

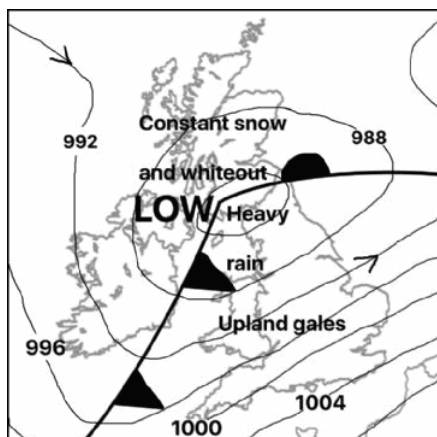
# Southern Uplands

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 Saturday, 16 March, 2019



**British Mountain Summary:**  
**Based on forecast chart for noon 16 March, 2019**

Scotland: Widespread snow spreading north with sustained whiteout developing and significant accumulations. Snow turning to rain to high tops in far south for a time.

England/Wales: Severe gales, heavy rain and low cloud. Snow for a time across N Pennines/Lakes at first and again by evening.

**Headline for Southern Uplands**

Snow, periods of whiteout. Turning to rain to high tops in far south PM.

## Detailed Forecast for Saturday, 16 March, 2019

<b>How windy? (On the summits)</b>	Becoming easterly 20 to 35mph in morning. A marked lull in the afternoon as low centre tracks overhead, before winds become northerly 25-35mph towards dusk.
<b>Effect of wind on you?</b>	<b>Will impede walking at times across higher areas with significant wind chill in the morning and again later in the afternoon.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Snow from dawn, turning to rain for a time in south.</b> Widespread snow from dawn giving sustained whiteout conditions. Snow widely falling to lowest slopes and into the valleys. However, milder air will edge into the far south, mainly Border Hills, and result in snow reverting to rain to highest tops here for a time in the afternoon. Precipitation clearing to scattered snow showers in evening.
<b>Cloud on the hills?</b>	<b>Extensive</b> Cloud will shroud the hills extensively throughout the day with bases generally around 300-500m. However, will form down to lowest slopes in snow.
<b>Chance of cloud free summits?</b>	<b>10%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Little or no sun. Visibility poor or very poor much of the day, appalling in snow with periods of whiteout; especially in the north.
<b>How Cold? (at 750m)</b>	-2C, but lifting to 3C for a time in the afternoon across hills near Solway and more especially Border Hills as milder air briefly edges north.
<b>Freezing Level</b>	300-500m, but will lift above tops for a few hours in afternoon hills near Solway and more especially Border Hills.

## Southern Uplands - Looking Ahead

	Sunday 17 March	Monday 18 March
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	Northwesterly 25-30mph, but reaching 35mph at times.  <b>Will impede walking at times across higher areas with significant wind chill and marked buffeting.</b>	Northwesterly backing westerly in the range 15 to 25mph; strongest around dawn when risk 30mph in the east.  <b>May impede walking occasionally across higher areas with marked wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Snow and hail showers</b> 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.	<b>No precipitation expected.</b>
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Often clear, but lowering in showers.</b>  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.  <b>70%</b>	<b>Generally very little</b>  Hills largely clear through the day, other than a few ragged patches at first across higher tops. However, risk towards dusk of low cloud capping hills west of the M74.  <b>80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Occasional sunshine.  Visibility often very good or excellent, but becoming very poor in snow.	Occasional sunshine, clouding over from west later.  Visibility very good or excellent.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	-3C, lifting to 0 or 1C by the end of the day.  400m at first, lifting to 800m by end of the day.	-2C lifting to 0C  600m lifting to 800m, but frost in the valleys around dawn.

**Planning Outlook****All mountain areas of Britain from Sunday, 17 March, 2019**

On Sunday, north to northwesterly winds will bring hail and snow showers across many hills, increasingly rain to lower slopes through day, with risk of local thunder. Largely fine on Monday, but low cloud and patchy rain/summit snow will reach western Scotland late on. This will then herald a change to milder, cloudier and at times damp conditions across Scotland with a period of sustained thaw. Higher pressure across England and Wales into the middle of the week will result in largely dry conditions here with lighter winds, although low cloud will affect western hills at times.

**Forecast issued at 16:37 on Friday, 15 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.