

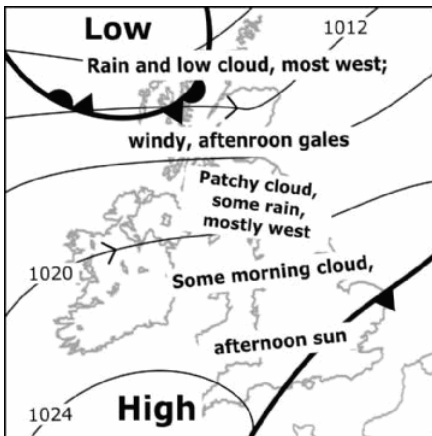
Southern Uplands

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 Friday, 29 May, 2026



British Mountain Summary: Based on forecast chart for noon 29 May, 2026

Very windy Scottish Highlands, afternoon gales, strongest north. Extensive low cloud and rain, most west, some breaks east but little sun. Morning cloud over England and Wales, clearing Wales and S Pennines for afternoon sun. Cloud slow to clear west slopes of Lakeland and N Pennines, spotty rain and blustery here.

Headline for Southern Uplands

Windy, early strong gusts; patchy cloud, spotty rain, improving

Detailed Forecast for Friday, 29 May, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>Southwesterly 30 to 40mph, stronger gusts in places, particularly early. Shifting westerly afternoon, and beginning to ease in southern areas through later afternoon; staying windiest through Central Belt and over highest tops near the M74.</p> <p>Very blustery over high terrain, challenging walking in exposure with stability challenges early in the day and notable wind chill. An easing trend on southern slopes through afternoon.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>A little rain, light showers, more often dry</p> <p>Many places often dry. Odd patches of drizzly rain or brief showers passing eastwards during the day.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Mostly just high west tops</p> <p>Banks of cloud covering southern slopes in the morning, including the Cheviot, locally to 500m, well broken in some areas, particularly north. Banks of cloud soon arrive from the west, mostly above 700m, and increasingly lifting above most summits, likely just caps highest tops.</p> <p>50% rising to 80% afternoon</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Occasional patchy sun, best eastern hills. Visibility good or very good east, hazier west coasts.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>9 to 11C, warmest in the east. A slight rise in most areas except Ayrshire hills. Wind chill feeling like 0C on high tops.</p> <p>Above the summits.</p>

Southern Uplands - Looking Ahead

	Saturday 30 May	Sunday 31 May
How windy? (On the summits) Effect of wind on you?	Southwesterly 15 to 30mph, quite gusty, particularly early when reaching downslope to the north. Ease of walking often affected, at times strenuous on summits with buffeting. Marked wind chill on exposed tops.	West-southwesterly 20-25mph. Ease of walking becoming affected on the high tops.
How wet? (Precipitation and its impact)	Rain moves in from west Largely dry, possibly much of the day in eastern areas, but patchy rain moving in from the west, risk more persistent west of M74 as afternoon goes, some heavier rain possible later.	Showery rain Scattered showers drift from the west, which may cluster into heavier showers for a few afternoon hours, with a risk of isolated thunder. This risk may linger on southern areas until later afternoon.
Cloud on the hills? Chance of cloud free summits?	Mostly little, then lowering west Some patchy cloud banks near and west of the M74 in the morning, but many hills clear. As rain develops, cloud lowering over hills from west, later may fill in to 600-700m, near Solway, generally more broken east. 80% dropping to 40% later	Lifting above the tops, slow to lift west Most hills covered from 600m up at dawn, some local breaks, best north and east, but also a thicker layer south Galloway, to 300-400m. Rising through morning to clear the summits; Merrick slower to clear. Rising to 80%
Sunshine? Air clarity (below cloud)	Occasional sun in morning best toward Borders before high cloud builds. Visibility very good, reducing in rain.	Bursts of sunshine increasingly breaking out. Very good visibility away from showers.
How Cold? (at 750m) Freezing Level	9 or 10C, to 12C Lothians and Cheviots afternoon. Feeling just above freezing in direct wind. Above the summits.	8C rising to 10C; Cheviots likely a degree milder, and very little change Ayrshire hills. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 30 May, 2026**

Nearer average temperatures for all into the weekend onward as changeable southwesterlies prevail. England and Wales remain fairly sunny through Saturday, only beginning to deteriorate afternoon. Sunday will see showers for all, most in the west, and more frequent with heavy bursts in Scotland. A generally unsettled theme is expected during the first ten days of June with lower pressure dominating. Frontal systems come in from the Atlantic - rain, drizzle and low cloud most common on western coastal mountains, but showery days are likely more widely at times, possibly rain more widely further south later in week. Wind speeds will vary, but reaching gale force on mountains for periods. Occasional cooler spells when the wind turns northwesterly.

Forecast issued at 15:55 on Thursday, 28 May, 2026

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