

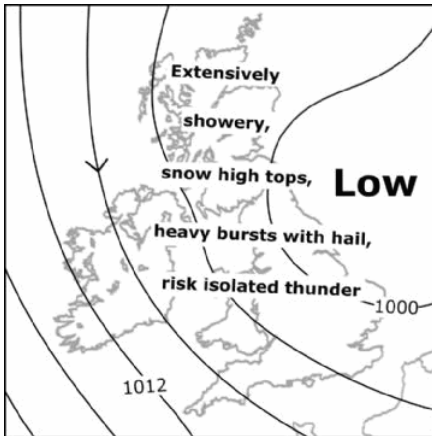
Southern Uplands

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, 13 May, 2026



British Mountain Summary: Based on forecast chart for noon 13 May, 2026

Cold for the time of year, with a cyclonic and unstable north-westerly bringing an increasingly widespread showery day across the hills. Showers heavy, with hail and risk of isolated thunder. Snow falling above around 700m. Gusty north-westerly winds, particularly strong and turbulent in and around the showers.

Headline for Southern Uplands

Another cold, blustery day. Showers; heavy with hail and snow tops. Risk thunder.

Detailed Forecast for Wednesday, 13 May, 2026

How windy? (On the summits)	Northwesterly 20 to 25mph, but often 30mph Galloway hills, may increase further here later in day.
Effect of wind on you?	Significant wind chill, blustery on high terrain, may start to affect comfortable walking in exposure, buffeting gusts.
How wet? (Precipitation and its impact)	Showery, hail, snow high tops Showers mostly west Galloway hills early morning, but becoming increasingly widespread, heavy bursts with hail, risk isolated thunder; snow at times falling on high tops mostly above 700m.
Cloud on the hills?	Varying on tops near showers Patches of cloud mostly over western higher slopes in the morning, mostly lifting above high tops. Around showers will vary, capping tops, ragged patches to 600m, but often clearing again.
Chance of cloud free summits?	70%
Sunshine? Air clarity (below cloud)	Brief bursts of sun and intermittently excellent visibility, but suddenly very poor during showers.
How Cold? (at 750m)	1C rising to 4C. Wind chill feeling like -10C in stronger speeds.
Freezing Level	Close to freezing on highest summits early morning, rising above, but lowering briefly near high tops in showers.

Southern Uplands - Looking Ahead

	Thursday 14 May	Friday 15 May
How windy? (On the summits)	Northwesterly 20 to 25mph, some stronger squally gusts around showers.	North to northwesterly 25 to 30mph at dawn, strongest in the east, easing down to 10 to 20mph through day.
Effect of wind on you?	Considerable wind chill for mid-May. At times walking becoming uncomfortable in exposure on high tops.	Blustery start to the day, with considerable wind chill and some buffeting, but soon becoming mostly small.
How wet? (Precipitation and its impact)	Showers forming, some hail. A mostly dry and bright start, but clouds will bubble up, with scattered showers forming from late morning. Most widespread afternoon, some heavy with hail.	Showers mostly in the east. A scattering of showers forming, mainly clustered across hills near and east of the M74. Little if any in the west. Snow across the tops initially. Some hail possible.
Cloud on the hills?	Varied, but often above tops away from showers. Given flow direction, generally well elevated bases with tops often clear. However, in and around showers, shafts of cloud may lower onto tops. Sleet tops.	Occasional patches tops Given flow direction, generally bases well elevated through the day. However, occasional patches may cover the tops, mainly morning and in showers.
Chance of cloud free summits?	70%	80%
Sunshine? Air clarity (below cloud)	Sunniest during early part of morning, before skies fill in with cloud. Visibility excellent, but temporarily poor or very poor in showers.	Patchy sun, best early morning and west coast afternoon. Visibility very good, but lowering in showers.
How Cold? (at 750m)	3C. Feeling like -5C directly in wind.	Close to 0C at dawn, lifting to plus 3C. Feeling near-10C directly in early wind.
Freezing Level	Above the tops	700-800m at dawn, but lifting above the tops.

Planning Outlook

All mountain areas of Britain from Thursday, 14 May, 2026

Staying notably chilly for mid-May through this week as air from the north-northwest prevails, with showers heavy at times and containing hail with snow over the tops, but over the weekend a front will edge in and bring a change to westerly winds.

Next week may see ridging across England and Wales giving drier conditions, but occasional rain and blustery south-westerly winds for Scotland.

Forecast issued at 7:00 on Wednesday, 13 May, 2026

The Production of the Scottish forecasts is fully funded by 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.