

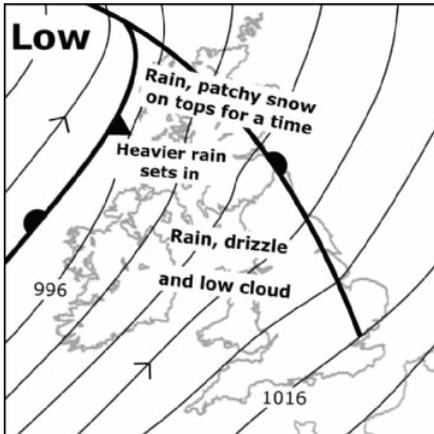
Southern Uplands

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 Sunday, 1 March, 2026



British Mountain Summary:

Based on forecast chart for noon 1 March, 2026

South-southwesterly upland gales, strengthening further for Wales during the day, later extending northward. Early snow on hills in the Highlands, patchier northwards, turning increasingly to rain as temperature rises, heavier rain for West Highlands. Generally wet for western England & Wales with blanket low cloud.

Headline for Southern Uplands

Windy, increasingly gales tops. Rain and low cloud particularly west.

Detailed Forecast for Sunday, 1 March, 2026

How windy? (On the summits)	South-southwesterly strengthening from dawn 30 to 40mph, downslope gusts to north/east. Rising, 50mph over tops later, 60mph after dark.
Effect of wind on you?	Walking strenuous with chaotic gusts. Considerable wind chill. Deteriorating further later to become difficult.
How wet? (Precipitation and its impact)	Rain mostly western hills, drier east Rain drifts into Galloway and hills toward Moffat from the south fairly persistently much of the day, some heavier rain mixed with frequent drizzle. Only patches drifting east, small amounts toward eastern Borders and Lothians.
Cloud on the hills?	Blanket low west, summit breaks east Cloud most extensive south Galloway slopes to Moffat hills, often to middle slopes, some higher bases above 600m north of Beattock summit. More broken further east with higher bases, breaks to summits possible, though a deteriorating trend.
Chance of cloud free summits?	Almost nil southwest, to 40% northeast.
Sunshine? Air clarity (below cloud)	Local glimpses of weak sun mostly toward Lothians, otherwise cloudy, dull west. Good visibility where dry, but poor in rain, murky toward Solway.
How Cold? (at 750m)	1C at first, lifting to 5C. Feeling as cold as -10C in strongest wind.
Freezing Level	Just touching the highest summits at and before dawn, soon lifting well above.

Southern Uplands - Looking Ahead

	Monday 2 March	Tuesday 3 March
How windy? (On the summits) Effect of wind on you?	South to southwesterly; speed likely to drop from 40mph in east at first to more widely 20-25mph, or less afternoon. Arduous conditions in east likely to lessen with time, remaining blustery in places, but smaller effects afternoon.	Variable direction 10-15mph or less. Small.
How wet? (Precipitation and its impact)	Early rain moving east, fading A band of rain early in the day pushing gradually eastwards and fragmenting, morning into middle of day, to leave increasingly dry conditions, soonest west. By evening, possible showers in far west.	Precipitation unlikely
Cloud on the hills? Chance of cloud free summits?	Fairly extensive, lifting from west Covering many hills early in day, for longest in east, varied patches at different heights for a few hours. Tending to rise with breaks forming to upper slopes, soonest west of the M74. 20% rising to 50%	Patchy cloud clearing Some varied cloud banks in the morning, plus patchy mist around sheltered valleys, lifting to higher slopes then largely clearing by afternoon. 70%
Sunshine? Air clarity (below cloud)	Cloud breaking from west to give occasional sun, but a veil of high cloud. Visibility poor in early rain, improving to be very good.	Varied cloud, sunshine breaking through, a veil of high cloud may remain. Visibility becoming excellent, locally misty start.
How Cold? (at 750m) Freezing Level	4C, dropping into evening toward 1C. If exposed to stronger wind at first, feeling like -7C. Above the summits, then likely to lower after dark to around 800m.	0C rising to +3C. 800m plus frost inland valleys from dawn, rising above all summits.

Planning Outlook**All mountain areas of Britain from Monday, 2 March, 2026**

A drop of freezing level onto higher mountains develops during Monday into Monday night; weakening fronts bringing some precipitation, but fading. Higher pressure expands across the British Isles into Tuesday and stays nearby with commonly drier conditions and periods of light winds during early March, though mixed with pushes of strengthening south-southwesterlies bringing some occasional rain in from the west. Often milder air during the next couple of weeks, possibly briefly colder again by the end of the coming week.

Forecast issued at 16:00 on Saturday, 28 February, 2026

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