

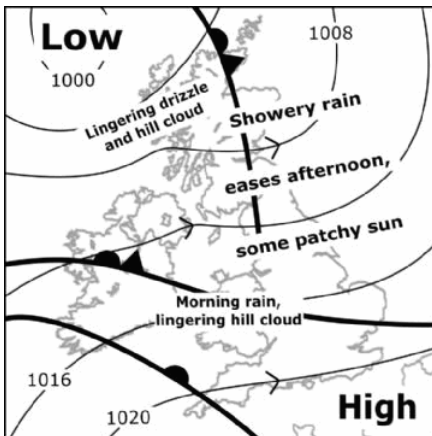
Southern Uplands

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 Wednesday, 20 May, 2026



British Mountain Summary:

Based on forecast chart for noon 20 May, 2026

Windy with strong gusts, briefly lighter early in Scottish Highlands. Morning showery rain and low cloud; improving afternoon as patchy sun breaks out, cloud lifting to high terrain with summit breaks, and most areas substantially dry by later afternoon. Low cloud lingers in Wales and NW Scotland.

Headline for Southern Uplands

Windy; frequent rain eases through afternoon, sun breaks

Detailed Forecast for Wednesday, 20 May, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>West-southwesterly 20-30mph; trending towards higher speed with time, and eastern areas in the higher end of the range most of the day, occasionally up to 35mph over the Cheviot.</p> <p>May be fairly small, particularly early, but quite blustery in exposure for periods, walking at times strenuous with wind chill, some stability challenges atop the Cheviot.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Frequent rain, later easing</p> <p>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.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Lifting to high terrain, increasingly broken through afternoon</p> <p>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. The west stays cloudier, few breaks above 800m until afternoon. Through afternoon, breaking into banks over tops.</p> <p>Rising to 60%, first in the east</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Rare glimpses of sunshine, then breaking into a patchwork through afternoon. Variable visibility, often poor due to cloud and rain but very good windows, increasingly so afternoon.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>6 or 7C, rising to 8 or 9C, mildest east where may reach 10C where sunniest. Only cooling a degree into evening and may rise again overnight. Feeling just around freezing in direct wind.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Thursday 21 May	Friday 22 May
How windy? (On the summits) Effect of wind on you?	Southwesterly 25-35mph. Strong gusts to 40mph over tops and elevated passes, also downslope to the north early. Walking impeded in exposure and feeling cool. Buffeting gusts will affect stability, particularly early and not just high terrain.	South-southwesterly 30-35mph, strongest west, gusting 40mph, downslope too. Easing to 20-30mph. Strenuous walking, particularly west; buffeting gusts challenge stability, lower terrain too, feeling chilly. Easing slightly.
How wet? (Precipitation and its impact)	Morning patchy rain, afternoon drizzle Patchy rain for several morning hours, most persistent Galloway. Rain passes east, mostly clearing by midday. Summit drizzle follows, down to middle slopes from Moffat hills westward; trending drier east.	Substantially dry Some risk of odd spots of rain affecting hills in Dumfries and Galloway, most likely early and late, but most hills stay dry all day.
Cloud on the hills?	Extensive west, improving east Blanket cloud 500m up most areas, to 200-300m south aspects west of Moffat. As rain breaks, cloud lifts in north and east areas, possibly a break, but south Galloway slopes remain shrouded.	Lifting to tops, well-broken east Variable banks of cloud in the morning, to most elevations, lowest and most extensive west of Moffat. Bases lift through morning, likely to or above tops east of M74 and likely breaking here. Cloud lingers longer west, perhaps slow to clear above 700m, but uncertain.
Chance of cloud free summits?	10% west, rising to 40% east/north	Rising to 80% east, 50% west
Sunshine? Air clarity (below cloud)	Overcast and dull with poor visibility west. Some glimpses of sun with improved visibility in the east.	Often cloudy, some glimpses of sun breaking out, best east. Very good visibility where cloud clears.
How Cold? (at 750m) Freezing Level	8C, rising to 10 or 11C, little change with height. Feeling just above freezing in direct wind. Above the summits.	10 to 12C, rising up to 14C towards the Cheviot. Little change around Merrick. Feeling near freezing in early wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Thursday, 21 May, 2026**

Pressure rises as the weekend approaches, facilitating south-southwesterly wind; much milder temperatures arriving, likely warm in England and Wales by the weekend. Blustery wind for a few days, quite gusty too, including to lower slopes early; still feeling chilly on high Scottish tops, and strongest gusts will challenge stability. Patchy rain and hill cloud will continue to affect Scotland as well, most often in the west. Increasingly dry and sunny England and Wales, but always with a risk of cloud and some rain, including early valley mist in sheltered areas.

Higher pressure is indicated into next week as well. Precise detail of the high pressure core remains uncertain - the risk of strong wind and spells of rain possible for most areas, but also extended bright and warm periods too.

Forecast issued at 16:11 on Tuesday, 19 May, 2026

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