

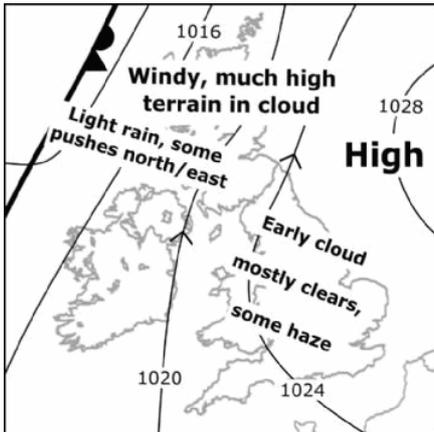
Southern Uplands

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 Wednesday, 4 March, 2026



British Mountain Summary:

Based on forecast chart for noon 4 March, 2026

Windy in Scotland with gale-force gusts over high terrain. Much upper Highlands terrain in cloud, some rain and drizzle (most in the west); best breaks north of major hill groups. Varied cloud early in England and Wales, mostly clearing with increasing sun, though visibility limited by haze. Cool to mild England and Wales.

Headline for Southern Uplands

Blustery, cloudy, and patchy rain west; some haze

Detailed Forecast for Wednesday, 4 March, 2026

<p>How windy? (On the summits)</p>	<p>Southerly 20 to 30mph, strongest in Galloway at first and very gusty. Trending towards 25-35mph, remaining strongest over high Galloway slopes. Likely strengthening further overnight.</p>
<p>Effect of wind on you?</p>	<p>Blustery over higher terrain and feeling chilly, affecting ease of walking in some exposed spots, particularly in Galloway where walking becomes strenuous with buffeting gusts. Deteriorating overnight.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Light patchy rain west In the morning, some light patches of rain will affect the hills west of the M74, though many hills will stay dry. Some spotty drizzle may follow on the south-facing hills in Galloway and west Borders.</p>
<p>Cloud on the hills?</p>	<p>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, summits of east Borders and Cheviot likely clear for periods.</p>
<p>Chance of cloud free summits?</p>	<p>30% west, to 70% north/east</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Sunshine most common toward the Borders and Lothians, cloudier Galloway, particularly south of high terrain. Some haze around, best visibility around the Cheviot.</p>
<p>How Cold? (at 750m)</p>	<p>5C, rising, up to 7C north and eastern areas, though notable local variability. Staying mild on upper slopes overnight. Directly in the wind feeling like -3 to -5C.</p>
<p>Freezing Level</p>	<p>Patchy light frost in some valleys and sheltered slopes from before dawn, soon entirely thawing after sunrise.</p>

Southern Uplands - Looking Ahead

	Thursday 5 March	Friday 6 March
How windy? (On the summits) Effect of wind on you?	South-southwesterly 30-40mph from dawn, easing afternoon, some variability in direction, reorienting NW'ly 30mph west. Strenuous walking from dawn with significant wind chill, slowly improving, but walking likely stays impeded.	Variable 10mph or less, a lull likely. At dawn, NE'ly 15-20mph east. Orienting SW'ly later, rising into nighttime. Negligible during daylight, though breezy in the east early.
How wet? (Precipitation and its impact)	Increasingly rainy west then central hills Morning drizzle over Galloway hills, patchy rain soon arriving here with patches pushing further east into the Borders with time. The Cheviot may only see odd patches during daylight.	Little or no precipitation A chance of early precipitation around the Cheviot, falling as snow on the summit and a mix of rain and sleet to lower slopes. Soon entirely dry.
Cloud on the hills? Chance of cloud free summits?	Extensive west, banks arrive to the east The Galloway hills and Borders likely shrouded in cloud from at least 600-700m upward most of the day. Southern aspects/near-Solway will see the lowest bases. The Cheviots and Lothians start clear, some bands of cloud grazing high terrain with time. 20% west, to 60% east	Little or none At dawn, sparse ragged cloud at various elevations, also mist in sheltered valleys. Any cloud lifts and dissipates soon after sunrise for cloud-free hills. Near the Cheviot at dawn, a risk of blanket cloud from around 600m upward, this soon clearing too. 90%
Sunshine? Air clarity (below cloud)	Mostly cloudy, some patchy sunshine to the east. Poor visibility due to fog and rain, hazy in the east.	Some early high cloud, this clearing for extensive sunshine. Excellent visibility.
How Cold? (at 750m) Freezing Level	5 to 7C, mildest northeast. Cooling to 2C Galloway as rain passes, staying mild east. Above the summits. Lowering to the summit of Merrick into evening, more widely to summits overnight.	-1 or 0C, rising to 2C. Around 700m from dawn, though some frosts in sheltered valleys. Rising, above the summits by evening.

Planning Outlook

All mountain areas of Britain from Thursday, 5 March, 2026

Thursday into Friday sees a band of rain pass east across most mountains, then a relatively settled weekend for England and Wales, and perhaps east Scotland too. Varying conditions over the next couple of weeks as areas of high pressure build across the British Isles then slip eastwards: dry and bright days with light winds mixed with periods of strengthening south/westerly winds bringing occasional rain from the west. Temperatures will vary, at times lifting just above freezing to high Munro tops, but typically lowering again to high terrain and briefly mid-slopes. Freezing levels will only briefly touch high England and Wales summits, but some frosts into valleys during clear-sky nights. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, any remaining snow in England and Wales will thaw.

Forecast issued at 16:09 on Tuesday, 3 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.