

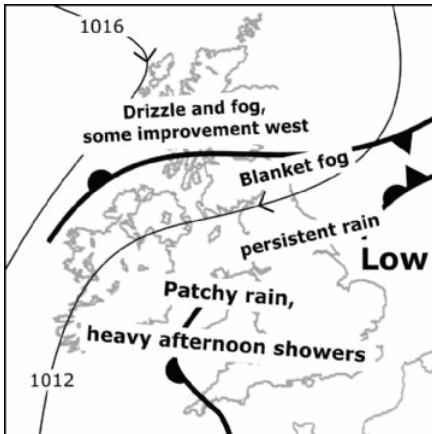
Southern Uplands

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, 3 May, 2026



British Mountain Summary:

Based on forecast chart for noon 3 May, 2026

Fog and patchy drizzle in Scotland, cloud most persistent east highlands. Rain over southeast Scotland and English mountains most or all day, extensive low fog over the Pennines; becoming wet underfoot with fast-flowing streams. Patchy rain and fog in Wales too, a risk of heavy afternoon showers.

Headline for Southern Uplands

Fog and drizzly rain east, slight improvement west

Detailed Forecast for Sunday, 3 May, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>Northeasterly 15-20mph. Some breezes approaching 25mph or higher near the Central Belt and over the highest tops at times, but trending towards lower speeds in the later hours.</p> <p>Fairly small effects, though wind briefly impeding ease of walking on high exposed terrain at times.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Persistent rain east, patchy west; an easing trend</p> <p>Widespread rain setting in just before dawn, heaviest in the east. Through morning, rain trends patchy in west Galloway; rain remains nearly constant east, but trending lighter. With time, rain eases to just drizzle, though may stay persistent east Borders and Cheviot, only odd patches west later.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Likely extensive</p> <p>An extensive layer of low fog shrouds the hills from dawn, likely all day eastern Borders and Cheviots. West of the M74, bases may lift towards 700-800m a few odd breaks, best chance later towards the Central Belt. Any high summits will struggle to clear.</p> <p>20%</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Overcast and murky with poor visibility due to fog and rain. May locally improve west (and later more widely near the Central Belt); excellent visibility where out of fog, but glimpses of sun only late in the day.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>4 or 5C, may cool slightly in the far east later in the day. May feel as cold as -3C in strongest direct wind.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Monday 4 May	Tuesday 5 May
How windy? (On the summits) Effect of wind on you?	West-northwesterly 10-15mph, trending towards higher speeds with time, locally 20mph Galloway late in the day. Mostly small.	North-northwesterly 5-15mph. Small.
How wet? (Precipitation and its impact)	Little or no rain The hills largely dry, though some scattered light showers are possible in the early hours.	Showers, snow on high terrain A scattering of showers, mostly falling as snow above 500m, the showers occasionally clustering into broader areas of rain for periods.
Cloud on the hills? Chance of cloud free summits?	Clearing most or all summits during the morning After dawn, cloud likely to be widespread on higher areas, particularly west of M74. Cloud base likely to rise through morning to clear most or all summits, though a few lingering banks on high tops. Rising to 80%	Mostly high terrain east, often broken Fairly extensive Borders and east in the morning, to lower slopes around the Cheviot; patchier west and mostly high terrain. A lifting and breaking trend with time, cloud above most hills afternoon, but some caps returning to eastern tops in showers. Rising to 80%
Sunshine? Air clarity (below cloud)	Patches of sunshine, particularly Borders. Visibility excellent.	Glimpses of sun, cloud more often broken to the west. Mostly very good visibility, poor in showers.
How Cold? (at 750m) Freezing Level	3C, rising by mid afternoon to 6 to 9C, warmest east of M74. Above the summits	3 or 4C, rising only slightly, perhaps no rise or even cooling slightly Lothians and Cheviots. 800-900m, some variability.

Planning Outlook

All mountain areas of Britain from Monday, 4 May, 2026

Chilly temperatures on the mountains most or all week, particularly across the Scottish Highlands where fresh snow in some areas and freezing level sometimes below 750m; some overnight frosts developing in the glens and corries, though always thawing soon after sunrise. Mixed weather with showers drifting around the country, though total rainfall will be fairly small. Wind often light as well, though variable afternoon breezes will form, particularly around showers where gusts may be suddenly strong. Local low fog in the mornings, typically lifting towards or above many summits; a mix of high cloud and sun for most.

Detail uncertain into next weekend, but lowering pressure brings an increased risk of wind and rain.

Forecast issued at 16:19 on Saturday, 2 May, 2026

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