

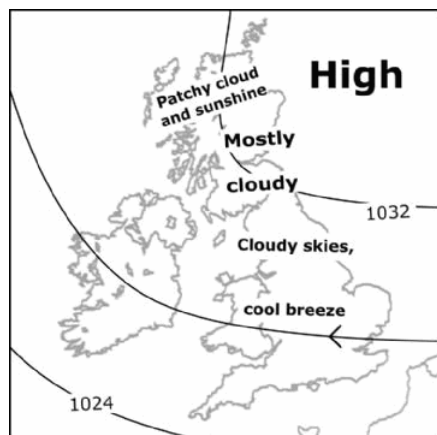
Southern Uplands

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 Monday, 17 March, 2025



British Mountain Summary:

Based on forecast chart for noon 17 March, 2025

Staying near freezing on higher tops. Light winds for the Highlands, a chilly easterly breeze further south. Generally dry but rather cloudy, although much cloud lifting above the hills. Best sunshine toward the north and northwest of Scotland, also nearer western coasts in England and Wales.

Headline for Southern Uplands

Chilly breeze. Dry but cloudy, some sun west.

Detailed Forecast for Monday, 17 March, 2025

How windy? (On the summits)	Easterly 10-20mph. A slight shift towards southeasterly winds later.
Effect of wind on you?	Fairly small
How wet? (Precipitation and its impact)	No precipitation expected
Cloud on the hills?	Mostly little, some eastern patches A few patchy banks on east slopes and high tops in the morning. Bases lifting above hills by afternoon.
Chance of cloud free summits?	70%
Sunshine? Air clarity (below cloud)	Cloud thickest toward east. Variable cloud and some sun, best in west. Visibility excellent.
How Cold? (at 750m)	0C, rising just a degree or two in sun.
Freezing Level	Frost many valleys and eastern areas at dawn. Rising to higher ground or just above summits.

Southern Uplands - Looking Ahead

	Tuesday 18 March	Wednesday 19 March
How windy? (On the summits)	South to southeasterly 10-20mph. Gusty, up to 25mph over high terrain.	Southeasterly 10 to 15mph, possibly 20mph mainly Cheviots.
Effect of wind on you?	Fairly small, marked gusts over high terrain. Notable wind chill.	Mostly small
How wet? (Precipitation and its impact)	No precipitation expected	No precipitation expected
Cloud on the hills?	Little to none A few isolated fog banks in sheltered valley bottoms in the morning. Soon clearing to cloud-free.	Any low-level fog soon clearing
Chance of cloud free summits?	Above 90%	Above 90%
Sunshine? Air clarity (below cloud)	Widespread sunshine. Excellent visibility, perhaps some haze near Central Belt.	Sunshine and thin high cloud. Visibility very good, some low-level haze.
How Cold? (at 750m)	Around -1C, rising towards 2C. Feeling like -8C in strong gusts.	3C, rising slightly higher by afternoon on south-facing slopes.
Freezing Level	Slight frost across most terrain at dawn, rising above the summits.	Frost in the valleys and sheltered higher areas at first. Otherwise above freezing up to highest tops.

Planning Outlook

All mountain areas of Britain from Tuesday, 18 March, 2025

High pressure persists, maintaining dry conditions during this week. East to southeasterly winds will prevail, ushering in milder air from southern Europe with time - rising above freezing to highest summits into midweek. Cloud breaking up to offer sunnier skies more widely, but clear skies overnight will bring frosty dawns to many valleys and glens for several more nights ahead. By the end of this week, lowering pressure from Biscay will introduce an increasing risk of showery rain, soonest for Wales. Pressure may remain fairly high to the north, resulting in little rain for Scotland in the extended outlook. Late March may draw in some chillier air from the north once again.

Forecast issued at 16:30 on Sunday, 16 March, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering 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 Mountain Weather Information Service, 2025.