

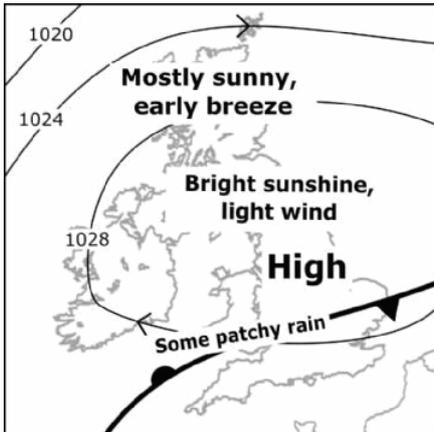
# Southern Uplands

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 Tuesday, 3 March, 2026



**British Mountain Summary:**  
**Based on forecast chart for noon 3 March, 2026**

A breezy start in Scotland, particularly in the north, the wind easing to fairly small effects; light wind England and Wales. Dry and sunny for most hills, chilly temperatures. Some light rain affecting south Wales through the day, the associated cloud drifting into north Wales and the south Pennines with time.

**Headline for Southern Uplands**

Bright sunshine; an early breeze soon eases

## Detailed Forecast for Tuesday, 3 March, 2026

<p><b>How windy? (On the summits)</b></p> <p><b>Effect of wind on you?</b></p>	<p>Starting northwesterly 20-30mph, strongest speeds east Borders and Cheviots. Soon easing into 10mph or less and variable direction for several hours, perhaps a lull. Reorienting southerly late in the day and strengthening slightly.</p> <p><b>Mostly small effects, though a notable breeze in the east may impede walking on high terrain around dawn.</b></p>
<p><b>How wet?</b> (Precipitation and its impact)</p>	<p><b>Precipitation not expected</b></p>
<p><b>Cloud on the hills?</b></p> <p><b>Chance of cloud free summits?</b></p>	<p><b>Little if any</b></p> <p>Some patchy mist in a few sheltered valleys, this soon clearing for cloud-free hills.</p> <p><b>90%</b></p>
<p><b>Sunshine?</b> Air clarity (below cloud)</p>	<p>Mostly sunny, some early patchy cloud but soon clearing. Visibility excellent, locally misty start.</p>
<p><b>How Cold? (at 750m)</b></p> <p><b>Freezing Level</b></p>	<p>0C rising to +3C.</p> <p>800m plus frost on sheltered inland valleys and local lower slopes from dawn, rising above all summits.</p>

## Southern Uplands - Looking Ahead

	Wednesday 4 March	Thursday 5 March
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Southerly 20 to 30mph, strongest Galloway, trending stronger widely. Very gusty around higher tops. <b>Blustery over higher terrain, affecting ease of walking in some exposed spots. Marked wind chill.</b>	South-southwesterly 30-40mph from dawn, a slow easing, to 20-30mph by evening. <b>Strenuous walking from dawn with significant wind chill, slowly improving, but walking likely stays impeded.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Damp air toward Solway</b> A little drizzle at times mostly south-facing hills in Galloway and west Borders. Occasional patches of light rain will drift northward here too, an odd patch reaching further east.	<b>Rain pushes east</b> Rain soon arrives over the Galloway hills, a few patches further east into the Borders but otherwise a dry morning. Rain slowly moves east with time; the Cheviot may only see odd patches during daylight.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Most persistent toward Solway</b>  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.  <b>30% west, to 70% north/east</b>	<b>Extensive west, banks arrive to the east</b>  The Galloway hills and Borders likely shrouded in cloud from at least 600-700m upward most of the day. Southern aspects/those facing the Solway will see the lowest bases. The Cheviots and Lothians start clear, some bands of cloud grazing high terrain with time.  <b>20% west, to 60% east</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine most common toward the Borders and Lothians where visibility very good. Cloudier and hazier Galloway, particularly toward south.	Mostly cloudy, some patchy sunshine to the east. Poor visibility due to fog and rain, hazy in the east.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	3 to 5C, substantial local variability, likely rising a degree. Directly in the wind feeling like -3 to -5C. Patchy frost in some valleys and sheltered slopes from before dawn, soon entirely thawing.	5 to 7C, mildest northeast. Cooling from west, 2C Galloway, staying mild east. Feeling like -5 to -10C in direct wind. Above the summits. May lower in the west to just touch the summit of Merrick into evening.

## Planning Outlook

### All mountain areas of Britain from Wednesday, 4 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 northwestern 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 during clear-sky nights. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only patchy around highest tops in England and Wales with little impact on walking.

### Forecast issued at 15:57 on Monday, 2 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.