

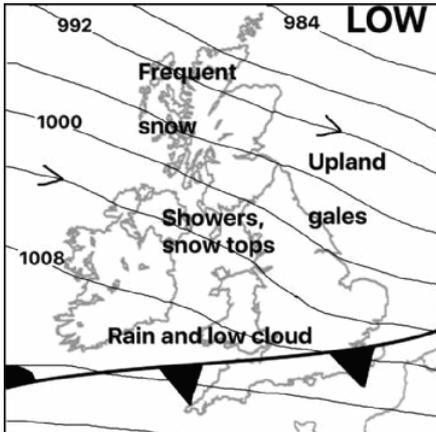
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Alpine Exploratory
Trekking holidays in the Alps, Norway and UK based on our research

General Summary for Friday, 15 March, 2019



British Mountain Summary:
Based on forecast chart for noon 15 March, 2019

Upland gales will bring difficult conditions across the hills with significant/severe wind chill. Frequent snow/hail showers will drive across Scotland through the day, risk thunder in north. Further south, extensive low cloud and rain will edge south to become largely confined to south Wales in afternoon. Showers following to north England, snow on tops.

Headline for Southern Uplands

Upland gales/significant chill. Showers, increasingly of snow tops.

Detailed Forecast for Friday, 15 March, 2019

How windy? (On the summits)	Westerly in the range 40-50mph, easing to 30-35mph later in the afternoon.
Effect of wind on you?	Walking widely arduous or locally difficult with significant buffeting and wind chill. Conditions easing later in afternoon.
How wet? (Precipitation and its impact)	Showers, snow higher tops. Scattered showers will run in from the west through the day; perhaps frequent for a time across the Galloway Hills, and also around dawn in the Border Hills. Showers will increasingly fall as snow across the higher tops.
Cloud on the hills?	Often clear, lowering in showers Often clear of the hills through the day, but during showers will lower onto the tops with temporary patches to 500m or so.
Chance of cloud free summits?	60%
Sunshine? Air clarity (below cloud)	Occasional bursts of sun between showers. A general haze, and visibility reduced in showers.
How Cold? (at 750m)	2 to 4C, dropping to 0C. Feeling closer to -15C in direct exposure to the wind.
Freezing Level	Starting above the summits, lowering toward 700m by midday.

Southern Uplands - Looking Ahead

	Saturday 16 March	Sunday 17 March
How windy? (On the summits) Effect of wind on you?	Low confidence in forecast: Northeast later northwesterly, in range 20-35mph. May be marked lull in wind over several hours and Will impede walking at times across higher areas with significant wind chill.	Northwesterly 25-30mph, but reaching 35mph at times. Will impede walking at times across higher areas with significant wind chill and marked buffeting.
How wet? (Precipitation and its impact)	Rain and snow setting in, risk whiteout. Rain/snow will spread at or soon after dawn and then set in for much of day. The level to which snow falls will vary from north to south. Towards central belt, snow increasingly to lowest slopes, but towards Borders may be rain to high tops for a	Snow and hail showers Occasional snow and hail showers through the day, perhaps frequent for a time across the Galloway Hills. Increasingly rain below 600m in the afternoon. Risk of isolated lightning.
Cloud on the hills?	Extensive Cloud will become extensive across the hills as precipitation sets in and linger for much of the day. Will form widely down to lower slopes in snow.	Often clear, but lowering in showers. Hills are likely to often be clear of cloud, but in showers bases will thicken and lower onto higher areas with perhaps temporary patches to or below 500m; mainly morning.
Chance of cloud free summits?	30%	70%
Sunshine? Air clarity (below cloud)	Rare, if any, glimpses of sun; mainly in the east. Visibility becoming poor or very poor in rain and snow, risk of period of whiteout.	Occasional sunshine. Visibility often very good or excellent, but becoming very poor in snow.
How Cold? (at 750m) Freezing Level	-2C, but may lift to 3C for a time towards Border Hills. 500-600m, but may for a few hours lift above summits; especially toward Border Hills.	-3C, lifting to 0 or 1C by the end of the day. 400m at first, lifting to 800m by end of the day.

Planning Outlook**All mountain areas of Britain from Saturday, 16 March, 2019**

Despite significant uncertainties on track, an area of low pressure will move in on Saturday with bring widespread precipitation, low cloud and upland gales across many hills. Snow is expected to fall across higher parts of the North Pennines/Lakes for a time, but more widely, and to low levels, across the Southern Uplands and later central/southern Highlands. By Sunday, northwest winds will bring snow showers across many hills, increasingly rain to lower slopes through day. Largely fine on Monday, but low cloud and rain will reach western hills late on. This will then herald a change to milder, cloudier and across Scotland damp conditions through the middle of the week with a period of sustained thaw.

Forecast issued at 16:37 on Thursday, 14 March, 2019

The production of the Scottish forecasts is fully funded by the Scottish Government through the Mountaineering Council of Scotland with the support of 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 Geoff Monk & Associates, 2019.