

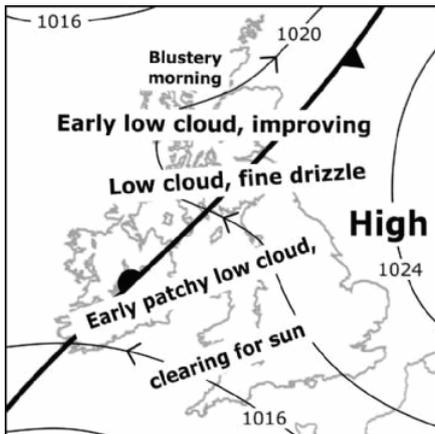
# Southern Uplands

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 Wednesday, 18 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 18 March, 2026**

Patchy low cloud across many hills early, lifting and fading, particularly away from west coasts; sun breaking out. A weak front lingers over south Scotland, maintaining low cloud and some light spotty drizzle. Light wind, though a blustery morning in the north Scottish highlands; breezy in south Wales too.

### Headline for Southern Uplands

Spotty rain/drizzle west, lingering low cloud

## Detailed Forecast for Wednesday, 18 March, 2026

<b>How windy? (On the summits)</b>	West-southwesterly 15-20mph from dawn soon easing to around 10mph, variable direction and sometimes lower speeds.
<b>Effect of wind on you?</b>	<b>Mostly small</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Some patchy rain and drizzle west</b> From dawn, fine drizzle in cloud on the southern Galloway eastward to the Moffat hills. Through morning, a few spots of rain will drift northward too. Trending towards a drier day overall.
<b>Cloud on the hills?</b>	<b>Fairly extensive early, lifting, highest bases north/east</b> From dawn, extensive cloud from 400m up on southern aspects, bases up to 600m near the Central Belt. Bases will lift to at least 600m fairly widely, some higher breaks to the north and east. The southern Galloway and Moffat hills will struggle to clear to high terrain for any length of time.
<b>Chance of cloud free summits?</b>	<b>20% rising to 50% eastern areas</b>
<b>Sunshine? Air clarity (below cloud)</b>	Often cloudy but with bursts of sun. Visibility becoming good as cloud base lifts but some haze.
<b>How Cold? (at 750m)</b>	4 or 5C from dawn, rising to 7 or 8C, always mildest around the Cheviots where may well reach 9C.
<b>Freezing Level</b>	Above the summits.

## Southern Uplands - Looking Ahead

	Thursday 19 March	Friday 20 March
<b>How windy? (On the summits)</b>	East-southeasterly 10-15mph, occasionally rising to a gusty 20mph.	Southerly or variable 10 to 15mph or less.
<b>Effect of wind on you?</b>	<b>Occasional inconvenient gusts, otherwise mostly small.</b>	<b>Small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Some light rain, most hills dry</b> Spotty light rain affecting the Borders and Cheviots at times, amounting to little. Likely dry to the west.	<b>Precipitation not expected</b>
<b>Cloud on the hills?</b>	<b>Lifting to middle and upper slopes, most extensive east</b> From dawn, banks of cloud at several heights, most broken to the west/around Merrick. After sunrise, bases lifting to 600m and above, some higher breaks in the west; Cheviots and Borders only briefly clearing above 700m.	<b>Covering some hill slopes for a time</b> Fog in valleys from dawn and covering some hill slopes for a time, particularly eastern areas. Tending to lift increasingly above most tops or disperse afternoon.
<b>Chance of cloud free summits?</b>	<b>60% west to 30% east</b>	<b>70%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun in the west, though weakened by high cloud. Very good visibility out of fog.	Partly cloudy, then increasingly sunny. Visibility very good, some haze lower down.
<b>How Cold? (at 750m)</b>	6 or 7C, mildest in the west.	Around 7C, some cooler spots at first, then some slightly warmer spots by afternoon.
<b>Freezing Level</b>	Above the summits.	Above the summits, but slight frost in valleys and some sheltered higher areas at dawn.

## Planning Outlook

### All mountain areas of Britain from Thursday, 19 March, 2026

Fairly widely settled conditions across the country later this week. 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. The weekend is anticipated to be settled as well, with a mix of cloud and sun, early low cloud lifting and clearing many mountains, only occasional spots of rain in the far northwest of Scotland. A spell of more unsettled weather expected next week, with stronger wind, precipitation, and colder temperatures.

### Forecast issued at 15:05 on Tuesday, 17 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.