

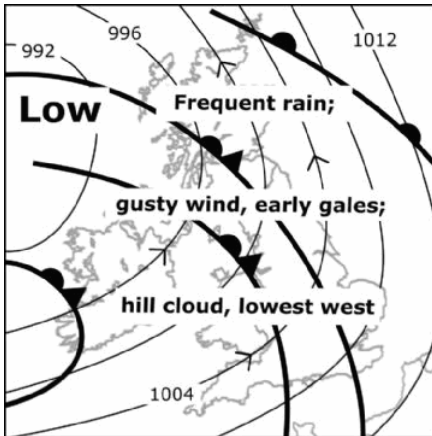
Southern Uplands

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 Tuesday, 19 May, 2026



British Mountain Summary:

Based on forecast chart for noon 19 May, 2026

Frequent rain nearly everywhere all day, the rain most persistent west where hill-cloud fills in to low slopes with little improvement. A risk of localised hail and thunder in afternoon showery rain, increasingly wet underfoot, and with slippery rock surfaces. Very windy, gusty gales early including downslope.

Headline for Southern Uplands

Rain most of the day; windy and gusty, early gales

Detailed Forecast for Tuesday, 19 May, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>Southeasterly 35-45mph, gusty early, most powerful downslope gusts to the north approaching 55mph. Soon shifting south-southwesterly, easing to 30-35mph, but always a risk of gusts approaching 40mph over high western terrain.</p> <p>Arduous walking with buffeting and wind chill in exposure; most powerful gusts early will significantly challenge stability. Easing for a time, but walking will remain strenuous.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Rain most of the day</p> <p>Frequent showers drive in from the southwest all day, the rain quite persistent south Galloway to Moffat hills, perhaps more widely persistent early. Best dry breaks towards the Lothians in the afternoon; risk isolated hail and thunder.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Fairly extensive, particularly west</p> <p>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.</p> <p>20%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Mostly cloudy, a few sunny glimpses later to the north and east.</p> <p>Largely poor visibility, and later a haze building towards the Solway and southern slopes.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>5 or 6C early, little change with added height. Rising to 8C, or 9C Lothians and Cheviots; south Galloway slopes may struggle to rise above 7C. Temperature varies a few degrees in and out of rain. Feeling like -5 to -8C in wind.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Wednesday 20 May	Thursday 21 May
How windy? (On the summits) Effect of wind on you?	West-southwesterly 20-30mph; likely strengthening for a few afternoon hours, tops speeds to 35mph over tops. May be fairly small, particularly early, but quite blustery in exposure for periods, walking at times strenuous with wind chill.	Southwesterly 25-35mph. Strong gusts over tops and elevated passes, also downslope to the north early, to 40mph. Walking impeded in exposure and feeling cool. Buffeting gusts will affect stability, particularly early and not just high terrain.
How wet? (Precipitation and its impact)	Frequent rain, later easing Patches of rain drifting across most hills from the west, a few drier windows but staying drizzly in cloud to the west. An easing trend from later afternoon possible but a risk of patches returning too.	Morning patchy rain, afternoon drizzle Patchy rain for several morning hours moves east, mostly clearing by midday. Drizzle over the summits follows, down to middle slopes from the Moffat hills westward. Gradually easing through afternoon.
Cloud on the hills? Chance of cloud free summits?	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	Extensive west, improving east Blanket cloud 500m up most areas, to 200-300m south aspects west of Moffat. The Cheviot may be near the top of the cloud layer. As rain breaks, cloud lifts in north and east areas, possibly a break, but south Galloway slopes remain shrouded. 10% west, rising to 40% east/north
Sunshine? Air clarity (below cloud)	Glimpses of weak sunshine. Variable visibility, often poor due to cloud and rain but very good windows.	Overcast and dull with poor visibility west. Some glimpses of sun with improved visibility in the east.
How Cold? (at 750m) Freezing Level	6 or 7C, rising to 9C east. Least rise Ayrshire. Feeling just around freezing in direct wind. Above the summits.	10 or 11C, little change with added height. May start slightly cooler. Feeling just above freezing in direct wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Wednesday, 20 May, 2026**

Damp southwesterlies establish by mid-week; regular periods of rain with only glimpses of sunshine. Wettest on western hills where drizzle may persist between rain and low cloud clings to the hills. Expect slippery exposed rock surfaces and rare (if any) exposed tops in Scotland before the weekend.

Indications of rising pressure later in the week, bringing milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, outbreaks of rain as well, but rising chances of clear hills. Pressure may continue to rise into the weekend, allowing for warmer and sunnier conditions, but some fronts and lingering humidity will continue to bring cloud and rain here and there.

Forecast issued at 15:56 on Monday, 18 May, 2026

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