

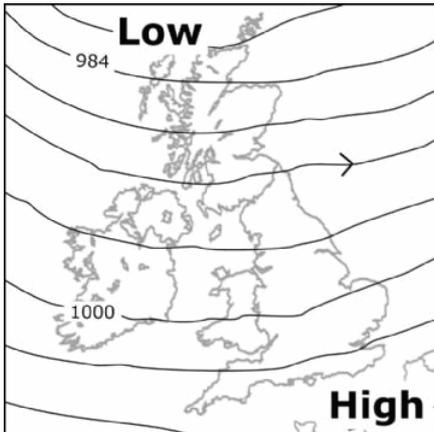
Southern Uplands

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 Friday, 13 March, 2026



British Mountain Summary:

Based on forecast chart for noon 13 March, 2026

Cold widely gale force upland winds around a deep low north of Scotland, will bring a succession of snow and hail showers to the mountains. Cloud will extensively cover the mountains (the highest cloud base well inland afternoon). Much higher terrain will be below freezing point.

Headline for Southern Uplands

Upland gales; frequent squally hail and snow showers. Fog.

Detailed Forecast for Friday, 13 March, 2026

<p>How windy? (On the summits)</p> <p>Effect of wind on you?</p>	<p>West to southwesterly severe gales post dawn; soon typically 40-45mph, occasionally 50mph on highest tops. Particularly gusty near precipitation.</p> <p>Challenging walking over exposed higher terrain, considerable buffeting and significant wind chill.</p>
<p>How wet? (Precipitation and its impact)</p>	<p>Hail and snow showers, chance thunder</p> <p>Showers, most frequent Dumfries and Galloway; hail and above 400, later 550, snow. Risk of the precipitation persistent for an hour or so. Isolated lightning.</p>
<p>Cloud on the hills?</p> <p>Chance of cloud free summits?</p>	<p>Covering higher fells most or perhaps all day</p> <p>Cloud base changing quickly: near precipitation shafts of cloud to 450m or occasionally lower. Otherwise, cloud base typically 750m or in Borders often above the summits.</p> <p>20% Galloway to 70% Borders</p>
<p>Sunshine? Air clarity (below cloud)</p>	<p>Bursts of sun west, or more frequent bright sun toward Borders. Visibility often very good, but intermittently very poor in showers.</p>
<p>How Cold? (at 750m)</p> <p>Freezing Level</p>	<p>0C or in morning just below. Will feel as cold as minus 14C directly in the wind.</p> <p>500m rising to 750m.</p>

Southern Uplands - Looking Ahead

	Saturday 14 March	Sunday 15 March
How windy? (On the summits) Effect of wind on you?	Southwest to westerly, ranging from 30 to perhaps for a few hours 40mph. Strenuous walking at times where exposed across higher areas. Considerable wind chill.	Southwest veering west typically between 35 and 45mph, perhaps 55mph morning. Risk strengthening further toward dusk. Continued difficult walking and wind chill significant on exposed higher areas. Expect balance, and in places general mobility to be difficult.
How wet? (Precipitation and its impact)	Hail and snow showers. Risk showers: particularly Cheviot hills morning, when may merging one into another for an hour or two morning, but should ease. Expect hail and above 450m, snow.	Rain morning; clearing to showers Morning: Extensive rain, least wet near Lothians. Middle of day: Clearing from west, but the rain finishing as snow above 600m Afternoon: Hail and snow showers (rain lower slopes). Chance isolated thunder.
Cloud on the hills? Chance of cloud free summits?	Extensive on higher tops Varied cloud base: sometimes below 450m near precipitation but by midday most cloud above 700m. 60%	Hills covered morning; then cloud base rising markedly Morning: Blanket of fog across the hills, though mostly above 450m near Lothians. Middle of day: Beginning to improve. Into afternoon: Varying cloud base, between occasionally 500m near precipitation and otherwise above 750m. Less than 10% morning; later 70%
Sunshine? Air clarity (below cloud)	Glimpses of sun, although patchwork of sun toward the Lothians. Hazy, and very poor visibility in snow	Dull and misty morning. Then improving to patchy sun (mainly Borders) and mostly very good visibility (abruptly poor in precipitation).
How Cold? (at 750m) Freezing Level	0C. Will feel as cold as minus 12C directly in the wind. 750m	4C dropping to 1C. Will feel as cold as minus 12C where exposed to the wind. Above the summits (most or all morning) dropping to between 550 and 800m.

Planning Outlook**All mountain areas of Britain from Saturday, 14 March, 2026**

Further bouts of upland gales over the next few days. Precipitation on most mountains daily, focussed on western hills. Freeze thaw cycles will occur: on the Scottish Highlands, thaw periods fairly brief and snow accumulating on many slopes. Further south, lying snow more intermittent as periods of thaw will be lengthier. Temperature levels will rise from about next Tuesday and as pressure then builds, most or all mountain areas will then become largely fine.

Forecast issued at 18:25 on Thursday, 12 March, 2026

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