

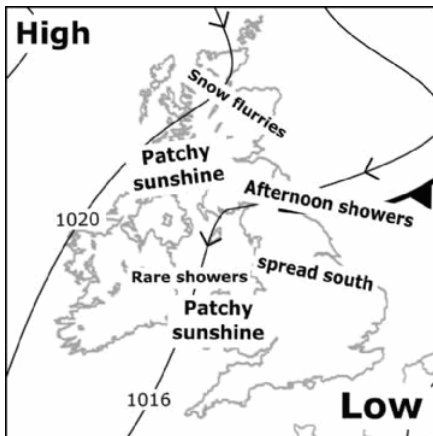
Southern Uplands

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 Tuesday, 5 May, 2026



British Mountain Summary: Based on forecast chart for noon 5 May, 2026

Cold Scottish Highlands, high terrain stays frozen. Snow flurries north and east, more persistent later east. Well scattered showers south Scotland, afternoon showers over the Pennines, later east Lakeland; varied cloud on high northern slopes. A few odd showers north Wales with patchy cloud, dry south.

Headline for Southern Uplands

A few scattered showers; lingering hill cloud east

Detailed Forecast for Tuesday, 5 May, 2026

How windy? (On the summits)	Northerly 10mph or less most of morning, though perhaps stronger just at dawn. Trending easterly later and rising, to 15-25mph, strongest high eastern tops.
Effect of wind on you?	Small most of the day, but nuisance blustery wind in the east later in the day.
How wet? (Precipitation and its impact)	Well-scattered showers, snow on summits A scattering of showers, mostly falling as snow onto the summits, and generally light in nature. Some risk of showers clustering into larger areas of rain, but these short-lived too.
Cloud on the hills?	Mostly high terrain, best summit breaks west Fairly extensive Borders and east in the morning, to lower slopes around the Cheviot; patchier west and mostly above 600m. A lifting and breaking trend with time, cloud above most hills afternoon, but some caps returning to tops in showers; eastern areas slowest to clear.
Chance of cloud free summits?	Rising to 70% west, 50% east
Sunshine? Air clarity (below cloud)	Glimpses of sun, cloud more often broken to the west. Mostly very good visibility.
How Cold? (at 750m)	3 or 4C, may approach 5C Galloway; little rise Lothians and Cheviots, and may even cool in the later afternoon.
Freezing Level	Above the summits most of the day, beginning to just lower to the summits in the east late in the day.

Southern Uplands - Looking Ahead

	Wednesday 6 May	Thursday 7 May
How windy? (On the summits) Effect of wind on you?	East turning southeasterly, 10 to 15mph, strengthening, some gusts to 20-25mph later. Fairly small, but feeling noticeably chillier if exposed to wind on higher tops.	Southerly 15-25mph; lightest east at first, locally 10mph Cheviots at dawn, but later more widely near 20-25mph. Fairly small, but a nuisance breeze in exposure, particularly west, but later more widely.
How wet? (Precipitation and its impact)	Isolated showers Well scattered showers forming inland into the afternoon, tending to drift northward.	Showery rain Rain may affect many hills, the greatest chance afternoon when rain may become heavier and more persistent for a few hours, perhaps central and western hills.
Cloud on the hills? Chance of cloud free summits?	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. 90%	Soon lifting east, longer extensive west Risk of an extensive layer from 300-400m up south Galloway slopes towards Moffat hills well into the morning. Further east and north, banks above middle slopes in the morning, lifting with plenty of summit breaks, but risk returning to tops where heavier rain occurs. 80% east, only later rising to 50% west
Sunshine? Air clarity (below cloud)	Patchwork of sun, thin high cloud; tending to cloud over afternoon. Visibility excellent.	Glimpses of sunshine. Excellent visibility out of cloud and rain, but westernmost areas may have a lingering hill fog.
How Cold? (at 750m) Freezing Level	0C at first, rising to 4C afternoon, though slow to warm eastern Borders and Cheviots. 700-800m from dawn, plus patchy frost in valleys if skies are clear. Rising above freezing to the tops.	2C rising to 5C. Above the summits.

Planning Outlook

All mountain areas of Britain from Wednesday, 6 May, 2026

Chilly through mid-week, particularly across the Scottish Highlands where morning freezing level sometimes below 800m; 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 sees more unsettled weather, a stronger easterly wind establishing over England and Wales with more frequent, heavy showers here.

Forecast issued at 15:55 on Monday, 4 May, 2026

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