

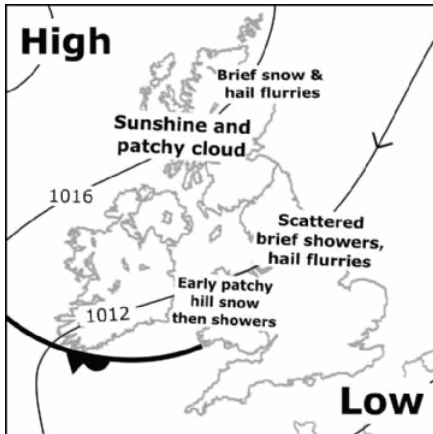
Southern Uplands

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, 14 March, 2025



British Mountain Summary:

Based on forecast chart for noon 14 March, 2025

Cold, staying below freezing on higher mountains. Northeasterly winds lessening over the Highlands, but staying brisk for northern England. Scattered snow or hail flurries. Patchy cloud lifting toward or above many tops. Sunniest toward western coasts. Early patchy snow in Wales clears to leave brief showers.

Headline for Southern Uplands

Cold wind. Early showers of snow or hail east; sunniest west.

Detailed Forecast for Friday, 14 March, 2025

How windy? (On the summits)	Northeasterly 20-25mph in the morning, easing slightly during afternoon to 15-20mph.
Effect of wind on you?	Marked wind chill and feeling blustery on higher exposed tops, lessening a little during afternoon.
How wet? (Precipitation and its impact)	Early snow showers east, mostly dry west Showers come and go on most terrain east of M74 in the morning, snow over the hills, some soft hail. Rare showers further west. Fading to become often dry, rare brief flurries.
Cloud on the hills?	Mostly clear, some banks east Morning low cloud banks near Lothians and Cheviots, bases 500-600m in showers. Most terrain soon clear with occasional cloud bases touching high terrain.
Chance of cloud free summits?	80%
Sunshine? Air clarity (below cloud)	Sunniest in Galloway in the morning, elsewhere variable cloud and sun; cloudier skies tending to fill in with time. Excellent visibility, locally reduced in showers.
How Cold? (at 750m)	-1C, rising to +1C, but easternmost hills staying colder. Wind chill feeling like -8C in the morning.
Freezing Level	Close to freezing at most elevations from dawn, although further west typically 500-600m, rising just above freezing toward tops here. Cheviots rising to 700-800m.

Southern Uplands - Looking Ahead

	Saturday 15 March	Sunday 16 March
How windy? (On the summits)	Northwesterly 10 to 15mph.	Northeasterly 10 to 15mph, strongest Cheviots.
Effect of wind on you?	Small	Fairly small
How wet? (Precipitation and its impact)	Precipitation not expected	Rare light showers later Chance of an isolated light shower by late afternoon, possibly a flurry of soft hail.
Cloud on the hills?	Cloud above the hills Rare patches may graze Galloway tops mid-morning, otherwise cloud above hills.	Mostly little if any Occasional patches may cap The Cheviot, particularly morning, otherwise any patches of cloud generally lifting above the hills by late morning.
Chance of cloud free summits?	90%	80%
Sunshine? Air clarity (below cloud)	Patchwork of sun and cloud; cloudier for a time during afternoon. Visibility excellent.	Patchwork of sun, more cloud by afternoon. Visibility excellent.
How Cold? (at 750m)	-1C rising to +2C afternoon.	0C rising to 2C.
Freezing Level	500m rising to just above highest tops into afternoon. But also frost widely in valleys and sheltered lower slopes from dawn.	Frost many valleys and sheltered higher areas at dawn, typically rising above freezing at all elevations.

Planning Outlook**All mountain areas of Britain from Saturday, 15 March, 2025**

High pressure drifts over the country through the weekend and early next week, bringing largely dry conditions, rare brief light showers. Chilly, becoming slightly less cold than recent days, but frost overnight into valleys; during the daytimes the freezing level lifting onto higher slopes. A covering of recent snow on many higher mountain tops. Sunny spells, variable cloud, and very clear crisp air. Winds fairly light overall this weekend and Monday - becoming southeasterly, strengthening soonest in Wales early in the new week, then more widely windy toward midweek, with some showery rain developing. A risk of more widespread spells of rain and some hill snow later in the week.

Forecast issued at 14:30 on Thursday, 13 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.