

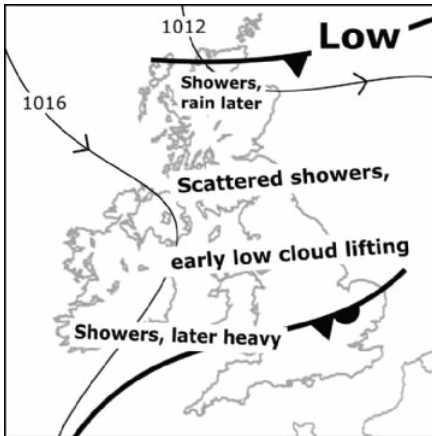
Southern Uplands

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 Monday, 4 May, 2026



British Mountain Summary: Based on forecast chart for noon 4 May, 2026

Showers soon drifting into northwest Scotland, cloud spreading onto western high terrain, and rain later more widespread across northern Scotland. Scattered showers in southern Scotland and afternoon in England, early low cloud but many summits clearing. Some showers in Wales, mostly south with heavy bursts afternoon.

Headline for Southern Uplands

Early hill cloud largely clears for sun breaks; mild east

Detailed Forecast for Monday, 4 May, 2026

How windy? (On the summits)	West-northwesterly 10-15mph, trending towards higher speeds with time, locally 20mph over Merrick late in the day and trending more northwesterly.
Effect of wind on you?	Mostly small, but an increasing nuisance breeze on high tops.
How wet? (Precipitation and its impact)	Little or no rain Some scattered light showers in the morning, but the hills otherwise dry.
Cloud on the hills?	Clearing most or all summits during the morning After dawn, cloud likely to be widespread on higher areas, particularly west of M74, fog in sheltered valleys as well. Cloud base likely to rise through morning to clear most or all summits, though a few lingering banks on high tops of Galloway.
Chance of cloud free summits?	Rising to 80%
Sunshine? Air clarity (below cloud)	Patches of sunshine, particularly Borders, and perhaps several hours of extensive sunshine afternoon. Visibility excellent.
How Cold? (at 750m)	3C, rising by mid afternoon to 6 to 8C, warmest east of M74, and may reach 9C at the Cheviot. Slopes towards Ayrshire may linger near 5C.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Tuesday 5 May	Wednesday 6 May
How windy? (On the summits) Effect of wind on you?	Northerly 10mph or less most of morning, trending easterly later and rising, to 15-25mph, strongest high eastern tops. Small most of the day, but nuisance blustery wind in the east later in the day.	Southeasterly turning southerly, 15 to 20mph, some gustier spots 25mph. Fairly small, but feeling noticeably chillier if exposed to wind on higher tops.
How wet? (Precipitation and its impact)	Showers, snow on high terrain A scattering of showers, mostly falling as snow above 500-600m, the showers occasionally clustering into broader areas of rain.	Isolated showers Well scattered showers forming inland into the afternoon, tending to drift northward.
Cloud on the hills?	Mostly high terrain, often broken, particularly west 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 tops in showers.	Little if any Some patchy cloud may form on upper slopes in the morning, but rising to leave most cloud above the hills before midday.
Chance of cloud free summits?	Rising to 70%	90%
Sunshine? Air clarity (below cloud)	Glimpses of sun, cloud more often broken to the west. Mostly very good visibility, poor in showers.	Patchwork of sun, thin high cloud; tending to cloud over afternoon. Visibility excellent.
How Cold? (at 750m) Freezing Level	1 to 3C, rising only slightly, perhaps no rise or even cooling slightly Lothians and Cheviots. 700-900m, some variability and locally lower in the east at dawn	0C at first, rising to 4C afternoon. 700m from dawn, plus patchy frost in valleys if skies are clear. Rising above freezing to the tops.

Planning Outlook**All mountain areas of Britain from Tuesday, 5 May, 2026**

Chilly most or all week, particularly across the Scottish Highlands where fresh snow in some areas and morning freezing level sometimes below 700m; patchy frosts developing in the glens and corries, though always thawing soon after sunrise. Wednesday is likely the chilliest day. 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 high terrain, often above summits though regions for best breaks are uncertain; often cloud with just glimpses of sun for most. Next weekend is indicated to be wet in Wales and England; detail remains uncertain in Scotland.

Forecast issued at 16:26 on Sunday, 3 May, 2026

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