

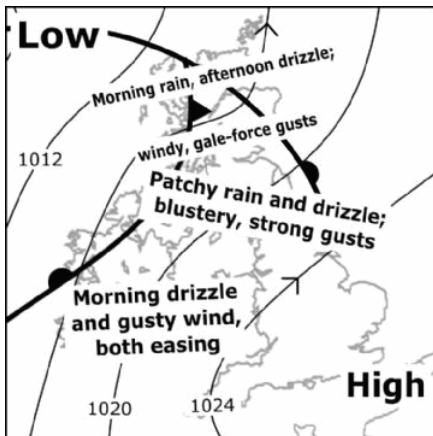
# Southern Uplands

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, 21 May, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 21 May, 2026

Morning rain in Scotland passes north, afternoon drizzle, rain returns in evening to central/west Munros; slick rock surfaces. Early rain soon clears English hills, afternoon drizzle in Lakeland. Morning drizzle in Wales fades, hills increasingly clear. Strong gusty wind too, local gale-force gusts. Warm Pennines and Wales.

### Headline for Southern Uplands

Early patchy rain and gusty wind; drizzle and low cloud west

## Detailed Forecast for Thursday, 21 May, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Southwesterly 30-35mph from dawn, also quite gusty, approaching 40mph, including downslope to the north. Easing to 25-30mph, perhaps lower at times west, but restrengthening from mid-afternoon.</p> <p><b>Walking impeded in exposure all day and feeling cool, more strenuous both early and late in the day. Buffeting gusts at times challenge stability, including downslope early in the day.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Morning patchy rain, afternoon drizzle</b></p> <p>Rain for several morning hours, most persistent Galloway and heavy on south slopes. Rain passes northeast, mostly clearing by midday. Summit drizzle follows, down to middle slopes from Moffat hills westward; trending drier east. A few hours of patchy rain returns to the west around evening.</p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>Extensive west, improving east</b></p> <p>Blanket cloud 500m up most areas at dawn, to 200-300m south aspects west of Moffat. As rain breaks, cloud lifts in north and east areas, possibly some breaks for the Lothians and Cheviot, but south Galloway slopes remain shrouded to at least middle slopes.</p> <p><b>10% west, rising to 40% east/north</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Overcast and dull with poor visibility west. Some glimpses of sun with improved visibility in the east as the day goes.</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>8C, rising to 10 or 11C, mildest in the east; little change with height. Staying elevated into night and may rise further east (valleys will cool). Feeling like 1 to 3C in strongest wind.</p> <p>Above the summits.</p>

## Southern Uplands - Looking Ahead

	Friday 22 May	Saturday 23 May
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	South-southwesterly 30-35mph, strongest west, gusting 40mph, downslope too. Easing to 20-30mph, strongest east. <b>Strenuous walking, particularly west; buffeting gusts challenge stability, lower terrain too, feeling chilly. Easing slightly.</b>	Southwesterly 20-25mph, gusts at times approaching 30mph. <b>May be fairly small but gusts often a nuisance, or occasionally impeding walking.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Substantially dry</b> Some risk of odd spots of rain affecting hills in Dumfries and Galloway, but most hills stay dry all day.	<b>Substantially dry</b> Some fine drizzle early in cloud from summits around M74 westward. This will fade for a dry day.
<b>Cloud on the hills?</b>	<b>Lifting to tops, well-broken east</b>  Variable banks of cloud in the morning across most heights, low and extensive west of Moffat. Bases lift, likely to or above tops east of M74 and breaking here. Cloud lingers longer west, slow to clear above 700m, and less broken.	<b>Improving, only slowly southwest</b>  Extensive M74 and west, to 200-300m. Variable banks north and eastward, most broken Lothians. Bases rise, mostly above 800m by afternoon, well-broken north and east. Merrick may struggle to clear until later.
<b>Chance of cloud free summits?</b>	<b>70% east, 40% west</b>	<b>Rising to 70%; 40% Merrick</b>
<b>Sunshine?</b> Air clarity (below cloud)	Often cloudy, some glimpses of sun breaking out, best east. Very good visibility where cloud clears.	Mostly sunny, though weakened by high cloud. Excellent visibility.
<b>How Cold? (at 750m)</b> <b>Freezing Level</b>	10 to 12C, rising up to 14C towards the Cheviot. Little change around Merrick. Feeling near freezing in early wind. Above the summits.	8C rising to 11 or 12C, or warmer Cheviots. Above the summits.

**Planning Outlook****All mountain areas of Britain from Friday, 22 May, 2026**

Pressure rises into the weekend, facilitating south-southwesterly flow; much milder temperatures arriving, likely warm in England and Wales with wind easing. Staying blustery in north Scotland, gusty too, including to lower slopes early; still feeling chilly on high Scottish tops. Patchy rain and hill cloud will continue to affect Scotland as well, most often in the west. Becoming dry and sunny England and Wales, some early low fog possible, particularly on aspects near the Irish Sea, but this dissipating soon after sunrise.

Higher pressure is indicated into next week as well with hot temperatures: valleys approaching the mid-to-high 20s. Some hill cloud, mostly north and west, but most hills seeing plenty of sunshine. Only rare spots of light rain if any.

**Forecast issued at 15:59 on Wednesday, 20 May, 2026**

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