

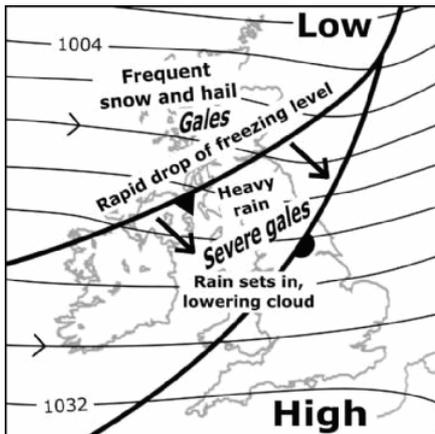
Southern Uplands

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 Sunday, 29 March, 2026



British Mountain Summary: Based on forecast chart for noon 29 March, 2026

Widely difficult conditions - extensive gales across the hills, often severe on higher terrain; a few hours of storm-force winds moving southward accompanied by a swathe of heavy rain, some snow on high tops. Colder air follows across Scotland, with frequent showery hail and snow, periods of whiteout on mountains.

Headline for Southern Uplands

Severe upland gales, heavy rain, then showery.

Detailed Forecast for Sunday, 29 March, 2026

How windy? (On the summits)	Southwesterly 50-65mph with stronger gusts dawn into morning, then westerly 40-50mph midday-afternoon, squally gusts.
Effect of wind on you?	Severe conditions for a time, powerful gusts could knock you off your feet. Remaining difficult on high terrain, mobility challenging in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Heavy rain, then showery, snow tops Rain moving in from west from around dawn, sleet or brief snow on tops. Heavy rain soon sets in, torrential bursts for a time during morning. Then showery rain on and off, risk hail, later afternoon turning to snow above 600m.
Cloud on the hills?	Extensive, then lifting with breaks Covering the hills widely during rain, for several hours from 500-600m upward, lowest west of M74. Then rising in afternoon with breaks to tops, but varying over higher tops in showers.
Chance of cloud free summits?	20%, rising to 50% by midday.
Sunshine? Air clarity (below cloud)	Bursts of sun develop into afternoon. Visibility very poor in rain, then changing quickly in and out of showers, intermittently very good.
How Cold? (at 750m)	1 or 2C, briefly slightly higher, then later afternoon dropping to 0C. Wind chill feeling like -12 to -15C.
Freezing Level	Rising from dawn to be above freezing to the tops. Starting to drop back from north toward 700-800m during afternoon.

Southern Uplands - Looking Ahead

	Monday 30 March	Tuesday 31 March
How windy? (On the summits) Effect of wind on you?	West to northwesterly, 40 to 50mph, strongest in the morning, gusts 60mph for a time higher tops. Walking difficult on exposed higher terrain, considerable buffeting, gusts knocking you off balance. Significant wind chill.	Westerly, 20 to 30mph, gusty in places around higher tops. Breezy, gusty spots starting to affect comfortable walking on exposed terrain. Marked wind chill despite milder air.
How wet? (Precipitation and its impact)	A few light showers Brief light showers, snow flurries above 500m, most common western hills in the morning, tending to fade.	Drizzly rain, fading during day Drizzle and light rain most persistent and widespread during the morning, though patchier small amounts eastwards. Tending to fade, but patchy drizzle likely over Galloway hills into afternoon.
Cloud on the hills?	Lifting above most tops Cloud banks drifting over higher slopes, mostly in west above 600m in morning, tending to rise. Increasing breaks to tops. Will then lower from southwest into night.	Extensive, rising with some breaks Blanket low cloud across most hills in the morning above 400-500m, lower for a time in western areas. Tending to rise and break with time, best toward east. Banks likely linger above 600-700m especially in west.
Chance of cloud free summits?	70% rising to 90%	10%, rising to 40% afternoon.
Sunshine? Air clarity (below cloud)	Occasional sun, best toward east in morning. Visibility mostly good, slight haze west.	Glimpses of sun mostly eastern areas. Poor visibility on much higher terrain at least in morning, becoming good where cloud lifts and breaks.
How Cold? (at 750m) Freezing Level	0C rising to 2C afternoon, then higher after dark. Wind chill feeling like -12 to -15C. 700m from dawn, rising above the tops into afternoon.	5 or 6C. Feeling like -3 to -5C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Monday, 30 March, 2026**

Milder air across all areas by Tuesday, with drizzly rain and low cloud particularly in the west. A drop of temperature returns to Scotland at least during Wednesday, with a belt of rain expected to move slowly southwards, followed by showers turning to snow again on higher areas, possible hail. Uncertain southward extent of rain and colder air beyond midweek - lower confidence in forecast detail toward Easter - high pressure toward the east and south brings some drier weather, but Atlantic weather systems may continue to move near to the northwest of Britain bringing further spells of strong wind and rain, plus fluctuating temperatures in Scotland, whilst further south likely stays milder.

Forecast issued at 16:00 on Saturday, 28 March, 2026

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