

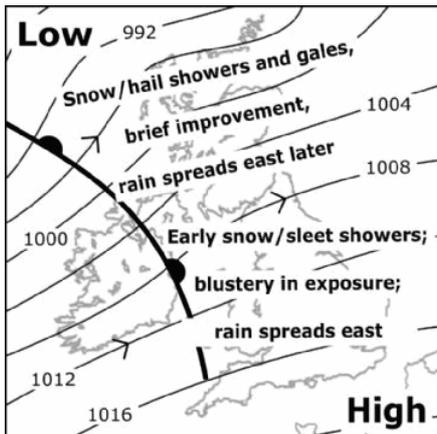
Southern Uplands

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, 16 March, 2026



British Mountain Summary:

Based on forecast chart for noon 16 March, 2026

Snow and hail showers affect most areas in the morning, frequent over western hills. A brief easing, then several hours of rain arrives to Wales, moving north and east into England and Scotland through afternoon and into evening. A notable rise in temperature with arrival of rain. Strong wind all day, a slight easing for a few hours.

Headline for Southern Uplands

Snow/hail showers, least in the east; gales; rain arrives from the west

Detailed Forecast for Monday, 16 March, 2026

How windy? (On the summits)	Westerly 35-45mph, shifting southwesterly and easing slightly for a few afternoon hours, strengthening again, notably after dark, up to a gusty 55mph.
Effect of wind on you?	Arduous walking in exposure with significant wind chill in the morning. A slight easing of conditions for a few hours, but then a significant deterioration into evening.
How wet? (Precipitation and its impact)	Hail and snow showers, then rain spreads from the west Showers, frequent in the morning, though often dry southern Galloway and Cheviots. Expect hail and snow above 300m, the snowfall level rising towards 600m. Rain arrives from the west afternoon and spreads widely.
Cloud on the hills?	Variable through morning, most often shrouding hills west Cloud base will vary: near precipitation, forming at around 600, occasionally below 450m, but also higher breaks away from showers. Best of clear spells Cheviots to Lothians. Through afternoon, cloud fills in widely from the west from at least middle slopes upward.
Chance of cloud free summits?	50%, lowering to 10% through afternoon
Sunshine? Air clarity (below cloud)	Patchy sunshine, best in the east through morning. Cloud thickening later in day. Hazy; clearest air toward the east.
How Cold? (at 750m)	-2C from dawn, steadily rising to 1C afternoon, then sharply rising to 4C, likely rising further overnight. Will feel as cold as minus 14C due to wind chill.
Freezing Level	500-600m, steadily rising to high terrain by afternoon, sharply rising above the summits with arrival of rain.

Southern Uplands - Looking Ahead

	Tuesday 17 March	Wednesday 18 March
How windy? (On the summits) Effect of wind on you?	South-southwesterly 50-60mph. Powerful gusts over high terrain, gusty to lower slopes too. Difficult mobility with significant wind chill in exposure. Buffeting gusts constantly challenge balance, not just high terrain.	West-southwesterly 20-25mph gradually easing to 10-15mph, likely less at times. Mostly small, though feeling blustery on high exposed terrain in the morning.
How wet? (Precipitation and its impact)	Drizzle, mainly west of M74 Frequently or completely dry towards Central Belt. Further west and south, drizzle, perhaps most or all day Galloway to Moffat hills.	Substantially dry A few spots of light rain affecting the hills here and there, amounting to very little if any.
Cloud on the hills?	Blanket fog Dumfries and Galloway Dumfries and Galloway: Persistent fog, cloud base 200m, perhaps lower, to sometimes 450m well inland. Borders: Higher cloud base, some local clearings towards Central Belt.	Early low cloud, lifting, some banks may linger From dawn, banks of cloud in sheltered low slopes and valleys, lifting after sunrise, mostly above the summits. Southern Galloway slopes and the Moffat hills may see banks of cloud touch the high summits occasionally.
Chance of cloud free summits?	10% Dumfries and Galloway to 30% elsewhere	70%
Sunshine? Air clarity (below cloud)	Dumfries and Galloway: Dull and murky, particularly near Solway, most or all day. Elsewhere: Pockets of sun with good visibility.	Mostly sunny but weakened by high cloud to the south. Very good visibility.
How Cold? (at 750m) Freezing Level	4 or 5C, mildest towards Central Belt. Feeling like -10C in strongest wind. Above the summits	3 or 4C from dawn, rising to 6 to 8C, always mildest around the Cheviots. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 17 March, 2026**

Areas of low cloud, drizzly rain and strong winds will continue to affect mainly western mountains until Wednesday, the rain at times heavy in western Scotland. Pressure begins to quickly rise on Wednesday, providing fairly widely settled conditions across the country. Some cloud and spotty light rain lingers in north England/south Scotland for a few days, elsewhere becoming mostly sunny. England, Wales, and southwest Scotland seeing milder temperatures, mostly light wind but the occasional stronger breeze. Elsewhere in Scotland stays cooler, some overnight frosts possible under clear-sky nights. Over the weekend, first indications of a cool easterly wind building across all areas, perhaps some periods of rain south, but further detail currently uncertain.

Forecast issued at 16:21 on Sunday, 15 March, 2026

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