

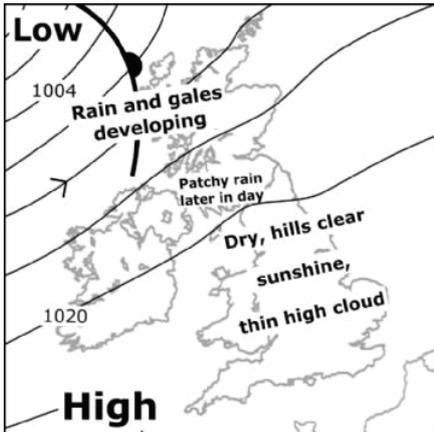
# Southern Uplands

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, 23 March, 2026



### British Mountain Summary:

**Based on forecast chart for noon 23 March, 2026**

Wind speed increasing significantly across Scotland, becoming severe-gale force over mountains into afternoon. Rain and briefly some snow on tops moving in from the west. England and Wales dry, with sun through a veil of high cloud, also increasingly windy - upland gales evening into night.

### Headline for Southern Uplands

Upland gales develop. Weak sun, then patchy rain later west.

## Detailed Forecast for Monday, 23 March, 2026

<b>How windy? (On the summits)</b>	Variable 10-15mph at first, soon becoming south-southwesterly, 25mph by noon. Then increasing rapidly to 40mph afternoon, later 50mph with gusts 60mph higher areas.
<b>Effect of wind on you?</b>	<b>Fairly small early in day for several hours, but then rapidly deteriorating to increasingly arduous walking conditions, later in day more difficult.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>A little rain develops afternoon in west</b> Eastern areas largely dry all daytime. During afternoon in Galloway, patchy rain arriving, becoming more persistent from west for a time, though total amounts small. Some steadier rain more widely onward evening into night.
<b>Cloud on the hills?</b>	<b>Little if any until late, forming western tops</b> During afternoon where rain occurs, patches start drift onto higher western tops, later more frequent above 700m west of the M74, tending to fill in over most Galloway tops above 600m up to dusk, more widely after dark.
<b>Chance of cloud free summits?</b>	<b>90%, later in day 30% west.</b>
<b>Sunshine? Air clarity (below cloud)</b>	Early sun weakening as high cloud thickens, becoming overcast. Visibility excellent, later a little hazier.
<b>How Cold? (at 750m)</b>	0C rising to 3C by late afternoon. As wind increases, chill factor later afternoon feeling like -10C in exposure.
<b>Freezing Level</b>	700m plus frost in valleys around dawn. Rising above freezing to highest tops by middle of day.

## Southern Uplands - Looking Ahead

	<b>Tuesday 24 March</b>	<b>Wednesday 25 March</b>
<b>How windy? (On the summits)</b>	Southwesterly 45 to 60mph, peak speeds may moderate a little during day.	Northwesterly 30 to 45mph, varying speeds with squally gusts around showers.
<b>Effect of wind on you?</b>	<b>Difficult conditions across the hills, any mobility challenging in exposure. Significant wind chill.</b>	<b>Walking often impeded, frequent buffeting, in places more arduous over higher exposed terrain. Significant wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Heavy rain for several hours</b> Risk of heavy rain mostly Dumfries & Galloway and into western Cheviots, may last for a few hours. Uncertain timing, but likely to break up into snow showers from northwest afternoon.	<b>Locally frequent hail and snow</b> Showery snow and hail falling to lower slopes, most frequent in Galloway, locally more constant for periods. Showers forming more widely with time. Chance of isolated thunder & lightning.
<b>Cloud on the hills?</b>	<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>Mostly high western tops, varying</b>  Cloud base frequently changing, likely to come and go over tops mainly in Galloway above 700-800m, lower patches in showers. Elsewhere only briefly on tops.
<b>Chance of cloud free summits?</b>	<b>20%</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, may brighten up later from north. Visibility very poor in rain, later possibly improving.	Bursts of bright sunshine, most common in Borders in the morning. Visibility intermittently very good, but appalling at times in showers with brief whiteout over tops.
<b>How Cold? (at 750m)</b>	+3C at first, lowering to -1C up to dusk. Feeling like -12 to -15C in the wind.	-1 or -2C, slight rise into afternoon. Wind chill feeling like -12 to -15C on tops.
<b>Freezing Level</b>	Above the summits in morning, dropping from northwest to 700m afternoon, then 500-600m by dusk.	500m from dawn, lifting to 700m, slightly higher away from showers.

**Planning Outlook****All mountain areas of Britain from Tuesday, 24 March, 2026**

Cold, wintry conditions across all mountains into midweek - significant chill factor from gale force west then northwesterly winds. Showery hail and snow falling to increasingly lower elevations in the Highlands on Tuesday, whilst a band of heavy rain moves slowly southward over England & Wales. Hail and snow showers extend southwards into Wednesday, by then below freezing on all tops above 600-700m. Fewer showers by Thursday for many, though further snow then rain moves into western Scotland. Temperature and freezing level then varying as changeable westerlies prevail for Scotland through the weekend into early next week with periods of upland gales widely, accompanied by spells of rain, hill snow and hail showers; some windows of drier weather more often affect England & Wales.

**Forecast issued at 16:07 on Sunday, 22 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.