

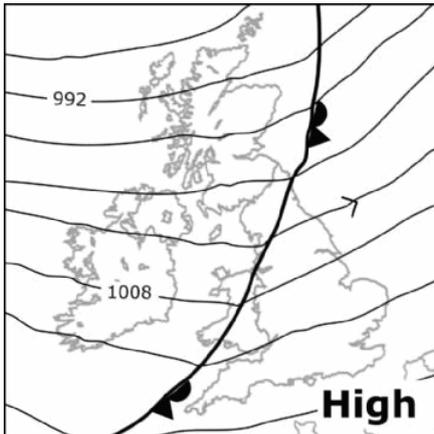
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Sunday, 15 March, 2026



**British Mountain Summary:
Based on forecast chart for noon 15 March, 2026**

Widespread rain - snow higher areas Scotland and finishing as snow higher summits elsewhere, will from the west clear (as temperatures drop) to squally hail and snow showers. Upland winds will be close to gale force, and although improving, still extensive low cloud.

Headline for Southern Uplands

Upland wind near gale; rain, snow and fog.

Detailed Forecast for Sunday, 15 March, 2026

How windy? (On the summits)	Southwest 45 to 55mph at first. Veering westerly mid to late morning, typically 35mph; very gusty near precipitation.
Effect of wind on you?	Continued difficult walking and wind chill significant on exposed higher areas. Expect balance, and in places general mobility to be difficult.
How wet? (Precipitation and its impact)	Rain morning; clearing to showers Morning: Extensive rain most areas, least wet near Lothians. Middle of day: Clearing from west, but the rain finishing as snow above 600m Afternoon: Hail and snow showers (rain lower slopes). Chance isolated thunder.
Cloud on the hills?	Hills covered morning; then cloud base rising markedly Morning: Blanket of fog across the hills, though mostly above 450m near Lothians. Will begin to improve late morning or middle of day. Into afternoon: Varying cloud base, between occasionally below 500m near precipitation and otherwise above 750m.
Chance of cloud free summits?	Less than 10% morning; then rising to 70%
Sunshine? Air clarity (below cloud)	Dull and misty morning. Then improving to patchy sun (particularly Borders) and mostly very good visibility (abruptly poor in precipitation).
How Cold? (at 750m)	4C dropping quickly to 0C. Will feel as cold as minus 12C where exposed to the wind.
Freezing Level	Above the summits most of morning, then quickly dropping erratically to 700m.

Southern Uplands - Looking Ahead

	Monday 16 March	Tuesday 17 March
How windy? (On the summits) Effect of wind on you?	Westerly; 35mph, perhaps slight lull for a few hours afternoon before strengthening again toward dusk. Significant wind chill and arduous or perhaps at times difficult walking. Balance may well be a struggle in morning.	Southerly 40 to sometimes 50mph, perhaps 55mph Galloway. Very gusty; powerful gusts some lower slopes. Significant wind chill and in gales or severe gales, mobility sometimes difficult. Balance a struggle; you could be blown over in places.
How wet? (Precipitation and its impact)	Hail and snow showers Showers; sometimes frequent, particularly morning - though often dry southern Galloway and Cheviots. Expect hail and above 300, later 600m snow. Precipitation probably widespread from west through afternoon.	Drizzle, mainly west of M74 Frequently or completely dry near and east of M74 - just a few shrouds of drizzle. Further west, drizzle, perhaps most or all day Galloway.
Cloud on the hills? Chance of cloud free summits?	Intermittently or frequently clearing for a few hours - later deteriorating Cloud base will vary: near precipitation forming at around 600, occasionally below 450m . Otherwise, cloud base 750m morning, but mostly above the hills for a few hours into the afternoon - but lowering again from west late in day. 60%	Blanket of fog Dumfries and Galloway Dumfries and Galloway: Persistent fog, cloud base 200m, perhaps lower, to sometimes 450m well inland. Borders: Higher cloud base - the cloud may clear completely during the morning (uncertain as yet). 10% sDumfries and Galloway to 60% elsewhere
Sunshine? Air clarity (below cloud)	Occasional sun, most sun Borders. Cloud thickening later in day. Hazy; clearest air toward the east.	Dumfries and Galloway: Dull and murky, particularly near Solway, most or all day. Elsewhere: Pockets of sun, possibly widespread sunshine by midday; visibility very good.
How Cold? (at 750m) Freezing Level	-1C, rising to 1C from west. Will feel as cold as minus 14C due to wind chill. 600m, rising to and in afternoon above highest summits.	5C. Above the summits

Planning Outlook**All mountain areas of Britain from Monday, 16 March, 2026**

An abrupt transition will take place on Tuesday and Wednesday. Areas of low cloud, drizzly rain and strong winds will continue to affect mainly western mountains until Wednesday. But then as pressure builds north of Britain it will become extensively fine; cloud often clearing, particularly western Britain, and temperature levels more varied - fairly warm some afternoons but frost widely at night.

Forecast issued at 12:29 on Saturday, 14 March, 2026

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, 2026.