

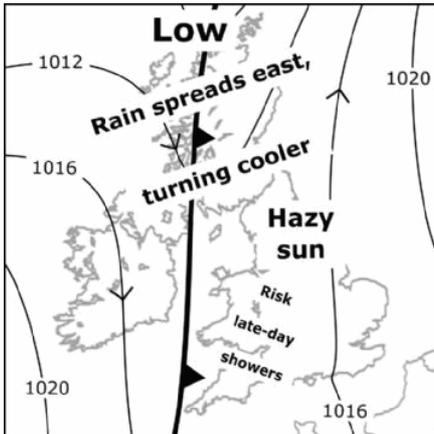
Southern Uplands

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 Thursday, 5 March, 2026



British Mountain Summary:

Based on forecast chart for noon 5 March, 2026

A slow-moving front from the west brings rain and low cloud to western Scotland, turning to snow on tops as colder air arrives; freezing level later below 800m. Patchy rain encroaching further into Cumbria with time. Some heavier thundery bursts possible in Wales. Strong southerlies ease and turn W-NW'ly.

Headline for Southern Uplands

Blustery start, easing somewhat with arrival of rain west

Detailed Forecast for Thursday, 5 March, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>South-southwesterly 30-40mph from dawn, easing from the west afternoon, generally westerly and speeds to 15-20mph, perhaps lower, then reorienting NW'ly 30mph in the west.</p> <p>Strenuous walking from dawn with significant wind chill, slowly improving, fairly small for a time but winds remain inconvenient on high terrain.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Increasingly rainy west then central hills</p> <p>Morning drizzle over Galloway hills, rain gradually arriving here from the west with patches increasingly pushing east into the Borders with time. The Cheviot may only see odd patches during daylight.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Extensive west, banks arrive to the east</p> <p>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, increasingly extensive here into evening.</p> <p>20% west, to 60% east, though reducing east late in the day</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Mostly cloudy, some patchy sunshine to the east. Poor visibility due to fog and rain, hazy in the east.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>5 to 7C, mildest northeast. Cooling to 2C Galloway as rain passes, staying mild east, then lowering more widely into night. Feeling like -5 to -10C in direct wind.</p> <p>Above the summits. Lowering to the summit of Merrick into evening, more widely to around 600-700m overnight, some local frosts on sheltered lower terrain too.</p>

Southern Uplands - Looking Ahead

	Friday 6 March	Saturday 7 March
How windy? (On the summits) Effect of wind on you?	Variable 10mph or less, a lull likely. At dawn, NE'ly 15-20mph east. Into nighttime, orienting SW'ly and Negligible during daylight, though breezy in the east early.	South to southeasterly 15 to 20mph. Fairly small.
How wet? (Precipitation and its impact)	Chance precipitation east A chance of precipitation around the Cheviot, falling as snow on the summit and a mix of rain and sleet to lower slopes early; light in nature. Rain may abate but uncertain.	Precipitation not expected
Cloud on the hills? Chance of cloud free summits?	Little or none At dawn, sparse ragged cloud at various elevations, also mist in sheltered valleys. 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 clearing if rain clears. 90%; risk 50% east	Mostly little if any Some cloud banks may drift onto higher slopes near the Solway, but most hills likely substantially clear. 80%
Sunshine? Air clarity (below cloud)	Some early high cloud, this clearing for extensive sunshine, best chance west. Excellent visibility.	Some patchy cloud toward south, otherwise good amounts of sun. Visibility very good or excellent.
How Cold? (at 750m) Freezing Level	-1 or 0C, rising to 2C, staying elevated overnight on higher slopes. Around 700m from dawn, though frosts in sheltered lower slopes and valleys. Rising, above the summits by evening.	4C, but some spots slightly colder in the morning. Slight frost some valleys and sheltered higher areas after dawn, otherwise above freezing to the tops.

Planning Outlook

All mountain areas of Britain from Friday, 6 March, 2026

Higher pressure extends back across the country to bring dry conditions on Saturday, feeling mild in sunshine by day after a chilly start. More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into western Scotland. Patchy rain likely in the west at least early in the new week, likely dropping back just below freezing on the Munros for a time with some snowfall on higher areas. Winds fairly light early week, then a risk of strengthening southwesterlies later in the week; changeable weather conditions with spells of rain coming in from the Atlantic. Remaining old snow cover on Scottish mountains stays largely consolidated with little change, only very patchy snow remains around highest tops in England and Wales.

Forecast issued at 16:14 on Wednesday, 4 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.