

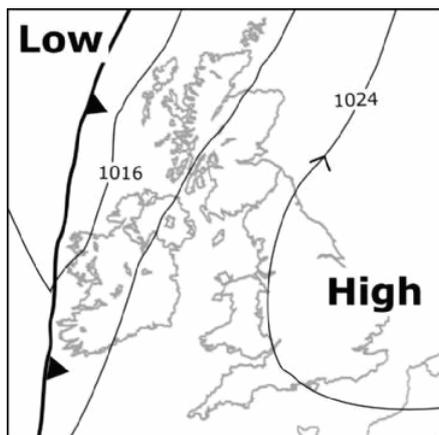
# Southern Uplands

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, 8 March, 2026



**British Mountain Summary:**  
**Based on forecast chart for noon 8 March, 2026**

A blanket of low cloud and haze (particularly Pennines) over England, Wales and SW Scotland will spread to the Borders and S Highlands later in day - albeit cloud breaks in places. The Scottish highlands mostly fine albeit windy in the NW with chance of a little rain.

**Headline for Southern Uplands**

Fairly light wind. Misty or foggy west; patches of sun Borders.

## Detailed Forecast for Sunday, 8 March, 2026

<b>How windy? (On the summits)</b>	Southerly 20 to on higher tops 25mph
<b>Effect of wind on you?</b>	Fairly small
<b>How wet? (Precipitation and its impact)</b>	<b>Pockets of fine drizzle; chance the odd heavier shower.</b> Fine drizzle now and again on some slopes Dumfries and Galloway, and later in day almost anywhere chance of a burst of rain.
<b>Cloud on the hills?</b>	<b>May cover western tops</b> Dumfries and Galloway: Fog across the hills most or all day - forming widely on lowest slopes toward the coast, but mostly above 350m well inland. Borders: Patchy fog some lower and higher slopes dispersing mid to late morning, but returning from south later afternoon - base 300-500m, but above the hills near Lothians
<b>Chance of cloud free summits?</b>	<b>10% west to for a few hours middle of day 80% elsewhere</b>
<b>Sunshine? Air clarity (below cloud)</b>	Dull and hazy Dumfries and Galloway. Periods of sun elsewhere before later turning cloudy, when increasingly hazy.
<b>How Cold? (at 750m)</b>	1 or 2C
<b>Freezing Level</b>	Above the summits, but slight frost some valleys at dawn.

## Southern Uplands - Looking Ahead

	Monday 9 March	Tuesday 10 March
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	Southwesterly 20mph, perhaps 25mph higher tops.  <b>Mostly small</b>	South to on higher slopes southwesterly; increasingly markedly with height 30, perhaps 35 or 40mph on higher tops.  <b>Markedly increasing buffeting and wind chill with height. Balance may well be affected on higher slopes.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Little or no rain</b> Bursts, probably brief, of showery rain may occur here and there: total rainfall small.	<b>Rain now and again</b> Rain from time to time - generally little in total.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Extensive morning; may break or even largely clear through day</b> Confidence in detail presently low: Areas of fog, widely across the hills from dawn, in some areas on lower slopes, in others (mainly Borders) only higher up. An improvement very likely, perhaps substantial as some or many higher areas clearing in afternoon. <b>20% rising to 50%</b>	<b>Persistent; lowest cloud base Dumfries and Galloway</b> Dumfries and Galloway: Persistent cloud above 300 to 450m though particularly near coast at times below 300m. Borders: Typical cloud base 600 to 750m - occasionally lower in and after rain. <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Cloud will tend to break, perhaps substantially in some areas (most likely Borders) afternoon. Visibility mostly excellent.	Glimpses of sun mainly lower slopes near the Lothians and Cheviots. Generally hazy.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	4C  Above the summits	3C - only slow drop in temperature higher up. Will feel as cold as minus 6C directly in the wind.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Monday, 9 March, 2026**

Increasingly wet and windy, particularly western mountains through next week. From Wednesday, bouts of upland severe or storm force winds will reach the Scottish Highlands and the gales periodically affecting other mountain areas later in the week. Freeze thaw cycles will occur on higher areas south from S Scotland whilst the Scottish Highlands experience infrequent thaw, with fresh snow sometimes reaching lower slopes, whilst extensive higher up.

**Forecast issued at 13:09 on Saturday, 7 March, 2026**

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