

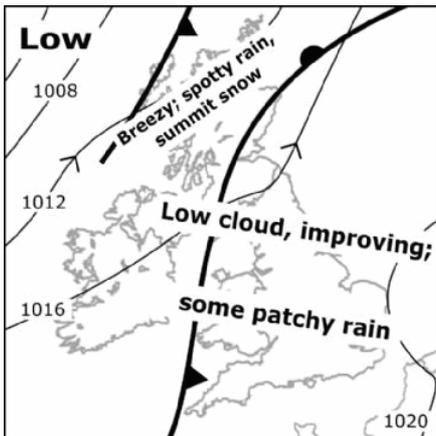
# Southern Uplands

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, 9 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 9 March, 2026**

Humid air will bring extensive low cloud and bursts of showery rain to the mountains. However, in places breaks in the low cloud will allow sunshine through, whilst the cloud base will be very varied - making detail difficult. Windy northern and western Scottish Highlands.

### Headline for Southern Uplands

Mostly dull; patches of drizzly rain and fog.

## Detailed Forecast for Monday, 9 March, 2026

<b>How windy? (On the summits)</b>	South to southwesterly 15 to 20mph, strongest west of M74.
<b>Effect of wind on you?</b>	Small
<b>How wet? (Precipitation and its impact)</b>	<b>Occasional rain and drizzle</b> Patches of drizzle, mainly Dumfries and Galloway, and bursts of showery rain from time to time: total rainfall small.
<b>Cloud on the hills?</b>	<b>Extensive morning; may break or even largely clear through day</b> Dumfries and Galloway: fog widely across the hills most or all day, in some areas persistently shrouding lower slopes. Borders: varied, still areas of fog from dawn, but by midday, most confined to higher slopes, and may clear at times.
<b>Chance of cloud free summits?</b>	<b>20%; rising to 60% Borders</b>
<b>Sunshine? Air clarity (below cloud)</b>	Cloud will tend to break most likely Borders in afternoon. Hazy, particularly Borders.
<b>How Cold? (at 750m)</b>	4C
<b>Freezing Level</b>	Above the summits

## Southern Uplands - Looking Ahead

	<b>Tuesday 10 March</b>	<b>Wednesday 11 March</b>
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	South to on higher slopes southwesterly; increasingly markedly with height to 30-35mph, or by late afternoon 40mph. <b>Markedly increasing buffeting and wind chill with height. Balance may well be affected on higher slopes late in day.</b>	Westerly up to 50mph post dawn; through day dropping slowly, typically 30 or 35mph middle of day. <b>Expect significant wind chill and walking to be arduous or difficult particularly morning.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Rain now and again</b> Rain from time to time - little in total.	<b>Occasional hail and snow showers</b> A few hail and above 700m snow showers.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Persistent; lowest cloud base Dumfries and Galloway</b>  Dumfries and Galloway: Persistent cloud above 300 to 450m though particularly near coast at times below 300m. Borders: Typical cloud base by midday will rise to 600 to 750m - occasionally lower in and after rain.  <b>30%</b>	<b>Increasingly clearing</b>  By midday, as cloud base rises, most cloud above 750m before mostly clearing. However, patches near 400m near precipitation.  <b>80% from midday</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun mainly lower slopes near the Lothians and Cheviots. Generally hazy.	Patchwork of sunshine, most sun Borders. Visibility mostly excellent.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	3C - only slow drop in temperature higher up. Will feel as cold as minus 6C directly in the wind.  Above the summits.	1C. Will feel like minus 12C directly in the wind.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 10 March, 2026**

Later this week - with the current mostly cloudy and hazy or murky conditions clearing on Tuesday night. Bouts of upland severe or storm force winds will reach the Scottish Highlands and gales periodically affecting other mountain areas. Freeze thaw cycles will occur on higher areas south from S Scotland whilst the Scottish Highlands experience infrequent thaw, with fresh snow sometimes reaching lower slopes, whilst extensive higher up.

**Forecast issued at 15:30 on Sunday, 8 March, 2026**

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