

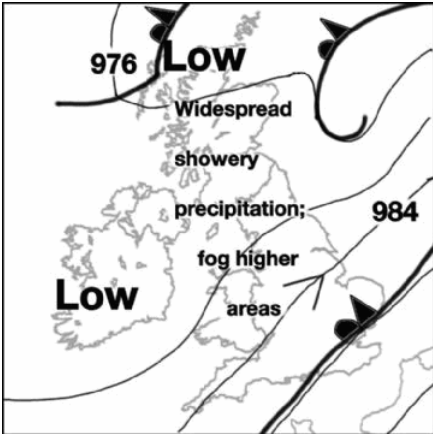
# Southern Uplands

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 Friday, 29 March, 2024



### British Mountain Summary: Based on forecast chart for noon 29 March, 2024

Centres of low pressure will circulate across Britain, bringing areas of rain (snow higher areas, particularly Scotland) which will gradually transition to heavy showers, and extensive fog to the mountains. It will remain cold. However, in Scotland, winds will be light.

### Headline for Southern Uplands

Soon fairly light wind. Fog many higher summits. Showery precipitation.

## Detailed Forecast for Friday, 29 March, 2024

<b>How windy? (On the summits)</b>	Southerly, 20 to 30mph, strongest post dawn.
<b>Effect of wind on you?</b>	Mostly fairly small, although marked wind chill.
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation on and off; risk thunder</b> Morning: Rain, or above 600m snow, from time to time (mainly toward central belt). Afternoon: heavy showers, giving hail and risk thunder.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Extensive, in places patches on lower slopes, mainly morning</b> Overall fog very extensive: fragments on lowest slopes, which could persist for a few hours particularly in precipitation. By afternoon, between showers, cloud base lifting toward 550m; perhaps a few breaks above 700m. <b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun, mainly Borders. Visibility good for periods, but very poor in precipitation.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	0 or 1C; rising marginally during day. Will feel as cold as minus 7C directly in the wind.  Just above the summits. Risk slight frost at dawn some valleys.

## Southern Uplands - Looking Ahead

	Saturday 30 March	Sunday 31 March
<b>How windy? (On the summits)</b>	Southerly 15 to perhaps 20mph Galloway.	Southeast or easterly 15 to 20mph.
<b>Effect of wind on you?</b>	<b>Small</b>	<b>Small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Heavy showers, mainly afternoon</b> Morning: A few patches of rain (or snow above 650m) lingering into the day, but tending to fizzle out. From about midday: Heavier hail showers; in some areas (probably not Galloway) becoming frequent. Risk thunder.	<b>Risk showers afternoon</b> Hail flurries or showers in afternoon; probably isolated.
<b>Cloud on the hills?</b>	<b>Extensive at first; mostly lifting above higher summits</b> Very varied from dawn; some higher slopes cloud free, but many mountains foggy, in places from lower slopes up. Will change through morning as cloud base rises. From late morning, cloud base often above 600 Galloway and above the tops elsewhere, but lower in rain.	<b>Very little: but fog may envelop Borders toward evening</b> Patches on some higher slopes after dawn will all clear well before midday.
<b>Chance of cloud free summits?</b>	<b>By midday: 30% Galloway, 70% Borders</b>	<b>90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Bursts of sunshine and very good or in Borders excellent visibility. However, visibility abruptly poor in precipitation.	Patchwork of sunshine; becoming dull from the east Borders evening. Visibility mostly excellent or superb after fog some valleys and lower slopes at first.
<b>How Cold? (at 750m)</b>	Around 2C after dawn before reaching 5 or 6C mid afternoon.	4 rising to 6C.
<b>Freezing Level</b>	Above the summits. Risk slight frost valleys at dawn.	Above the summits, although in valleys slight frost after dawn.

## Planning Outlook

## All mountain areas of Britain from Saturday, 30 March, 2024

Overall the next week to 10 days will often be cloudy with rain from time to time particularly over England and Wales. However, after widespread hail showers on Saturday, few showers on Sunday (which will also be the warmest day nearly everywhere). Then largely dry Scotland and the Lake District until about Wednesday, but persistent very low cloud (in easterly winds) will shroud all but some western summits in fog. Rain (sometimes snow higher tops) will be more widespread throughout next week Pennines and across Wales.

## Forecast issued at 18:00 on Thursday, 28 March, 2024

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