

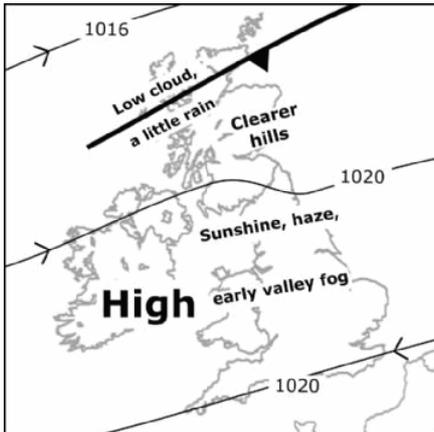
# Southern Uplands

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 Saturday, 21 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 21 March, 2026**

Cloud covering some western Scottish mountains much of day, a little rain or drizzle mostly Lochaber to Skye. Clearer hills east and southwards in the Highlands, and some breaks form in far northwest. Gusty winds toward north/west. Sunshine, haze and early low-level fog England & Wales, light winds.

### Headline for Southern Uplands

Wind fairly light during day. Sun and early patchy cloud / fog.

## Detailed Forecast for Saturday, 21 March, 2026

<b>How windy? (On the summits)</b>	West to southwesterly 10 to 15mph, locally gusty 20mph for a time around high tops. Increasing evening-night to 30-35mph.
<b>Effect of wind on you?</b>	<b>Mostly small during day.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Precipitation not expected</b>
<b>Cloud on the hills?</b>	<b>Varied early fog mostly clearing</b> Fog mostly valleys and lower hills in the morning, lifting upslope to patches on some western hills during morning, increasingly dispersing back toward Solway coast. Many hills clear afternoon.
<b>Chance of cloud free summits?</b>	<b>70% near Solway, above 90% elsewhere.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Sunshine and some patchy cloud mostly in west; thin high cloud. Some haze particularly morning, better visibility afternoon.
<b>How Cold? (at 750m)</b>	5C rising to 8C afternoon, locally warmer eastern hills.
<b>Freezing Level</b>	Above the summits, but patchy frost in valleys and sheltered higher areas around dawn.

## Southern Uplands - Looking Ahead

	Sunday 22 March	Monday 23 March
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Southwest becoming mostly westerly, 25mph, to at times gusty 30mph around highest tops. <b>Blustery, starting to affect comfortable walking at times where exposed on tops. Feeling chilly, increasingly cold later.</b>	West soon southwesterly, varied 15-25mph in morning. Then increasing rapidly 30-40mph afternoon, risk later 50mph. <b>Fairly small early in day, likely for several hours, but then rapidly deteriorating to increasingly arduous walking conditions.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>A little rain mostly west</b> Drizzly rain for a time mostly Galloway, some briefly steadier rain, perhaps a showery burst, clearing into afternoon. Small amounts eastwards, Borders may remain largely dry.	<b>Risk rain later west</b> During afternoon in Galloway, risk patchy rain arriving, then becoming more persistent from west from dusk onward.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Mostly western hills, clearing afternoon</b>  Varied low cloud on hills and some lower fog banks from dawn, clearing variably. Cloud covering western hills for a few hours as rain occurs, mostly above 500-700m, higher eastwards. Then clearing.  <b>40% west, to 70% east.</b>	<b>Little if any</b>  Late in the day, patches may drift onto higher western tops.  <b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Some early weak sun in places, clouding over for a few hours, then brightening up from northwest later. Visibility often good, reduced in rain locally.	Early sun weakening as high cloud thickens, becoming overcast. Visibility excellent, later a little hazier.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	5C or briefly warmer, then dropping in afternoon to 2C, near 0C from dusk. Feeling like 0C or later colder in wind. Above the summits. Slight frost inland valleys at dawn. Dropping onto highest tops by evening.	0C rising to 3C by late afternoon. As wind increases, chill factor later feeling like -10C in exposure. 700m plus frost in valleys around dawn. Rising above freezing to highest tops by middle of day.

## Planning Outlook

### All mountain areas of Britain from Sunday, 22 March, 2026

A changeable mix during the week ahead, but feeling wintry with snow and hail showers widely into midweek. Fine conditions on Monday, but southwesterly winds increasing, later severe gales on Scottish mountains. A spell of rain by late Monday into the night with a brief rise of temperature, but the freezing level drops from the northwest again into Tuesday, falling sub-zero across all hills of Britain above 600-700 m later Tuesday into Wednesday. Significant chill factor from gale force west then northwesterly winds. High pressure to the southwest then likely rebuilds to settle things again toward next weekend and temperatures will tend to recover. A mixed west to southwesterly flow may continue to bring more changeable conditions to west and northwest Scotland.

### Forecast issued at 15:46 on Friday, 20 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.