

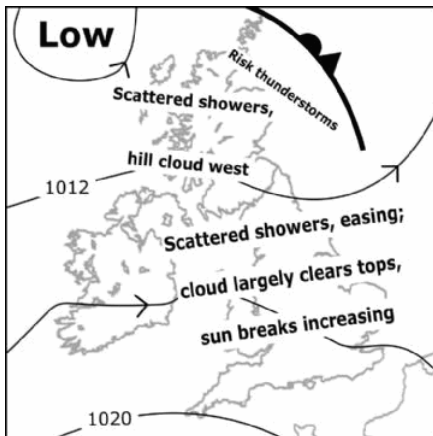
# Southern Uplands

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 Sunday, 31 May, 2026



### British Mountain Summary:

**Based on forecast chart for noon 31 May, 2026**

Showers in Scotland, most frequent west where hill cloud will linger; clearer east, cloud caps around showers. Early showers and hill cloud England and Wales, cloud lifts to just passing caps Scafell and Yr Wyddfa, sun bursts breaking out and showers largely fade. Moderate breeze, occasional stronger gusts high tops.

### Headline for Southern Uplands

Showers, mostly west and south; most cloud clears hills

## Detailed Forecast for Sunday, 31 May, 2026

<b>How windy? (On the summits)</b>	West-southwesterly 15-25mph. Speeds tending towards the high end of the range over the Lothians, and later more widely east of M74; some stronger gusts around showers.
<b>Effect of wind on you?</b>	<b>Often fairly small, but some blustery moments over the high tops.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Showers</b> Scattered showers drift from the west, quite frequent in the early morning hours, and may cluster into heavier showers for a few afternoon hours too, with a risk of isolated thunder. Greatest risk of showers lingering in west and south areas.
<b>Cloud on the hills?</b>	<b>Lifting above the tops, slow to lift west</b> Most hills covered from 600m up at dawn, some local breaks, best north towards Ayrshire, but also a thicker layer south Galloway, to 300-400m. Rising through morning and breaking, substantially clearing summits, Merrick slowest to clear. Small chance of odd patches returning to summits around showers.
<b>Chance of cloud free summits?</b>	<b>Rising to 80%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Bursts of sunshine increasingly breaking out between patchy cloud, best sun later. Very good visibility away from showers.
<b>How Cold? (at 750m)</b>	8C rising to 10C; mildest far east, Cheviots likely a degree milder all day, least change (if any) hills accessed from Ayrshire.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Monday 1 June	Tuesday 2 June
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	South-southwesterly 15-20mph early, then a swathe of 30-40mph summit speeds moves east through afternoon. <b>Fairly small start, sudden deterioration to strenuous walking with wind chill, moving east and settling west later.</b>	Westerly 10 to 20mph. <b>Mostly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain setting in</b> Patchy rain drifting from the southwest from dawn, becoming more frequent and widespread for much of the day, persistent with heavy falls in southwestern areas.	<b>Showers, locally heavy, thundery</b> Scattered showers in morning developing more widely into afternoon, some heavier bursts drifting eastwards, risk of isolated thunder, mainly eastern hills later.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Becoming fairly extensive</b>  Variable banks above 600-700m in the morning, most in the west, and soon becoming more extensive from the west, bases as low as 300m south Galloway hills. Most high terrain in cloud by afternoon, few breaks, highest bases towards Central Belt. <b>Lowering to 30%</b>	<b>Lifting above tops away from showers</b>  Patchy cloud banks over hills in morning, becoming confined to upper slopes and lifting above hills for periods. Around showers, varied ragged patches. <b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some early patchy sun in the east, trending overcast. Variable visibility, often very good but becoming poor in rain.	Glimpses of sun, becoming sunnier around western coasts then later inland in west. Visibility very good, reduced in showers.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	9 or 10C, may briefly rise to 11C Cheviots. Feeling below freezing in strongest wind.  Above the summits.	9C up to 11C afternoon.  Above the summits.

## Planning Outlook

### All mountain areas of Britain from Monday, 1 June, 2026

An unsettled week ahead with low pressure facilitating periods of rain, showers, and a strengthening wind, as well as cooler temperatures. Rain spreads across most areas from the southwest on Monday, followed by showers on Tuesday, these showers perhaps turning into thunderstorms in central and east areas. The only settled window this week overnight into Wednesday, then more rain soon arrives from the west through Wednesday morning, spreading widely and with it gales likely over most hills as well except the far north of Scotland. Thursday and Friday remain showery and windy, nearly persistent rain and extensive low cloud northwest England and west Scotland, a few breaks in the east but showers always most widespread afternoon and even smaller hills seeing cloud over summits for periods.

### Forecast issued at 16:10 on Saturday, 30 May, 2026

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