

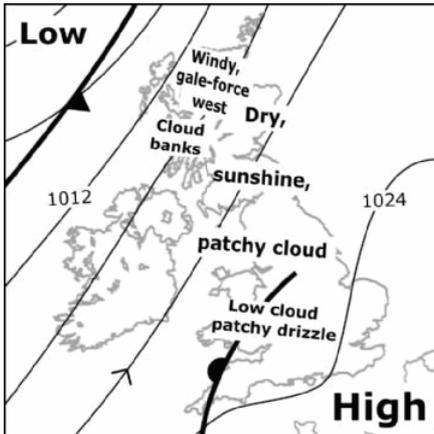
# Southern Uplands

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 Saturday, 7 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 7 March, 2026**

Another dry and mostly sunny day across the Scottish mountains, but patchy cloud capping some western tops at times; strong southerly wind for northwest Highlands, gale force gusts Skye. England and Wales: Sunny for Lakes and N Pennines, but low cloud much of Wales, and capping Peak District, a little light rain.

### Headline for Southern Uplands

Dry and mostly sunny with a little patchy cloud on some western tops.

## Detailed Forecast for Saturday, 7 March, 2026

<b>How windy? (On the summits)</b>	South to southeasterly 15 to 20mph.
<b>Effect of wind on you?</b>	Fairly small.
<b>How wet? (Precipitation and its impact)</b>	<b>Dry</b>
<b>Cloud on the hills?</b>	<b>Mostly little if any</b> Some cloud banks may drift onto higher slopes near the Solway, but otherwise hills likely completely clear.
<b>Chance of cloud free summits?</b>	<b>90%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Some patchy cloud toward south, otherwise plenty sun - after fog clears from valleys. Visibility very good or excellent.
<b>How Cold? (at 750m)</b>	3C, but some spots slightly colder in the morning.
<b>Freezing Level</b>	Slight frost some valleys and sheltered higher areas after dawn, otherwise above freezing to the tops.

## Southern Uplands - Looking Ahead

	Sunday 8 March	Monday 9 March
<b>How windy? (On the summits)</b>	Southerly 15 to 25mph	Southwesterly 15 to 20mph, perhaps 25mph for a few hours in the morning.
<b>Effect of wind on you?</b>	<b>Mostly small</b>	<b>Mostly small</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Risk of occasional rain.</b> Risk of occasional patches of rain, mostly for western areas in the afternoon.	<b>Patchy light rain</b> Patches of light rain and drizzle tending to extend in from the west. Small amounts.
<b>Cloud on the hills?</b>	<b>May cover western tops</b>  Uncertain detail, but cloud banks may cover higher terrain, mostly toward the Galloway hills.	<b>Covering hills increasingly</b>  Hills will likely increasingly be covered in low cloud, as patchy rain develops from the west.
<b>Chance of cloud free summits?</b>	<b>50%</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Broken to overcast cloud, giving a little patchy sun here and there. Marked haze.	Any early patchy sun, tending to give way to dull, overcast skies. Slight haze, and poor visibility in any patchy light rain.
<b>How Cold? (at 750m)</b>	4C	4C
<b>Freezing Level</b>	Above the summits, but slight frost some valleys at dawn.	Above the summits

**Planning Outlook****All mountain areas of Britain from Sunday, 8 March, 2026**

More cloud by Sunday as weak fronts encroach in from the west, some drizzly rain moving into mainly western parts, hazy elsewhere; dense across southern areas. 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 southwesterly 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 7:54 on Saturday, 7 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.