

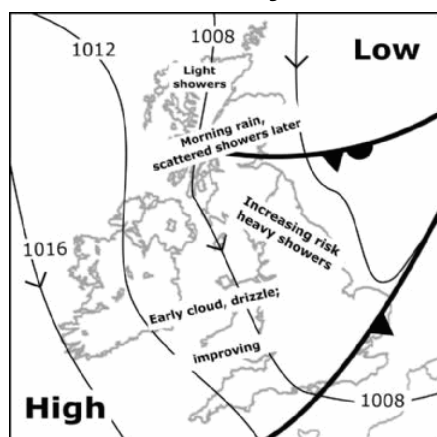
Lake District

The entire Lake District National Park, taking in all major summits, including Scafell, Helvellyn, Skiddaw, the Langdales and Old Man of Coniston.



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General Summary for Sunday, 6 July, 2025



British Mountain Summary:

Based on forecast chart for noon 6 July, 2025

Cloud on higher hills with patchy rain for many areas in the morning. Later, a band of showers forms from central highlands southward into England, drifting down the Pennines; showers will give heavy bursts with a risk of few lightning flashes southern Scotland. Damp in Wales early, gradually improving.

Headline for Lake District

Spotty rain, showers later with heavy bursts

Detailed Forecast for Sunday, 6 July, 2025

How windy? (On the summits)	West turning northwesterly 15-20mph. Shifting northerly through afternoon and variable but gusty speeds around rain; may drop to low speeds for a time later.
Effect of wind on you?	Comfortable walking affected at times, notably on exposed ridges. Risk rapid changes in speed and direction late in the day; stability may be challenged in sudden gusts. Feeling cool.
How wet? (Precipitation and its impact)	Morning showers and drizzly rain, risk of heavy bursts later Morning showers fade into spots of drizzly rain, notably from Pillar towards Skiddaw for a time. Showers return later in the day, risk heavy, possibly an odd flash of lightning.
Cloud on the hills?	Intermittent over high terrain, improving Intermittent banks of cloud from 700m upward morning into afternoon, lower bases on coastal-facing slopes. Tops southeast of Scafell Pike may briefly clear. More often clear later afternoon, banks mostly isolated to higher tops, patches lower in showers.
Chance of cloud free summits?	Becoming 70%
Sunshine? Air clarity (below cloud)	Glimpses of sun, may improve somewhat later. Visibility intermittently poor, better later.
How Cold? (at 750m)	8C rising to 11C. Feeling just above freezing in strongest winds
Freezing Level	Above the summits

All mountain areas of Britain from Monday, 7 July, 2025

A generally settled start to the week as high pressure will become dominant across England and Wales Monday and Tuesday. Expect substantially dry conditions here through much of the week with good periods of sunshine. In Scotland, low pressure to the north will facilitate a consistent west-southwesterly wind, driving several weak fronts onto northwestern coasts as the week goes - often cloudy here with periods of rain, tending to be drier with sunny spells in east Scotland. Temperatures will be near average. Some uncertainty about next weekend - fronts are likely to continue drifting towards Scotland and north England, though possibly interrupted by dry and warm air from the continent.

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, 2025.