

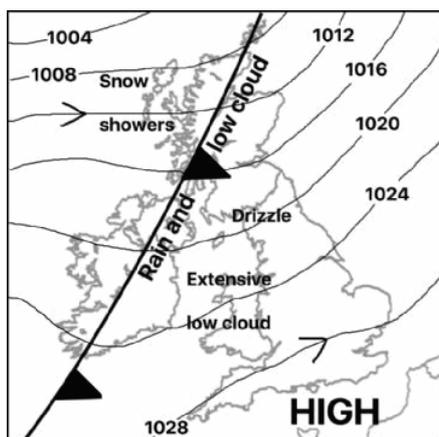
Southern Uplands

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, 22 March, 2019



British Mountain Summary:

Based on forecast chart for noon 22 March, 2019

Southwest winds; gale force across Lakes/N Pennines/S Uplands and storm force over the Highlands. Extensive low cloud across the hills with patches of drizzle ahead of a cold front that will push southeast through the day bringing a period of heavier rain to all hills. Colder air into Scotland later with snow showers in west.

Headline for Southern Uplands

Upland gales, extensive hill fog and drizzly. Heavier rain for a time, clearer later.

Detailed Forecast for Friday, 22 March, 2019

How windy? (On the summits)	Southwesterly 40-50mph, later in the afternoon veering westerly and easing towards 30-35mph.
Effect of wind on you?	Generally difficult conditions on higher areas, with powerful gusts exposed ridges and some passes. Significant wind chill.
How wet? (Precipitation and its impact)	Drizzly, heavier rain toward midday. Uncertainty about speed of a cold front advancing southeast: A risk of rain setting in for several, possibly many hours, some heavy falls, focused on Dumfries & Galloway. Later becoming showery, these turning to snow on higher tops into evening.
Cloud on the hills?	Extensive in rain, breaks later. Widely covering the hills above 500-600m, or to lower levels near Solway. As rain clears from the west later in the afternoon, cloud bases tending to lift and break with some clearances developing to tops.
Chance of cloud free summits?	20%, lifting to 60% by late afternoon.
Sunshine? Air clarity (below cloud)	Little if any sun. Visibility generally reduced by drizzly rain, but will improve later in day.
How Cold? (at 750m)	Around 5C, but will lower to 0 or 1C before dusk. Feeling closer to -10C in exposure to strongest winds.
Freezing Level	Above the summits, but later in afternoon will drop, perhaps sharply to 800m, then lower into the night.

Southern Uplands - Looking Ahead

	Saturday 23 March	Sunday 24 March
How windy? (On the summits)	Westerly 10 to 20mph.	Westerly 25 to 35mph, risk 40mph for a few hours higher tops.
Effect of wind on you?	Small.	Walking arduous across higher areas with significant wind chill and buffeting.
How wet? (Precipitation and its impact)	Largely dry Rare, if any, showers; snow above 600m.	Afternoon showers After a dry morning, a few showers will drift in from the wets during the afternoon, falling as sleet/snow over highest tops.
Cloud on the hills?	Generally very little A few patches will come and go across the highest tops in the west. Otherwise, hills widely clear.	Clear at first, lowering onto higher tops. Generally very little cloud on the hills at first bar a few patches across the highest tops; mainly in the west. However, during the morning, areas of low cloud will move in from the west and increasingly shroud higher tops above 600-700m.
Chance of cloud free summits?	70%	60%
Sunshine? Air clarity (below cloud)	A patchwork of sunshine. Visibility generally very good or excellent.	Occasional sunshine, but becoming increasingly cloudy through the day. Visibility very good, but lowering in afternoon showers.
How Cold? (at 750m)	Around 0C	0C lifting to 2C.
Freezing Level	700-800m, lowest in morning.	700m lifting to 900m, but frost in the valleys at dawn.

Planning Outlook**All mountain areas of Britain from Saturday, 23 March, 2019**

Colder conditions over the weekend with freezing levels ranging between 700 and 1000m. Snow or hail showers focused on W Scotland, becoming increasingly frequent through Sunday when another swathe of gales will affect the Highlands. Drier elsewhere, with just a few showers; these mainly across the Lakes and E Scotland.

Into next week, higher pressure will extend across the UK bringing a period of quieter weather with lighter winds and occasional sunshine. Temperatures slowly rising by day, although frosts forming in the valleys/glens at night. Weak fronts may edge into W Scotland at times introducing some low cloud and drizzle here for a time.

Forecast issued at 16:36 on Thursday, 21 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.