

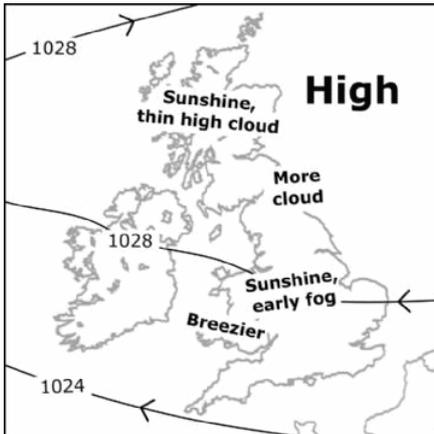
Southern Uplands

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, 19 March, 2026



British Mountain Summary:

Based on forecast chart for noon 19 March, 2026

Dry overall, clear hills and sunny, thin high cloud for Scotland. A zone of cloudier skies and some varied fog from the Borders to northeast Pennines. Warmer further southwards, sunny but hazy views, some early valley fog in Wales & Peak District. Light winds for most places, breezier in south Wales.

Headline for Southern Uplands

Varied cloud / fog banks, mostly east. Light wind.

Detailed Forecast for Thursday, 19 March, 2026

How windy? (On the summits)	East-southeasterly 10mph, occasional local gusts 15mph.
Effect of wind on you?	Mostly small.
How wet? (Precipitation and its impact)	Little if any precipitation Rare spots of light rain or drizzle affecting the Borders and Cheviots in the morning, amounting to little. Likely dry all day to the west.
Cloud on the hills?	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 higher breaks in the west. Lifting above many tops with time, but may persist higher Cheviots.
Chance of cloud free summits?	70% west to 30% east
Sunshine? Air clarity (below cloud)	Glimpses of sun in the west, though weakened by high cloud. Cloudier east. Very good visibility out of fog.
How Cold? (at 750m)	4C if in cloud east, to 6 or 7C out of cloud and in the west.
Freezing Level	Above the summits.

Southern Uplands - Looking Ahead

	Friday 20 March	Saturday 21 March
How windy? (On the summits)	South to southwesterly 10 to 15mph.	West to southwesterly 10 to 15mph, perhaps gusty 20mph for a time.
Effect of wind on you?	Small.	Mostly small.
How wet? (Precipitation and its impact)	Precipitation not expected	Precipitation not expected
Cloud on the hills?	Covering some hill slopes for a time Fog in valleys from dawn and covering some hill slopes for a time. Tending to lift increasingly above most tops or disperse afternoon.	Varied early fog mostly clearing Fog mostly valleys and lower hills in the morning, may lift upslope to patches on some western hills during morning, increasingly dispersing back toward Solway coast. Many hills clear afternoon.
Chance of cloud free summits?	70%	70%
Sunshine? Air clarity (below cloud)	Partly cloudy, then increasingly sunny. Visibility very good, some haze lower down.	Sunshine and some patchy cloud mostly in west; thin high cloud. Some haze particularly morning, better visibility afternoon.
How Cold? (at 750m)	Around 7C, some cooler spots at first, then some slightly warmer spots by afternoon.	5C rising to 7 or 8C afternoon.
Freezing Level	Above the summits, but slight frost in valleys and some sheltered higher areas at dawn.	Above the summits, but patchy frost in valleys and sheltered higher areas around dawn.

Planning Outlook

All mountain areas of Britain from Friday, 20 March, 2026

High pressure stays nearby toward the weekend, although retreats to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south may rebuild to settle things again.

Forecast issued at 16:15 on Wednesday, 18 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.