

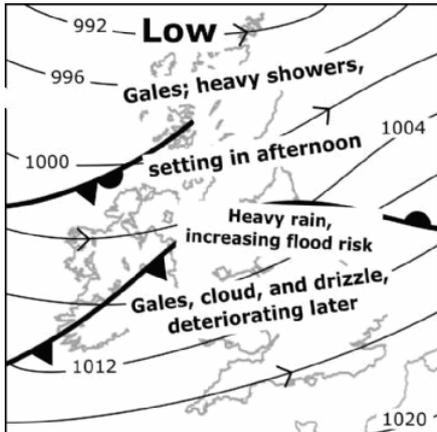
Southern Uplands

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, 24 March, 2026



British Mountain Summary:

Based on forecast chart for noon 24 March, 2026

Widespread gales, severe early in Scotland. Showers in west Scotland, pushing east, turning snowy and setting in for a time. Near constant rain for Lakeland and Yorks Dales, becoming heavy with a rising flood risk. Rain spreads widely across England and Wales later, wind strengthens in Wales.

Headline for Southern Uplands

Gales and showers; wind eases somewhat, rain more frequent

Detailed Forecast for Tuesday, 24 March, 2026

How windy? (On the summits)	Southwesterly 45 to 55mph in the morning, gradually easing, perhaps to 25-30mph by evening, though likely remaining stronger on hill near the Solent/Cheviots.
Effect of wind on you?	Difficult conditions across the hills in the morning, any mobility challenging in exposure with significant wind chill. Effects will tend to ease, though
How wet? (Precipitation and its impact)	Morning showers, increasingly rainy, most constant south/west Morning showers into Dumfries and Galloway, some showers drifting further east too. Rain begins setting in on southern Galloway slopes to Moffat hills, reaching the Cheviot too, with a risk of more widespread rain for several afternoon hours, snow falling on high terrain.
Cloud on the hills?	Extensive, lowest west and more widely afternoon A layer of cloud cover the high tops all day, bases often down towards 700m, regularly lower in the west during showers. Afternoon brings further lowering of the cloud extensively foggy above 600m, lower in the south and west.
Chance of cloud free summits?	20%
Sunshine? Air clarity (below cloud)	Largely cloudy and dull with poor visibility due to fog and rain.
How Cold? (at 750m)	+3C at first, locally warmer around the Cheviot. Lowering from the northwest, 0C afternoon into evening, lowering further overnight. Feeling like -12 to -15C in the wind.
Freezing Level	Above the summits in morning, dropping from northwest to 700m afternoon, then 500-600m into evening/nighttime.

Southern Uplands - Looking Ahead

	Wednesday 25 March	Thursday 26 March
How windy? (On the summits)	Northwesterly 30 to 45mph, varying speeds with squally gusts around showers.	Northwesterly 20-30mph, up to 35mph over the Cheviot early. Gradually shifting W'ly and easing, 10-15mph.
Effect of wind on you?	Walking often impeded, frequent buffeting, in places more arduous over higher exposed terrain. Significant wind chill.	Walking impeded in exposure early and feeling chilly, some stability challenges in the east. Effects easing to fairly small.
How wet? (Precipitation and its impact)	Locally frequent hail and snow Showery snow and hail falling to lower slopes, most frequent in Galloway, locally more constant for periods. Showers forming more widely with time. Chance of isolated thunder & lightning.	Precipitation unlikely until evening Patchy rain arrives from the west as evening approaches, some refrozen rain mixed in upon first arrival. The east stays dry until later overnight.
Cloud on the hills?	Mostly high western tops, varying Cloud base frequently changing, likely to come and go over tops mainly in Galloway above 700-800m, lower patches in showers. Elsewhere only briefly on tops.	Little if any during daylight The hills free of cloud well into the day. A deck of cloud arrives to the high western tops later in the day, lowering and spreading east into night.
Chance of cloud free summits?	50%	90%, lowering to 40% west late in the day
Sunshine? Air clarity (below cloud)	Bursts of bright sunshine, most common Borders early. Visibility intermittently very good, but appalling at times in showers with brief whiteout over tops.	Bright sunshine early, high cloud gradually fills in from the west, trending overcast. Excellent visibility.
How Cold? (at 750m)	-1 or -2C, slight rise into afternoon. Wind chill feeling like -12 to -15C on tops.	-2 or -3C, gradually rising, to 0C evening, then several degrees above 0C overnight. Feeling like -10 to -15C in early wind.
Freezing Level	500m from dawn, lifting to 700m, slightly higher away from showers.	400-600m, some lower frosts likely too. A slight rise, then sharply lifting above the summits for several overnight hours.

Planning Outlook

All mountain areas of Britain from Wednesday, 25 March, 2026

Cold, wintry conditions across all mountains into midweek - significant chill factor from gale force west then northwesterly winds. Hail and snow showers extend southwards into Wednesday, by then below freezing on all tops above 600-700m. Fewer showers by Thursday for many, though further snow then rain moves into western Scotland. Temperature and freezing level then varying as changeable westerlies prevail for Scotland through the weekend into early next week with periods of upland gales widely, accompanied by spells of rain, hill snow and hail showers; some windows of drier weather more often affect England & Wales.

Forecast issued at 15:56 on Monday, 23 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.