

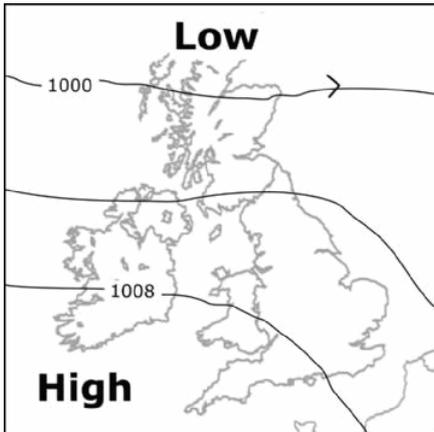
Southern Uplands

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, 14 March, 2026



British Mountain Summary:

Based on forecast chart for noon 14 March, 2026

Very much less windy, especially England and Wales. But still cold day with hail and snow showers, and particularly Wales away from western hills spells of sun. The snow will penetrate to lower slopes in Scotland but be confined above 600m elsewhere.

Headline for Southern Uplands

Much less windy, particularly afternoon. A few snow showers.

Detailed Forecast for Saturday, 14 March, 2026

How windy? (On the summits)	Westerly, 25mph after dawn. Will during morning east to widely 15mph.
Effect of wind on you?	Fairly small. Considerable wind chill morning.
How wet? (Precipitation and its impact)	Hail and snow showers. A few showers, risk hail and above 450m snow.
Cloud on the hills?	Clearing extensively Cloud base will rise, by late morning, mostly above the summits.
Chance of cloud free summits?	80% by midday
Sunshine? Air clarity (below cloud)	The sun in and out; sunniest toward the Lothians and Cheviots. Very good visibility or by afternoon mostly excellent visibility.
How Cold? (at 750m)	0C; varying by a degree or two as showers come and go. Will feel as cold as minus 12C directly in the wind.
Freezing Level	750m

Southern Uplands - Looking Ahead

	Sunday 15 March	Monday 16 March
How windy? (On the summits) Effect of wind on you?	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.	Westerly; 35mph, perhaps slight lull for a few hours afternoon before strengthening again toward dusk. Significant wind chill and arduous or perhaps at times difficult walking. Balance may well be a struggle in morning.
How wet? (Precipitation and its impact)	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.	Hail and snow showers Showers; sometimes frequent, particularly morning - though often dry southern Galloway and Cheviots. Expect hail and above 300, later 600m snow. Precipitation probably widespread from west later afternoon.
Cloud on the hills? Chance of cloud free summits?	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%	Intermittently or frequently clearing for a few hours - later deteriorating Cloud base will vary: near precipitation forming at around 600, occasionally below 450m . Otherwise, cloud base 750m morning, but mostly above the hills for a few hours into the afternoon - but lowering again from west late in day. 60%
Sunshine? Air clarity (below cloud)	Dull and misty morning. Then improving to patchy sun (mainly Borders) and mostly very good visibility (abruptly poor in precipitation).	Occasional sun, most sun Borders. Cloud thickening later in day. Hazy; clearest air toward the east.
How Cold? (at 750m) Freezing Level	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.	-1C, rising toward 1C. Will feel as cold as minus 14C due to wind chill. 600m, rising to and in afternoon above highest summits.

Planning Outlook**All mountain areas of Britain from Sunday, 15 March, 2026**

Frequent upland gales until Tuesday - generally strongest Scottish Highlands. Precipitation will continue on most mountains, focussed in the west - lengthy periods of showery weather and occasional swathes of widespread rain. Freeze thaw cycles will continue: on the Scottish Highlands, thaw periods brief and snow widely accumulating. Further south, lying snow mostly confined to higher summits.

There is now high likelihood of an abrupt transition mid-week as pressure builds north of Britain: extensively fine; cloud often clearing, particularly western Britain and temperature levels more varied - fairly warm some afternoons but frost widely at night.

Forecast issued at 7:34 on Saturday, 14 March, 2026

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