

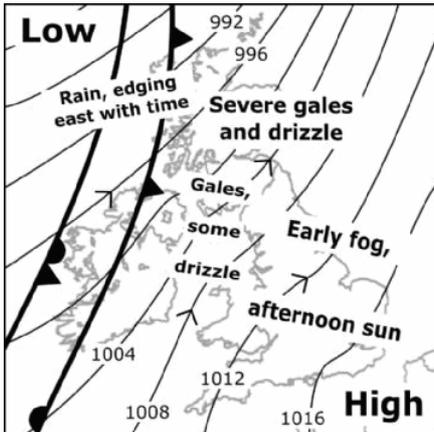
Southern Uplands

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 Tuesday, 17 March, 2026



British Mountain Summary:

Based on forecast chart for noon 17 March, 2026

Widely windy, severe gales in Scotland. Rain in the western Scottish highlands edges into central highlands with time; early drizzle over many high slopes, lingering in Scotland, Lakeland, and Snowdonia. Sun breaking out afternoon over Wales and the Pennines with milder temperatures, though a chill in wind.

Headline for Southern Uplands

Gales; fog and drizzle west, some improvements east

Detailed Forecast for Tuesday, 17 March, 2026

How windy? (On the summits)	South-southwesterly 45-55mph. Powerful gusts over high terrain and perhaps gusty to lower slopes too, up to 65mph. An easing trend begins late in the day and overnight.
Effect of wind on you?	Difficult mobility with significant wind chill in exposure. Buffeting gusts constantly challenge balance at various heights, the strongest of which could blow you over.
How wet? (Precipitation and its impact)	High terrain drizzle, mostly southwest Often drizzly over high terrain, perhaps most or all day southern Galloway slopes to Moffat hills. Towards the Central Belt, only a few fine spits of drizzle in the wind, Cheviots may be entirely dry too.
Cloud on the hills?	Fairly extensive, best breaks east and north Persistent fog in Galloway, cloud base often to 200m on southern slopes, to 400-500m north. Higher cloud base over Borders and Cheviots, only odd clearings above 700m. Some higher bases at times towards Central Belt too.
Chance of cloud free summits?	10% Dumfries and Galloway to 30% east
Sunshine? Air clarity (below cloud)	Dull and murky, particularly near Solway, most or all day. A few pockets of sun breaking out towards the Central Belt and the eastern Borders, good visibility here.
How Cold? (at 750m)	4 to 6C, mildest temperatures near Central Belt and Cheviots. Feeling as cold as -10C in exposure to wind.
Freezing Level	Above the summits

Southern Uplands - Looking Ahead

	Wednesday 18 March	Thursday 19 March
How windy? (On the summits) Effect of wind on you?	West-southwesterly 20-25mph gradually easing to around 10mph, variable direction, sometimes lower speeds. Mostly small, though feeling blustery on high exposed terrain in the morning.	East-southeasterly 10-15mph, occasionally rising to a gusty 20mph. Occasional inconvenient gusts, otherwise mostly small.
How wet? (Precipitation and its impact)	Substantially dry A few spots of light rain affecting the hills here and there, amounting to little.	Some light rain Spotty light rain affecting the Borders and Cheviots at times, amounting to little. Precipitation unlikely further west.
Cloud on the hills?	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.	Lifting to middle and upper slopes, most extensive east From dawn, banks of cloud at several heights, most broken to the west/around Merrick. After sunrise, bases lifting to 600m and above, some breaks too, best in the west; Cheviots and Borders may not clear above 800m.
Chance of cloud free summits?	70%	60% west to 30% east
Sunshine? Air clarity (below cloud)	Often cloudy but with bursts of sun. Very good visibility.	Glimpses of sun in the west, though weakened by high cloud. Very good visibility out of fog.
How Cold? (at 750m) Freezing Level	3 or 4C from dawn, rising to 6 to 8C, always mildest around the Cheviots. Above the summits.	6 or 7C. Above the summits.

Planning Outlook**All mountain areas of Britain from Wednesday, 18 March, 2026**

Pressure begins to rise on Wednesday, bringing 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; valley fog in many lowland areas early, lifting and dissipating after sunrise for clear hills. Generally milder temperatures and light wind but the occasional stronger gust. East Scotland stays cooler for a time, some overnight frosts possible under clear-sky nights. Over the weekend, first indications of a cool easterly wind building, perhaps some patchy rain here and there. Into next week, detail is uncertain; low pressure may occasionally unsettle the weather, bringing cooler, wetter, and windier periods.

Forecast issued at 15:16 on Monday, 16 March, 2026

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