

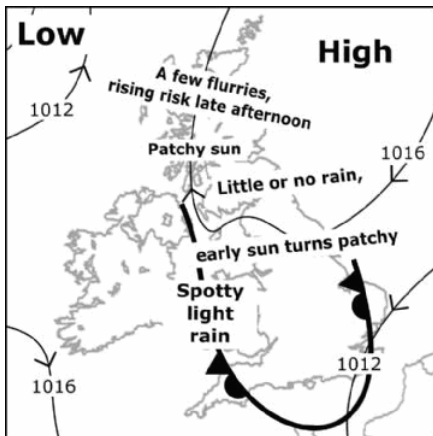
Southern Uplands

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 Wednesday, 6 May, 2026



British Mountain Summary: Based on forecast chart for noon 6 May, 2026

Odd early snow flurries in north Scotland, otherwise clear Munros until late; some snow returns to the west and north Highlands near evening. Little or no rain south Scotland and England, several hours of morning sun and any hill cloud soon clearing. Spotty light rain for Wales, cloud clearing hills, but only glimpses of sun.

Headline for Southern Uplands

Hill cloud unlikely, best sunshine early over central hills

Detailed Forecast for Wednesday, 6 May, 2026

How windy? (On the summits)	East turning southeasterly, 10 to 15mph, easing for several midday hours, often below 10mph, then restrengthening somewhat later in the day.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	Little or none Small chance of odd spotty drizzly showers forming near the Central Belt late in the day.
Cloud on the hills?	Little if any A risk of a few cloud caps over the Cheviot in the morning, but the cloud base soon lifting for clear hills. A small risk of a few caps drifting over Merrick at times too.
Chance of cloud free summits?	90%
Sunshine? Air clarity (below cloud)	Best sunshine over central hills through the morning; patchy cloud east and western hills, may briefly fade, but later patchy cloud forms more widely. Visibility excellent.
How Cold? (at 750m)	0C at first, rising to 4C afternoon, though slow to warm eastern Borders and Cheviots where may only approach 3C.
Freezing Level	700-800m from dawn, plus patchy frost inland valleys, particularly east where freezing level starts nearer 600m. Rising above freezing to the tops.

Southern Uplands - Looking Ahead

	Thursday 7 May	Friday 8 May
How windy? (On the summits)	Southerly 15-25mph; lightest east at first, locally 10mph Cheviots at dawn, but later more widely near 20-25mph.	Southwesterly 15-25mph early, a slightly westerly trend and easing, to 10-15mph.
Effect of wind on you?	Fairly small, but a nuisance breeze in exposure, particularly west, and later more widely.	Blustery in exposure early, particularly east, easing to small effects.
How wet? (Precipitation and its impact)	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.	Showery rain, risk frequent/heavy Showery rain comes and goes, likely all day, with a risk of merging into broader areas of rain with heavy falls; timing and detail is uncertain.
Cloud on the hills?	Soon lifting east, longer extensive west Risk of an extensive layer from 300-400m up south Galloway slopes towards Moffat hills well into the day. 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.	Variable but lifting to upper slopes with breaks Banks at various heights in the morning, most tops shrouded, and some fog in sheltered valleys. Bases lift, largely above 700-800m, breaks too but clinging to higher terrain around rain, with fleeting ragged patches some lower slopes.
Chance of cloud free summits?	80% east, only later rising to 50% west	60%
Sunshine? Air clarity (below cloud)	Glimpses of sunshine. Excellent visibility out of cloud and rain, but westernmost areas may have a lingering hill fog.	Glimpses of sun. Variable visibility, very good during drier periods, may be very poor in heavier showers.
How Cold? (at 750m)	2C rising to 6 or 7C, mildest east.	4 or 5C, rising to 7C. Far east and west a degree cooler and warmer, respectively.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 7 May, 2026

Low pressure to the north of Scotland brings stronger wind and a greater risk of showery rain from Thursday. Cooler temperatures, high Munros staying below freezing for several days, the freezing level as low as 800-1000m. Showers affecting England and Wales, always a risk of heavier bursts afternoon, but timing and location of showers uncertain. Early varied cloud tends to lift to higher slopes, often above summits but some tops shrouded for longer.

Into the weekend, low pressure south of the British Isles, facilitating a strong easterly wind with increasingly heavy rain and showers for Wales and southern Pennines. Pressure may remain higher in Scotland for a few days, but staying cold here with freezing levels perhaps to 700m. Indications of increasingly widespread unsettled weather into next week.

Forecast issued at 16:20 on Tuesday, 5 May, 2026

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