

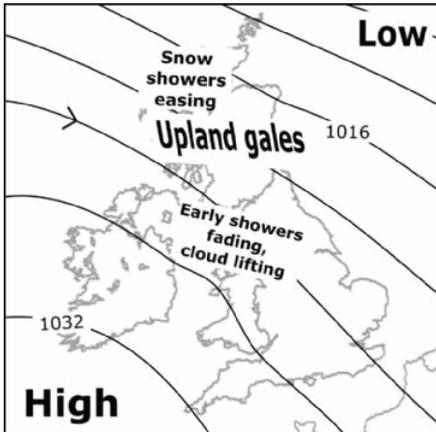
Southern Uplands

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 Monday, 30 March, 2026



British Mountain Summary:

Based on forecast chart for noon 30 March, 2026

Gale-force west-northwesterlies, severe over higher Scottish mountains toward the north, squally gusts around showers of snow, also hail toward north early in the day. Light showers of rain or upland snow tending to fade with time, some breaks in cloud forming, best eastwards.

Headline for Southern Uplands

Upland gales. Light showers fade, cloud breaks.

Detailed Forecast for Monday, 30 March, 2026

How windy? (On the summits)	West to northwesterly, 40 to 50mph, strongest in the morning, gusts 60mph for a time higher tops.
Effect of wind on you?	Walking difficult on exposed higher terrain, considerable buffeting, gusts knocking you off balance. Significant wind chill.
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.
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.
Chance of cloud free summits?	70% rising to 90%
Sunshine? Air clarity (below cloud)	Occasional sun, best toward east in morning. Visibility mostly good, slight haze west.
How Cold? (at 750m)	0C rising to 2C afternoon, then higher after dark. Wind chill feeling like -12 to -15C.
Freezing Level	700m from dawn, rising above the tops into afternoon.

Southern Uplands - Looking Ahead

	Tuesday 31 March	Wednesday 1 April
How windy? (On the summits)	Westerly, 20 to 30mph, gusty in places around higher tops.	Southwesterly 25 to 35mph, tending to strengthen and become gustier.
Effect of wind on you?	Breezy, gusty spots starting to affect comfortable walking on exposed terrain. Marked wind chill despite milder air.	Increasingly strenuous walking, buffeting gusts around tops and locally downslope to east. Marked wind chill.
How wet? (Precipitation and its impact)	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.	Rain likely developing Scattered drizzly showers, but many hours likely dry. Uncertain timing, but increasing risk into afternoon of patchy rain moving in from northwest, possibly heavier later in west.
Cloud on the hills?	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.	Most persistent west Covering higher terrain particularly Dumfries and Galloway much of the day above 600-800m, lowering extensively in rain. Higher breaks eastward.
Chance of cloud free summits?	10%, rising to 40% afternoon.	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun mostly eastern areas. Poor visibility on much higher terrain at least in morning, becoming good where cloud lifts and breaks.	Largely cloudy, local brighter moments eastward, glimpses of sun Borders. Visibility good below cloud, but reduced in rain, may become poor in west.
How Cold? (at 750m)	5 or 6C. Feeling like -3 to -5C directly in the wind.	5C. Feeling like -5C in exposure to wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 31 March, 2026**

A drop of temperature is expected again across Scotland during Wednesday as a band of rain then upland snow drifts slowly southwards. Atlantic weather patterns and west-southwesterly winds likely continue into the start of the Easter period at least, a risk of further gales over the mountains. Temperature may remain variable, possibly often cold over the mountains with snow and hail showers at times to lower elevations at least in Scotland, sometimes more widely, mixed with some spells of rain - precipitation generally most frequent west and northwest. Some windows of drier and brighter conditions, but day-to-day detail is uncertain.

Forecast issued at 16:01 on Sunday, 29 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.