

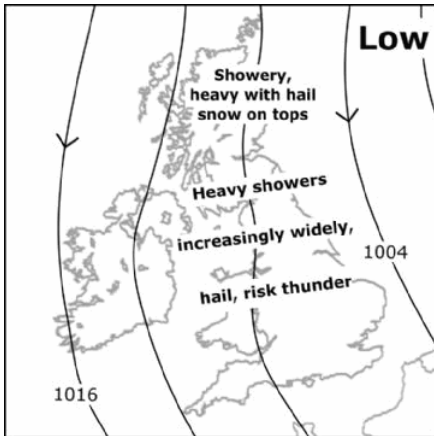
# Southern Uplands

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, 14 May, 2026



**British Mountain Summary:**  
**Based on forecast chart for noon 14 May, 2026**

Another cold day for May with considerable chill factor in exposure to brisk northerly winds. Showers focused on north-facing areas in the morning, but forming increasingly widely, falling as snow on Scottish Munros, at times higher tops elsewhere; heavy bursts with hail, isolated thunder.

**Headline for Southern Uplands**

Chilly and breezy. Increasingly showery with hail.

## Detailed Forecast for Thursday, 14 May, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>North-northwesterly 20 to 25mph, some stronger squally gusts around showers, particularly more western tops early in day, more widely later in daytime, 35mph in places.</p> <p><b>Considerable wind chill for mid-May. At times walking becoming uncomfortable in exposure on high tops.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Showers forming, some hail.</b></p> <p>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, small chance isolated thunder.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>Varied, but often above tops away from showers.</b></p> <p>Given flow direction, generally well elevated bases with tops often clear. However, in and around showers, shafts of cloud may lower onto tops.</p> <p><b>70%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Sunniest during early part of morning, before skies fill in with cloud. Visibility excellent, but temporarily poor in showers.</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>2C rising to 4C afternoon. Feeling like -5C directly in wind.</p> <p>Above the tops</p>

## Southern Uplands - Looking Ahead

	Friday 15 May	Saturday 16 May
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	North to northwesterly 25 to 30mph at dawn, strongest in the east, easing down to 10 to 20mph, strongest west later. <b>Blustery start to the day, with considerable wind chill and some buffeting, but becoming mostly small.</b>	West or southwesterly 10mph or less, increasing gradually to 15-20mph, later in day 20-25mph. <b>Mostly small, but starting to feeling more noticeably breezy later.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A few brief showers</b> One or two brief showers mostly near west coast in morning, then forming mainly across hills near and east of the M74 by afternoon. Possible brief hail.	<b>Rain develops west</b> Likely dry morning. Patchy rain pushes into Galloway in afternoon, becoming more persistent later and extending gradually eastwards.
<b>Cloud on the hills?</b>	<b>Mostly little if any</b>  Rare brief patches grazing higher tops, mostly in west in morning, then near showers.	<b>Little if any until later</b>  Rare if any brief patches on some slopes in morning. Later in day, cloud banks starting to form further over western tops.
<b>Chance of cloud free summits?</b>	<b>80%</b>	<b>80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Patchy sun, best early morning inland, then improving in west afternoon. Visibility excellent, briefly lowering in local showers.	Sunshine best early in day in east, high cloud tends to thicken from west to cover the sky. Visibility excellent.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	Close to 0C at dawn, lifting to +4C. Feeling near -10C directly in early wind.  700-800m at dawn, but lifting above the tops.	1C rising to 5C afternoon.  800m plus frost inland valleys at dawn. Rising during morning above freezing to the tops.

**Planning Outlook****All mountain areas of Britain from Friday, 15 May, 2026**

Becoming gradually less cold into the weekend as northerly winds ease and then switch toward west-southwesterly. Fewer showers by Friday with sunny spells. A dry start to Saturday, frost at dawn where skies are clear. Rain and lowering cloud moves onto west coast areas during Saturday, persistent rain later western Scotland. By Sunday and Monday, areas of showery rain will pass eastwards during the daytimes, leaving western areas generally drier with cloud breaks afternoon-evenings. South-southwesterlies then prevail for a few days next week, with rain at times Tuesday and Wednesday on western hills, particularly Scotland. A drier and warmer theme later in the week as higher pressure builds.

**Forecast issued at 16:30 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.