

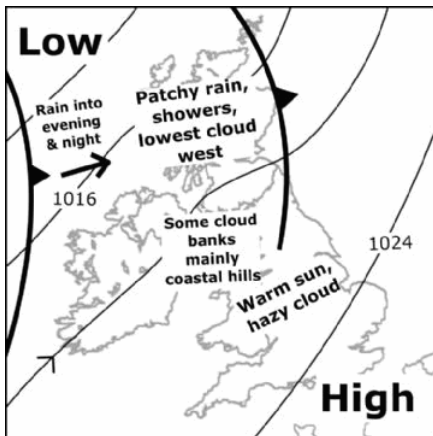
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Friday, 22 May, 2026



British Mountain Summary:

Based on forecast chart for noon 22 May, 2026

Scotland; Strong, gusty south-westerly with extensive low cloud and patchy rain and drizzle. Tending to ease off for many hills, with rising cloud bases.

England and Wales: South-west winds, but mostly dry with warm sunshine, some cloud banks, mostly coastal hills.

Headline for Southern Uplands

Blustery southwest winds. Hill fog focused in west. Mostly clearing elsewhere.

Detailed Forecast for Friday, 22 May, 2026

How windy? (On the summits)	South-southwesterly 30-35mph, strongest west, gusting 40mph, downslope too. Easing to 20-30mph, strongest east.
Effect of wind on you?	Strenuous walking, particularly west; buffeting gusts challenge stability, lower terrain too, feeling chilly. Easing slightly.
How wet? (Precipitation and its impact)	A few drizzly showers in west. Some spots of rain or drizzle affecting hills in Dumfries and Galloway, but most hills stay dry all day.
Cloud on the hills?	Lifting to tops, but banks persisting west. 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 in the west, slow to clear above 700m, and less broken.
Chance of cloud free summits?	70% east, 40% west
Sunshine? Air clarity (below cloud)	Often cloudy, some glimpses of sun breaking out, best east. Very good visibility where cloud clears.
How Cold? (at 750m)	10 to 12C, rising up to 14C towards the Cheviot. Little change around Merrick. Feeling near freezing in early wind.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Saturday 23 May	Sunday 24 May
How windy? (On the summits)	Southwesterly 20-25mph, gusts at times approaching 30mph.	South to south-westerly 10 to 20mph, perhaps reaching 25 to 30mph some cols and summits at times.
Effect of wind on you?	May be fairly small but gusts often a nuisance, or occasionally impeding walking.	Mostly small, but blustery through some cols and over summits at times.
How wet? (Precipitation and its impact)	Substantially dry Some fine drizzle early in cloud from summits around M74 westward. This will fade for a dry day.	No rain expected
Cloud on the hills?	Improving, only slowly southwest 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.	Mostly very little Aside from some patches of banks across western higher slopes in the morning, hills are expected to be clear.
Chance of cloud free summits?	Rising to 70%; 40% Merrick	80%
Sunshine? Air clarity (below cloud)	Mostly sunny, though weakened by high cloud. Excellent visibility.	Sunshine, at times hazy due to upper level cloud. Visibility very good or excellent.
How Cold? (at 750m)	8C rising to 11 or 12C, or warmer Cheviots.	Lifting to 14C, warm
Freezing Level	Above the summits.	Well above the summits

Planning Outlook**All mountain areas of Britain from Saturday, 23 May, 2026**

Pressure builds this weekend, centred over England and Wales where it will be warm and sunny. To the north of the high, a blustery and gusty south-westerly will persist across the Highlands with patchy rain and hill fog, mainly in the west and northwest. Very warm by Sunday and Monday valleys of Wales and England, mid to high 20s. Low 20s glens into southern and eastern Scotland. Next week, high pressure extends over Scotland, cutting of the low cloud and drizzle from northwest Scotland by midweek. Warm sunshine with light winds, still very warm into the valleys of England and Wales, although cooling down later in the week when a gusty easterly may develop for Wales and Pennines.

Forecast issued at 16:04 on Thursday, 21 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.