

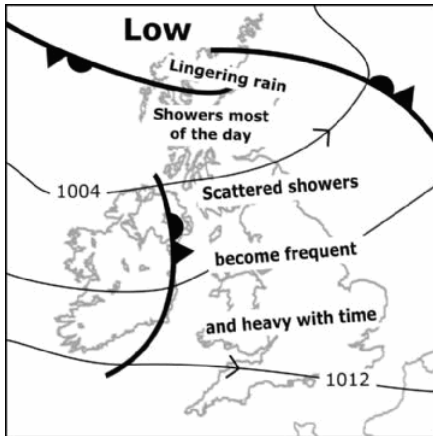
Southern Uplands

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, 17 May, 2026



British Mountain Summary: Based on forecast chart for noon 17 May, 2026

Scattered showers for most through morning, early low cloud (lowest west) rises to and above many summits for several hours. Showers become frequent and heavy afternoon, risk of isolated lightning and hail; showers most of the day in Scotland. Breezy in exposure, strong gusts near showers, and quite chilly.

Headline for Southern Uplands

Scattered showers turn heavy; blustery in exposure and chilly

Detailed Forecast for Sunday, 17 May, 2026

How windy? (On the summits)	West-southwesterly 20 to 30mph, tending to vary through the day, and trending more southwesterly as the day goes. May more notably ease towards Ayrshire late in the day.
Effect of wind on you?	Starting to affect comfortable walking in exposure on higher tops. Marked wind chill.
How wet? (Precipitation and its impact)	Heavy showers develop Patchy rain in the west and towards Central Belt in the morning, further east dry for several hours at least. Increasing risk into afternoon of showery bursts forming, becoming heavy with risk of hail & thunder.
Cloud on the hills?	Often above tops, may deteriorate west Patches of cloud around upper slopes mostly in west in the morning, dispersing or lifting. Much cloud then above hills, but some patches drop back onto high tops around showers, and a risk of becoming more extensive on high terrain from the M74 west later.
Chance of cloud free summits?	70%
Sunshine? Air clarity (below cloud)	Sun best in east in morning, giving way to building cloud. Visibility very good, but reduced in showers.
How Cold? (at 750m)	2C rising to 4 or 5C, mildest to the north and east. Feeling as cold as -5C in strongest wind.
Freezing Level	Pockets of frost in valleys and some sheltered higher areas at dawn. Otherwise above the summits.

Southern Uplands - Looking Ahead

	Monday 18 May	Tuesday 19 May
How windy? (On the summits) Effect of wind on you?	South-southeasterly 10-15mph in morning, tending to rise to 20mph, later gusty 25-30mph west; likely stronger into night. Fairly small, but risk increasingly blustery over western hills later in daytime, more widely from dusk onward.	Southerly 35-45mph, gusty early; easing trend and later shifting southwesterly, 25-40mph later, strongest west. Arduous walking with buffeting and wind chill in exposure; easing with time but remaining strenuous high tops.
How wet? (Precipitation and its impact)	Local showers drift east Patchy rain in morning, odd showery bursts possibly forming. By afternoon, risk of showers mainly easternmost hills, whilst elsewhere more likely dry. Rain then develops overnight from southwest.	Rain most of the day Frequent showers drive in from the southwest all day, the rain quite persistent south Galloway to Moffat hills. Best dry breaks towards the Lothians; risk isolated hail and thunder.
Cloud on the hills?	Lifting toward then above tops Varied cloud banks around hills in morning, particularly west and central areas. Tending to lift to upper slopes and increasingly clear above tops. Ragged patches lower around showers for a time.	Most extensive west Cloud shrouds high terrain all day, likely widely to low slopes early too. A lifting trend with time to the north and east towards 600m; may only rarely lift to middle elevations on southern slopes from Moffat hills westward.
Chance of cloud free summits?	30% rising to 80%	20%
Sunshine? Air clarity (below cloud)	Variable cloud, glimpses of sun, then sunnier near coast or more widely in western areas afternoon; high cloud builds. Visibility very good.	Mostly cloudy, a few sunny glimpses later. Largely poor visibility.
How Cold? (at 750m) Freezing Level	3C rising to 6 or 7C. If exposed to increasing wind, feeling just below freezing on tops. Slight frost inland and eastern valleys at dawn. Otherwise above freezing to tops.	5 or 6C, rising to 8C; perhaps milder northern and eastern slopes. Feeling like -5 to -8C in direct wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Monday, 18 May, 2026**

A mixed but milder outlook. Showery bursts of rain Monday, passing eastwards; by later Monday, strengthening southerly winds and rain moving into Wales from the southwest. Damp south-southwesterlies then prevail for a few days as mid-week approaches with regular showers, most on western hills where drizzly rain may persist between showers. Expect increasingly wet conditions underfoot, slippery rock surfaces. Also, a risk of isolated hail and lightening in the showers. Indications of high pressure building over the continent later in the week, brining milder and drier conditions to England and Wales. However, some drizzle and low cloud may continue to affect western hills, with periods of rain and wind continuing to affect Scotland. This trend may continue into the weekend, though detail currently uncertain.

Forecast issued at 16:04 on Saturday, 16 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.