

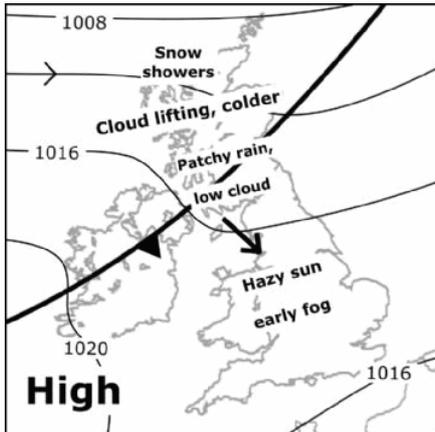
# Southern Uplands

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 Sunday, 22 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 22 March, 2026**

A band of patchy rain and low cloud moves southeastwards, improving with rising cloud bases across the Highlands, but brisk winds and below freezing on higher terrain - snow showers mostly in northwest. England & Wales start with low-level fog, hazy sun then cloud lowering, a little rain develops.

### Headline for Southern Uplands

Breezy. Low cloud, a little rain, clearing afternoon, but chillier.

## Detailed Forecast for Sunday, 22 March, 2026

<b>How windy? (On the summits)</b>	Southwest soon westerly, turning northwesterly afternoon, 25mph, to at times gusty 30mph around highest tops.
<b>Effect of wind on you?</b>	<b>Blustery, starting to affect comfortable walking at times where exposed on tops. Feeling chilly, increasingly cold later.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>A little rain and drizzle mostly west</b> Drizzly rain for a time mostly Galloway, some briefly steadier rain, odd light showery moments, clearing from northwest during afternoon. Small amounts eastwards, rain only briefly if at all Borders.
<b>Cloud on the hills?</b>	<b>Fog and low cloud west, more extensive for a time, clearing afternoon</b> Varied low cloud on hills and some lower fog banks from dawn, mostly southwestern areas, clearing variably. Cloud covering western hills for a few hours as rain occurs, above 500-700m, higher eastwards. Then all clearing from northwest during afternoon.
<b>Chance of cloud free summits?</b>	<b>40% west, to 70% east; rising above 90% by later afternoon.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Some early weak sun south and east, clouding over for a few hours, then brightening up from northwest later. Visibility often good, reduced in rain locally, then later very good.
<b>How Cold? (at 750m)</b>	5C in morning, then dropping in afternoon from northwest to 2C, near 0C from dusk. Feeling like -3C to later -7C in the wind.
<b>Freezing Level</b>	Above the summits. Slight frost inland valleys at dawn.

## Southern Uplands - Looking Ahead

	Monday 23 March	Tuesday 24 March
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	West soon southwesterly, varied 15-25mph in morning. Then increasing rapidly 30-40mph afternoon, later 50mph. <b>Fairly small early in day, likely for several hours, but then rapidly deteriorating to increasingly arduous walking conditions.</b>	Southwesterly 45 to 60mph, peak speeds may moderate a little during day. <b>Difficult conditions across the hills, any mobility challenging in exposure. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Risk rain later west</b> During afternoon in Galloway, patchy rain arriving, then becoming more persistent from west from dusk onward.	<b>Heavy rain for several hours</b> Heavy rain from dawn or soon after, setting in through morning in Dumfries & Galloway and into western Cheviots. Uncertain timing, but likely to break up into snow showers from northwest afternoon.
<b>Cloud on the hills?</b>	<b>Little if any</b>  Late in the day, patches may drift onto higher western tops.	<b>Extensive, lowest west</b>  Shrouding the hills widely, from lower elevations upward in rain in west and southwest areas. Some rise of base likely from northwest during afternoon.
<b>Chance of cloud free summits?</b>	<b>90%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Early sun weakening as high cloud thickens, becoming overcast. Visibility excellent, later a little hazier.	Largely cloudy, may brighten up later from north. Visibility very poor in rain, later possibly improving.
<b>How Cold? (at 750m)</b> <b>Freezing Level</b>	0C rising to 3C by late afternoon. As wind increases, chill factor later feeling like -10C in exposure.  700m plus frost in valleys around dawn. Rising above freezing to highest tops by middle of day.	+3C at first, lowering to -1C up to dusk. Feeling like -12 to -15C in the wind.  Above the summits in morning, dropping from northwest to 700m afternoon, then 500-600m by dusk.

**Planning Outlook****All mountain areas of Britain from Monday, 23 March, 2026**

A fine start to the week for many places, but strengthening winds and a spell of heavy rain arriving from the northwest during Monday advances southwards into Tuesday. Cold, wintry conditions follow across the mountains into midweek, falling sub-zero across all hills of Britain above 600-700 m later Tuesday into Wednesday. Significant chill factor from gale force west then northwesterly winds. Showery hail and snow falling toward lower elevations. High pressure to the southwest then likely rebuilds to settle things again toward next weekend and temperatures will tend to recover. A mixed west to southwesterly flow likely continues to bring more changeable conditions to west and northwest Scotland.

**Forecast issued at 16:00 on Saturday, 21 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.