

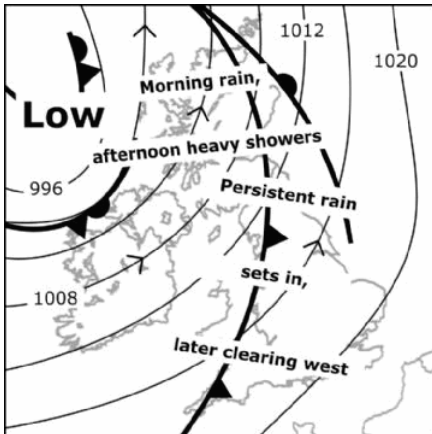
# Southern Uplands

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 Friday, 17 April, 2026



### British Mountain Summary: Based on forecast chart for noon 17 April, 2026

Strong, gusty wind all day, gales in Scotland, risk severe coastal northwest. Persistent early rain in Scotland breaks to heavy showers, frequent west, clusters spreading east. Several hours of heavy rain sweeps east across England and Wales; driest start Pennines, and dry windows later in Snowdonia and Lakeland.

### Headline for Southern Uplands

Rain spreads east, breaks from west; windy, early gales

## Detailed Forecast for Friday, 17 April, 2026

<b>How windy? (On the summits)</b>	Southerly 35-45mph dawn, soon strengthening, risk of 55mph gusts over tops for a time. Easing afternoon to 30-40mph and trending southwesterly.
<b>Effect of wind on you?</b>	<b>Strenuous-to-arduous walking in exposure most of the day, a spell of challenging conditions likely; notable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Heavy rain breaks to showers, always lightest and patchy east</b> Rain and drizzle from dawn over much high terrain, patchy east of the Borders. A band of heavier rain soon passes eastward, heaviest persistent falls from the Moffat hills westward, trending patchy as it reaches the east Borders and Cheviot. Showers from the west through afternoon. Very wet underfoot in Galloway.
<b>Cloud on the hills?</b>	<b>Fairly extensive for a time, breaks from the west later</b> Cloud shrouds most terrain above 700-800m by dawn, best chance of early higher bases east Borders and Lothians, perhaps summits briefly clear. Bases soon to middle or lower slopes in south Galloway, and more widely extensive as rain passes east. Improving from west later, summit breaks, then returning above 700m in showers.
<b>Chance of cloud free summits?</b>	<b>30%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Mostly cloudy, dull for several hours as rain sets in with poor visibility. Later, sunny bursts with improved visibility breaking out from the west, though a haze south Galloway.
<b>How Cold? (at 750m)</b>	5C, rising a degree, locally 7C easternmost hills. A cooling trend from the west later, by several degrees overnight. Feeling like -5 to -10C in strongest direct wind.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	<b>Saturday 18 April</b>	<b>Sunday 19 April</b>
<b>How windy? (On the summits)</b>	Westerly 20 to 30mph, gusty in showers, and trending northwesterly with time.	Northerly 10-15mph, and perhaps lighter speeds, most likely west.
<b>Effect of wind on you?</b>	<b>Feeling blustery over higher terrain, in places affecting ease of walking with noticeable wind chill in exposure on tops.</b>	<b>Small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Showers develop widely, hail</b> Showers mostly Dumfries & Galloway in the morning, but developing increasingly widely, extending eastwards, some heavy with hail.	<b>Little rain expected</b> A few odd light showers from time to time, but most hills substantially dry for most of the day.
<b>Cloud on the hills?</b>	<b>Occasionally capping tops, lifting</b>  Patchy cloud mostly over western tops in the morning, may come and go above 600-700m for a few hours, tending to lift. Capping tops intermittently around showers, but much cloud lifting above tops afternoon.	<b>Hills soon clear</b>  Odd patchy mist at various heights in the morning, including in sheltered valleys, this soon lifting and dissipating after dawn for cloud-free hills.
<b>Chance of cloud free summits?</b>	<b>60%</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sun best toward east in the morning, then brief bursts of sun later. Visibility varying, often excellent, but poor during showers.	Often sunny, some high cloud around, turning into a patchwork east. Excellent visibility.
<b>How Cold? (at 750m)</b>	3 to 5C, highest toward east in afternoon, cooling several degrees into night. Feeling like -5C directly in the wind.	1 or 2C, rising to 5C. The Cheviot may stay a degree or two cooler; staying elevated in the far west into night.
<b>Freezing Level</b>	Above the summits.	Above the summits.

**Planning Outlook****All mountain areas of Britain from Saturday, 18 April, 2026**

Saturday stays showery, heavy at times with hail, most frequent and heavy in Scotland and northern England. Sun between the showers, conditions improving from the south, and then the weather more widely settled on Sunday: light or negligible wind, often sunny with chilly morning temperatures, though widely rising by at least a few degrees. High pressure north of Scotland next week facilitates east-to northeasterly winds, which may be quite blustery and gusty at times. Generally cooler temperatures too. Occasional light showers drifting from the east, notably early week, snow flurries on higher terrain. Variable freezing levels, likely lowest early in the week, and also some valley frosts at dawn. A mix of cloud and sunshine, most often sunny to the west of high hill groups where temperatures more mild.

**Forecast issued at 15:32 on Thursday, 16 April, 2026**

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of 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.