

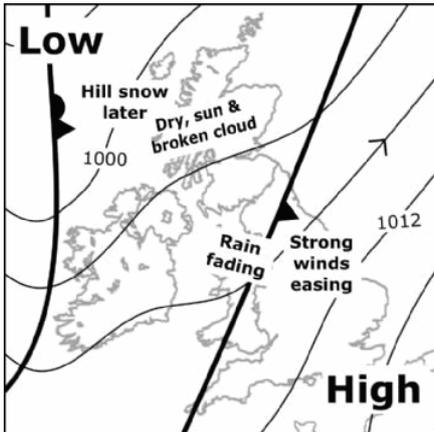
Southern Uplands

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, 2 March, 2026



British Mountain Summary:

Based on forecast chart for noon 2 March, 2026

A slow-moving front brings rain, drizzle and low cloud to England and Wales, also eastern Scotland at first. To the east of this, strong to gale-force winds at first east. Lighter winds for much of the Highlands all day, cloud lifting with sunny spells. Later in day, rain and hill snow moves in from west.

Headline for Southern Uplands

Wind soon easing. Rain moves east and fades, cloud lifts.

Detailed Forecast for Monday, 2 March, 2026

How windy? (On the summits)	South to southwesterly; 40mph at dawn Cheviots, soon widely easing to 20mph, occasionally less.
Effect of wind on you?	Arduous conditions at first in east soon easing to become fairly small, but more blustery in places on tops, feeling chilly.
How wet? (Precipitation and its impact)	Early rain moving east, fading A band of rain early in the day pushing gradually eastwards and fragmenting, morning into middle of day, to leave increasingly dry conditions, soonest west. By evening, possible showers in far west.
Cloud on the hills?	Fairly extensive, lifting from west Covering many hills early in day, for longest in east, varied patches at different heights for a few hours. Tending to rise with breaks forming to upper slopes, soonest west of the M74.
Chance of cloud free summits?	20% rising to 50%
Sunshine? Air clarity (below cloud)	Cloud breaking from west to give occasional sun, but a veil of high cloud. Visibility poor in early rain, improving to be very good.
How Cold? (at 750m)	4C, dropping into evening toward 1C. If exposed to stronger wind at first, feeling like -7C.
Freezing Level	Above the summits, then likely to lower after dark to around 800m.

Southern Uplands - Looking Ahead

	Tuesday 3 March	Wednesday 4 March
How windy? (On the summits)	Variable direction 10-15mph or less.	Southerly 20 to 30mph, strongest Galloway, very gusty around higher tops.
Effect of wind on you?	Small.	Blustery over higher terrain, affecting ease of walking in some exposed spots. Marked wind chill.
How wet? (Precipitation and its impact)	Precipitation not expected	Damp air toward Solway A little drizzle at times mostly south-facing hills in Galloway.
Cloud on the hills?	Little if any Patchy cloud at first, plus patchy mist around sheltered valleys, lifting to higher slopes, soon largely clearing.	Most persistent toward Solway Cloud banks may persist on southern hills west of the M74 above 600m, perhaps lower near Solway in morning. Elsewhere, cloud more broken, clearing many tops.
Chance of cloud free summits?	80%	30% west, to 70% north/east
Sunshine? Air clarity (below cloud)	Mostly sunny, local patchy cloud for a time. Visibility excellent, locally misty start.	Sunshine most common toward the Borders and Lothians where visibility very good. Cloudier and hazier Galloway, particularly toward south.
How Cold? (at 750m)	0C rising to +3C.	3 to 5C. Directly in the wind feeling like -3 to -5C.
Freezing Level	800m plus frost inland valleys from dawn, rising above all summits.	Above the summits, but patchy frost some valleys and sheltered slopes from dawn.

Planning Outlook**All mountain areas of Britain from Tuesday, 3 March, 2026**

Varying conditions over the next couple of weeks as areas of high pressure build across the British Isles then slip eastwards. Some dry and bright days with light winds mixed with periods of strengthening southerly winds bringing occasional rain coming in from the west - Thursday this week sees rain move increasingly onto western hills. Temperatures will vary, often lifting just above freezing to higher tops, but occasionally dropping back below freezing - chillier air briefly later this week. Some frosts into valleys. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, patchy around highest tops in England and Wales.

Forecast issued at 16:31 on Sunday, 1 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.