

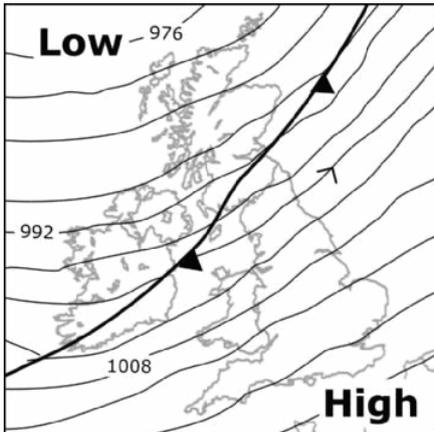
# Southern Uplands

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 Thursday, 12 March, 2026



**British Mountain Summary:**  
Based on forecast chart for noon 12 March, 2026

Severe gale or storm force upland winds ahead of an active slowly southeastward moving front, which will bring widespread heavy rain and fog to almost all mountain areas. Across Scotland, behind the front, squally hail and snow showers.

### Headline for Southern Uplands

Upland storm force wind; heavy rain, and fog.

## Detailed Forecast for Thursday, 12 March, 2026

<b>How windy? (On the summits)</b>	Southwesterly 60 to temporarily 80mph. Will ease to 45mph from west middle of day.
<b>Effect of wind on you?</b>	<b>Very difficult conditions. On higher areas, where exposed any mobility challenging particularly morning. Severe wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Persistent heavy rain</b> Rain more or less constant most or all day. Becoming very wet underfoot and burns in spate. Will ease from west only late in day.
<b>Cloud on the hills?</b>	<b>Incessant fog; highest cloud base toward Lothians</b> Persistent fog, forming on lower slopes near Solway and typically 300 to 450m. Sometimes above 500m near the Lothians.
<b>Chance of cloud free summits?</b>	<b>Less than 10%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Sunless: dull and misty.
<b>How Cold? (at 750m)</b>	4C, dropping abruptly to 0C afternoon. Will feel as cold as minus -14C directly in wind.
<b>Freezing Level</b>	Above the summits most or all morning. Then from west abruptly 700m.

