

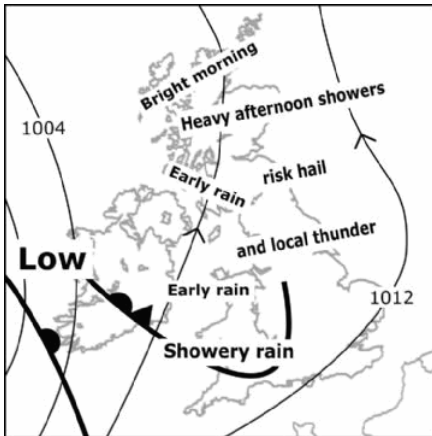
Southern Uplands

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 Monday, 18 May, 2026



British Mountain Summary: Based on forecast chart for noon 18 May, 2026

Variable hill cloud at dawn, early rain in Wales into Lakeland and south/eastern Scotland; NW Scotland starts clear. Most cloud lifts to or above summits. Heavy afternoon showers build over the Pennines northward across most of Scotland; risk hail and local thunder. Risk lingering rain south Wales.

Headline for Southern Uplands

Early cloud and rain, heavy showers east afternoon

Detailed Forecast for Monday, 18 May, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>South-southeasterly 10mph or less in the morning, a very gradual rise, reaching 15-20mph by evening, strongest wind in the west and also strong gusts around showers. Deteriorating further overnight.</p> <p>Fairly small, but risk increasingly blustery over western hills later in daytime, as well as where showers occur. More widely windy from dusk onward.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Showers, later frequent and heavy east, risk thunder</p> <p>Patchy rain in morning, showery bursts possibly forming. Through afternoon, rising risk of showers mainly near and east of M74, which may be very heavy with hail and risk of lightning.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Lifting above most tops, then returning to high terrain in showers</p> <p>Varied cloud banks at all heights in the morning, most extensive western areas. Tending to lift to upper slopes through morning and increasingly clear above tops, though Merrick may be slower to clear. Banks return towards 700-800m during heaviest showers, some ragged lower patches too.</p> <p>30% rising to 80%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Glimpses of sun, turning into a patchwork of sun and cloud, best in the west mid-afternoon.</p> <p>Visibility becoming very good but deteriorating in showers.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>3C rising to 6 or 7C.</p> <p>May feel near freezing in strongest gusts in showers.</p> <p>Slight frost inland and eastern valleys at dawn. Otherwise above freezing to tops.</p>

Southern Uplands - Looking Ahead

	Tuesday 19 May	Wednesday 20 May
How windy? (On the summits) Effect of wind on you?	Southeasterly 35-45mph, gusty early; shifting southwesterly, easing to 30-35mph several hours, may restrengthen. Arduous walking with buffeting and wind chill in exposure; easing with time but may remain strenuous high tops.	West-southwesterly 20-30mph; risk of strengthening in the afternoon though uncertain. May be fairly small, particularly early, but quite blustery in exposure for periods.
How wet? (Precipitation and its impact)	Rain most of the day Frequent showers drive in from the southwest all day, the rain quite persistent south Galloway to Moffat hills, perhaps widely persistent early. Best dry breaks towards the Lothians; risk isolated hail and thunder.	Frequent rain Patches of rain drifting across most hills from the west likely all day, a few drier windows but staying drizzly in cloud to the west. Later, a rising risk of extended heavy falls in the east. Perhaps easing as night approaches.
Cloud on the hills? Chance of cloud free summits?	Most extensive west Cloud shrouds high terrain all day, likely widely to low slopes early too. A lifting trend with time to the north and east towards 600m; may only rarely lift to middle elevations on southern slopes from Moffat hills westward. 20%	Lifting to high terrain and sometimes off tops Extensive at dawn, to the lower slopes of Dumfries and Galloway. Bases lift through morning, mostly 700m and above, highest bases east where summits breaks are probable when dry. Breaks above 700m rarer west, and later lower bases return east as well. Rising to 60% east for several hours, 30% west
Sunshine? Air clarity (below cloud)	Mostly cloudy, a few sunny glimpses later. Largely poor visibility.	Glimpses of weak sunshine. Variable visibility, often poor due to cloud and rain but very good windows.
How Cold? (at 750m) Freezing Level	5 or 6C, rising to 8C, or 9C Lothians and Cheviots. Feeling like -5 to -8C in direct wind. Above the summits.	6 or 7C, rising to 9C east. Least rise Ayrshire. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 19 May, 2026**

A mixed but milder outlook. Damp southwesterlies prevail for a few days as mid-week approaches with regular rain and showers, most on western hills where drizzly rain may persist between showers and persistent low cloud. Expect increasingly wet conditions underfoot and slippery rock surfaces. Also, a risk of isolated hail and lightening in the showers; showers may be enhanced in eastern Scotland in sea breezes. Indications of rising pressure later in the week, brining milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, with periods of rain and wind continuing to affect Scotland. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will bring local periods of rain.

Forecast issued at 16:27 on Sunday, 17 May, 2026

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