

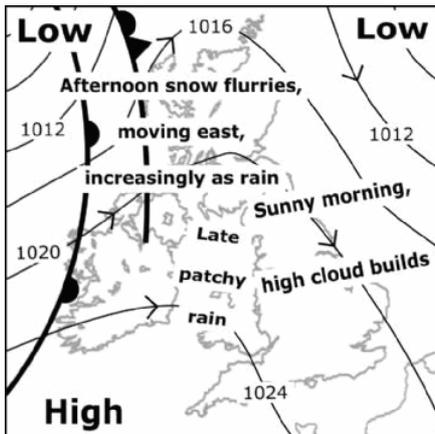
Southern Uplands

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, 26 March, 2026



British Mountain Summary:

Based on forecast chart for noon 26 March, 2026

A sunny start, frosty in England and Scotland; freezing levels at middle heights in Wales. Some snow showers north and west Scotland early. High cloud builds from the west; patchy snow and rain arrive afternoon, spread east, and increase in frequency into night. Rain increasingly to higher slopes as temperature rises.

Headline for Southern Uplands

Early sunshine, patchy rain from the west later; cold

Detailed Forecast for Thursday, 26 March, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>Northwesterly 20-30mph, strongest in the east, where may reach 35mph over the Cheviot. Shifting westerly and easterly, 15-20mph, some stronger gusts through the Central Belt. Orienting southwesterly into evening, strengthening overnight.</p> <p>Walking impeded in exposure early and feeling chilly, some stability challenges in the east. Effects easing to fairly small.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Afternoon patchy rain arrives from west</p> <p>Patchy rain arrives from the west afternoon, some refrozen rain mixed in upon first arrival. Patches of drizzly rain move east through afternoon, rain increasingly frequent west with a few heavier falls.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Mostly high west terrain early, lowering and spreading east</p> <p>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, bases as low as 200m west Galloway slopes.</p> <p>80%, lowering to 20% from the west</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Bright sunshine early, particularly east. High cloud gradually builds in from the west, then low cloud too, overcast by evening, though a few bright glimpses far east. Excellent visibility, deteriorating from the west through afternoon in rain and fog.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>-2 or -3C, gradually rising, to 1C by evening, then sharply rising into night from the west, +5 or 6C for several overnight hours. Feeling like -10 to -15C in early wind.</p> <p>Frost fairly widespread, including valleys, nearer 200-300m west. Rising, 800m later afternoon, the sharply lifting into evening well above the summits.</p>

Southern Uplands - Looking Ahead

	Friday 27 March	Saturday 28 March
How windy? (On the summits) Effect of wind on you?	Westerly 20-25mph; early morning speeds up to 35mph far east. Strengthening later, 30-35mph west and north areas. Nuisance wind, walking impeded in exposure, a deteriorating trend, becoming strenuous late in the day and feeling chilly.	Westerly 35 to 45mph, likely strongest in the morning, squally gusts. Gales likely strengthen again into night. Strenuous walking over the hills, frequent buffeting at least in morning. Significant wind chill.
How wet? (Precipitation and its impact)	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	Hail and snow showers Scattered showers, most common in Galloway in the morning, extending eastwards, mostly brief hail, snow falling in morning to some lower elevations, with time mostly rain below 600m.
Cloud on the hills? Chance of cloud free summits?	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. Rising to 80% east, 50% west	Varied mostly over western tops Patchy cloud capping higher slopes mostly toward the west in the morning, lifting increasingly above the tops by middle of the day. 40% rising to 80%
Sunshine? Air clarity (below cloud)	Mostly sunny early (except south/east), fair weather cloud building. Good visibility, some haze, and suddenly poor where showers occur.	Patchwork of cloud and sun, best in east in morning. Visibility often very good, but reduced at times to briefly very poor in showers.
How Cold? (at 750m) Freezing Level	At dawn, 5C east, to 1C west. Soon 1 to 2C widely, then 0C 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.	-1C rising to +1 or 2C afternoon. Wind chill feeling like -10 to -15C. 600-700m in morning, plus frost in sheltered valleys around dawn, rising just above freezing to highest tops afternoon.

Planning Outlook**All mountain areas of Britain from Friday, 27 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, bringing 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 16:19 on Wednesday, 25 March, 2026

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of sportsScotland. 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.