

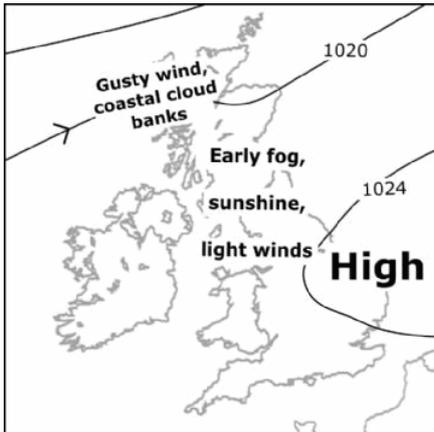
# Southern Uplands

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, 20 March, 2026



### British Mountain Summary: Based on forecast chart for noon 20 March, 2026

Southwesterly winds over the Highlands will be gusty in places, strongest toward far northwest where locally up to gale-force. Cloud banks near Scottish west coast, otherwise largely clear with strong early spring sunshine, beware sunburn. Early areas of fog clearing. Light winds England and Wales.

### Headline for Southern Uplands

Gusty in places. Patchy fog clears, warm sunshine.

## Detailed Forecast for Friday, 20 March, 2026

<b>How windy? (On the summits)</b>	South to southwesterly 15mph, local gusty spots 20mph develop.
<b>Effect of wind on you?</b>	Mostly small.
<b>How wet? (Precipitation and its impact)</b>	Precipitation not expected
<b>Cloud on the hills?</b>	<b>Early fog clearing</b> Fog in valleys from dawn, some patches of cloud briefly drifting upslope, but all dispersing into middle of day. Some fog may linger near Solway coast.
<b>Chance of cloud free summits?</b>	<b>70% rising to be practically certain.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Increasingly sunny. Visibility very good, some haze lower down.
<b>How Cold? (at 750m)</b>	7 or 8C, some cooler spots at first, then some slightly warmer spots by afternoon.
<b>Freezing Level</b>	Above the summits, but slight frost in valleys and some sheltered higher areas at dawn.

## Southern Uplands - Looking Ahead

	Saturday 21 March	Sunday 22 March
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	West to southwesterly 10 to 15mph, perhaps gusty 20mph for a time. Increasing evening-night to 30mph.  <b>Mostly small during day.</b>	Southwest becoming mostly westerly, 25mph, to at times gusty 30mph around highest tops.  <b>Blustery, starting to affect comfortable walking at times where exposed on tops. Feeling chilly, increasingly cold later.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Precipitation not expected</b>	<b>A little rain mostly west</b>  Drizzly rain for a time mostly Galloway, some briefly steadier rain, perhaps a showery burst. Small amounts eastwards, Borders may remain largely dry.
<b>Cloud on the hills?</b>   <b>Chance of cloud free summits?</b>	<b>Varied early fog mostly clearing</b>  Fog mostly valleys and lower hills in the morning, may lift upslope to patches on some western hills during morning, increasingly dispersing back toward Solway coast. Many hills clear afternoon.  <b>70% nr Solway, above 90% elsewhere.</b>	<b>Mostly western hills</b>  Varied low cloud on hills and some lower fog banks from dawn, clearing variably. Cloud covering western hills for a few hours as rain occurs, mostly above 500-700m, higher eastwards.  <b>40% west, to 70% east.</b>
<b>Sunshine?</b> Air clarity (below cloud)	Sunshine and some patchy cloud mostly in west; thin high cloud. Some haze particularly morning, better visibility afternoon.	Some early weak sun in places, clouding over for a few hours, may brighten up from northwest later. Visibility often good, reduced in rain locally.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	5C rising to 8C afternoon, locally warmer eastern hills.  Above the summits, but patchy frost in valleys and sheltered higher areas around dawn.	5C or briefly warmer, then dropping in afternoon to 2C, near 0C from dusk. Feeling like 0C or later colder in wind.  Above the summits. Slight frost inland valleys at dawn. Dropping onto highest tops by evening.

## Planning Outlook

### All mountain areas of Britain from Saturday, 21 March, 2026

High pressure slowly retreats over the weekend to allow west-southwesterly winds to move into Scotland, bringing more cloud to the northwest and some drizzle on Saturday, though most places remain dry. By Sunday, stronger westerly winds and a front passing eastwards with a spell of rain followed by lowering temperatures and showers with snow and hail over the hills in Scotland. A chilly start to the new week, near or below freezing over higher mountains, particularly Scotland. Changeable westerlies during next week, windy for all at times, showery conditions most common in western Scotland. High pressure to the south rebuilds at times to settle things again.

### Forecast issued at 15:00 on Thursday, 19 March, 2026

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