point as northwesterly air prevails. Higher tops in England and Wales also dropping intermittently to freezing point. 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 weather over the next 10-day period, plus some fronts bringing persistent rain mostly to 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 Thursday, 7 May, 2026**

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