

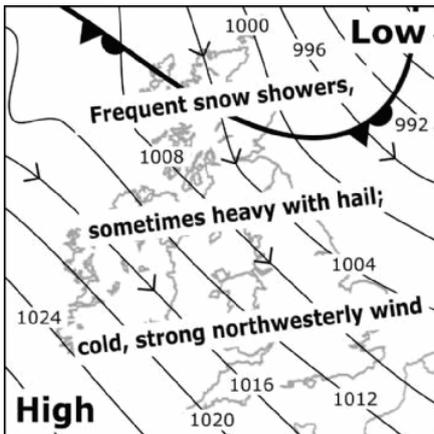
Southern Uplands

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 Wednesday, 25 March, 2026



British Mountain Summary:

Based on forecast chart for noon 25 March, 2026

Widespread hail and snow showers, at times heavy with a risk of isolated lightning. Fewer showers in the N Pennines and southeast Scotland for a few morning hours, but returning afternoon. Gales widespread as well with sudden strong gusts, easing only slightly in Scotland. Cold, staying below freezing above 500-600m.

Headline for Southern Uplands

Frequent snow and hail showers, most west; gales

Detailed Forecast for Wednesday, 25 March, 2026

How windy? (On the summits)	Northwesterly 30 to 45mph, varying speeds with squally gusts around showers, gusts reaching up to 50mph.
Effect of wind on you?	Walking strenuous with frequent buffeting, in places more arduous over higher exposed terrain with significant wind chill. Beware sudden strong gusts, necessitating additional effort to maintain stability.
How wet? (Precipitation and its impact)	Frequent snow and hail west, later more frequent east 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. Showers well scattered in the east until the afternoon when they become more frequent.
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.
Chance of cloud free summits?	50%
Sunshine? Air clarity (below cloud)	Bursts of bright sunshine, most common Borders and Cheviots in the morning. Visibility intermittently very good, but appalling at times in showers with brief whiteout over tops.
How Cold? (at 750m)	-1 or -2C, slight rise into afternoon, locally to 0C. Wind chill feeling like -15C or colder on high tops.
Freezing Level	500m from dawn, lifting to 600-700m, slightly higher away from showers.

Southern Uplands - Looking Ahead

	Thursday 26 March	Friday 27 March
How windy? (On the summits) Effect of wind on you?	Northwesterly 20-30mph, up to 35mph east early. Shifting W'ly and easing, 10-15mph, SW'ly later and Walking impeded in exposure early and feeling chilly, some stability challenges in the east. Effects easing to fairly small.	Westerly 20-35mph, strongest on northern slopes and towards the Central Belt, and perhaps more widely 35mph into evening. Walking strenuous on higher terrain in the north, effects more widespread with time and feeling increasingly chilly.
How wet? (Precipitation and its impact)	Afternoon patchy rain arrives from west Patchy rain arrives from the west afternoon, some refrozen rain mixed in upon first arrival. Patches move east through afternoon, becoming more frequent and some heavier falls from the west.	Afternoon showers, mostly west Some patchy rain around the Solway and Cheviots early, soon clearing. Likely dry for several hours, then showers begin affecting western areas, snow on high terrain, well-scattered further east
Cloud on the hills?	Mostly high west terrain, later spreads east Southern and eastern slopes clear through morning. Some patchy cloud affecting the high western slopes and near Central Belt. A deck of cloud fills in over high western terrain afternoon, lowering and spreading east into night.	Mostly clear, occasional banks on high terrain At dawn, a layer of cloud caps the high terrain from the Solway to the Cheviot, this soon clearing south leaving ragged patches of cloud that dissipate with time. The hills then mostly clear, banks grazing high terrain during afternoon showers; east hills may stay clear.
Chance of cloud free summits?	80%, lowering to 20% from the west	Rising to 80% east, 50% west
Sunshine? Air clarity (below cloud)	Bright sunshine early, high cloud gradually fills in from the west, trending overcast. Excellent visibility.	Mostly sunny early, some fair weather cloud building. Good visibility, some haze, and suddenly poor where showers occur.
How Cold? (at 750m) Freezing Level	-2 or -3C, gradually rising, to 0C evening, then several degrees higher overnight. Feeling like -10 to -15C in early wind. 300-600m, highest west; lower frosts likely too. Gradually rising, sharply lifting above the summits as evening approaches.	At dawn, 5C east, to 1C west. Soon widely 1C, lowering to 0 or -1C by dusk. Later, feeling like -10C in wind. At dawn, may just touch the summit of Merrick, but elsewhere above the summits. Lowering, 700m by dusk, 800m Cheviot.

Planning Outlook

All mountain areas of Britain from Thursday, 26 March, 2026

Thursday starts chilly with clear skies for many, snow then rain moves into western areas with time. Strong northwesterly winds prevail as the weekend starts, brining cooler temperatures and a mix of showers and sun across most areas, the showers likely snowy to middle elevations with some hail mixed in. The cool, spring-like conditions will allow showers to become heavier and more widespread in the afternoon. Sunday into next week sees high pressure southwest of the country, producing drier weather with sun breaks, a trend towards milder temperatures too, but several low pressure systems to the north draw bands of rain eastward, mostly affecting Scotland, occasionally northern England and Wales. A risk of cooler northerly winds re-establishing later in the week, though detail is uncertain.

Forecast issued at 15:40 on Tuesday, 24 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.