

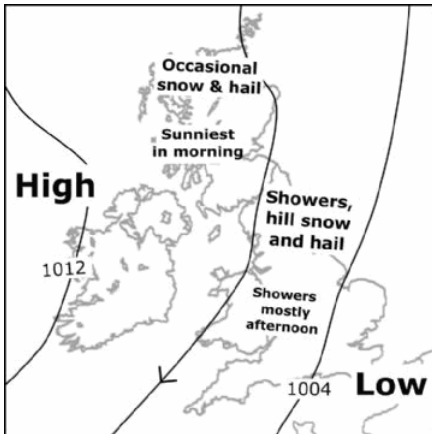
Southern Uplands

The Galloway hills eastward to the Lammermuir hills. The Cheviots (including higher hills within the adjacent Northumberland NP).



Would you like to sponsor this forecast and reach the thousands of walkers and climbers that use MWIS every day? Contact us for details on promoting your business now!

General Summary for Thursday, 13 March, 2025



British Mountain Summary:

Based on forecast chart for noon 13 March, 2025

Chilly northerly winds, strongest over the Pennines, here bringing a scattering of mostly brief showers with hail and hill snow. Local areas of snow showers in northern Scotland too. Otherwise, largely dry, only isolated flurries and some sun, typically best in the morning. Evening into night, some snow develops from north for Highlands.

Headline for Southern Uplands

Chilly wind. Largely dry, but showers with snow & hail in east at first.

Detailed Forecast for Thursday, 13 March, 2025

How windy? (On the summits)	Northerly 15 to 20mph, strongest eastern hills, local 25mph Borders.
Effect of wind on you?	Fairly small, but notable wind chill over higher terrain.
How wet? (Precipitation and its impact)	Showers mostly in east early morning Occasional flurries of soft hail or snow above 400m, mostly eastern Borders and Cheviots in the early morning, fading. Otherwise largely dry bar an odd isolated brief flurry. Into night, some spells of hill snow coming in from the north.
Cloud on the hills?	Little or none Cloud patches briefly grazing some high tops above 700-800m, mainly The Cheviot.
Chance of cloud free summits?	80%
Sunshine? Air clarity (below cloud)	Intermittent or in morning extensive bright sun. Excellent visibility.
How Cold? (at 750m)	Typically -1C - rising slowly through day. In the wind, feeling like -8C.
Freezing Level	500m, tending to rise to 750m. Frost in many valleys post dawn.

Southern Uplands - Looking Ahead

	Friday 14 March	Saturday 15 March
How windy? (On the summits)	Northeasterly 15-25mph. Some gustiness near Central Belt.	Northwesterly 10 to 15mph.
Effect of wind on you?	Fairly small, some inconvenient gusts.	Small
How wet? (Precipitation and its impact)	Showers east, mostly dry west Showers come and go on most terrain east of M74, snow over the hills, risk of hail on NE-facing slopes. Isolated showers west.	Precipitation not expected
Cloud on the hills?	Mostly clear, some banks east Morning low cloud banks near Lothians and Cheviots. Most terrain soon clear with occasional cloud bases touching high terrain.	Cloud above the hills
Chance of cloud free summits?	80%	90%
Sunshine? Air clarity (below cloud)	Frequent sunshine, becoming extensive west. Excellent visibility, poor spells in showers.	Patchwork of sun and cloud; cloudier for a time during afternoon. Visibility excellent.
How Cold? (at 750m)	-1C, rising a few degrees in the sun. Windward eastern slopes likely staying colder.	-1C rising to +2C afternoon.
Freezing Level	Widespread frost across all terrain in the early morning. Rising near or just above freezing toward higher tops by afternoon.	500m rising to just above highest tops into afternoon. But also frost widely in valleys and sheltered lower slopes from dawn.

Planning Outlook

All mountain areas of Britain from Friday, 14 March, 2025

Staying cold through the weekend into the start of next week, with frost overnight to lower slopes and valleys, then during the daytimes the freezing level lifting onto higher slopes. Higher pressure expands across all areas from the north, bringing largely dry conditions and rare brief light showers. A largely fine weekend ahead with light winds, sunny spells, variable cloud, and very clear crisp air. Some showers may run into northern Scotland on stronger winds here. Next week, a gradual shift back to less cold southeasterlies, with some showery rain developing from midweek, possibly more widespread spells of rain and some hill snow later in the week.

Forecast issued at 16:00 on Wednesday, 12 March, 2025

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, 2025.