

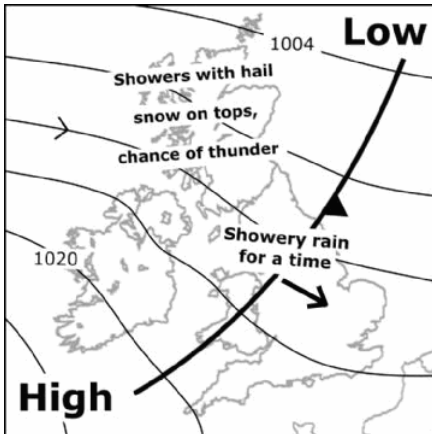
Southern Uplands

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, 12 May, 2026



British Mountain Summary:

Based on forecast chart for noon 12 May, 2026

Scotland: Feeling cold in the gusty westerly winds. Early band of rain will clear to brighter skies and scattered showers. Showers more frequent later in day with risk of hail and thunder.

England and Wales: Chilly with gusty westerly winds. Showery rain for a time, then brighter with a few passing showers.

Headline for Southern Uplands

Feeling cold with gusty winds. Early rain, then brighter with a few passing showers.

Detailed Forecast for Tuesday, 12 May, 2026

How windy? (On the summits)	Westerly 30 to 40mph, squally gusts around showers.
Effect of wind on you?	Frequent buffeting across the hills, uncomfortable walking on exposed higher terrain. Significant wind chill.
How wet? (Precipitation and its impact)	Early rain, then showers A band of showery rain moving southeast early morning, may be frequent rain over an hour or more western hills. Then turning brighter with scattered showers, some heavy later.
Cloud on the hills?	Rising and clearing Patchy cloud covering high tops in morning, but lifting to be largely above the hills, occasional patches near showers.
Chance of cloud free summits?	Lifting to 80%
Sunshine? Air clarity (below cloud)	Bursts of sunshine. Visibility often very good, but occasionally poor during showers.
How Cold? (at 750m)	3 or 4C. Feeling as cold as -10C directly in the wind on tops.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Wednesday 13 May	Thursday 14 May
How windy? (On the summits) Effect of wind on you?	North to northwesterly 20 to 25mph, but often 30mph Galloway hills, may increase further here later in day. Significant wind chill, blustery on high terrain, may start to affect comfortable walking in exposure, buffeting gusts.	North-westerly 15 to 20mph Feeling cold for mid May, with considerable chill in the north-westerly wind.
How wet? (Precipitation and its impact)	Showery, hail, snow high tops Showers mostly west Galloway hills early morning, but becoming increasingly widespread, heavy bursts with hail, risk isolated thunder; snow at times falling on high tops mostly above 700m.	Showers forming, some hail. A mostly dry and bright start, but clouds will bubble up, with scattered showers forming from late morning. Most widespread afternoon, some heavy with hail.
Cloud on the hills?	Varying on tops near showers Patches of cloud mostly over western higher slopes in the morning, mostly lifting above high tops. Around showers will vary, capping tops, ragged patches to 600m, but often clearing again.	Varied, but often above tops away from showers. Given flow direction, generally well elevated bases with tops often clear. However, in and around showers, shafts of cloud may lower onto tops. Sleet tops.
Chance of cloud free summits?	60%	60%
Sunshine? Air clarity (below cloud)	Brief bursts of sun and intermittently excellent visibility, but suddenly very poor during showers.	Sunniest during early part of morning, before skies fill in with cloud. Visibility excellent, but temporarily poor or very poor in showers.
How Cold? (at 750m) Freezing Level	1C rising to 4C. Wind chill feeling like -10C in stronger speeds. Close to freezing on highest summits early morning, rising above, but lowering briefly near high tops in showers.	3C Above the tops

Planning Outlook**All mountain areas of Britain from Wednesday, 13 May, 2026**

Notably chilly for mid-May across the hills this week as air from the north-northwest prevails. Frequently near or below freezing over Scottish Munros, and at times dropping to freezing on high tops in England and Wales. Wind speed will vary, but increasing at times to gale force on hills, giving significant chill factor. Broadly showery, heavy bursts with hail and thunder in places, also often falling as snow on higher mountains, at least in Scotland, intermittently elsewhere. Some more persistent precipitation especially northwest Scotland. Also some drier windows - varying locally day-to-day - away from showers cloud will lift above hills and visibility will be very good. Less windy and fewer showers suggested by next weekend into early next week.

Forecast issued at 16:30 on Monday, 11 May, 2026

The Production of the Scottish forecasts is fully funded by 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.