

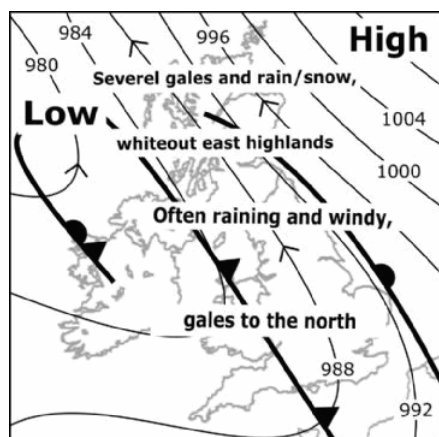
# Lake District

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 Thursday, 22 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 22 January, 2026

Gales in north England and Scotland, severe on the high Munros, gusting to storm force in the north; severe wind chills. Frequent or persistent rain across most mountains, falling as snow onto the high Munros from dawn, the snow level lowering with time; snow will be heavy with whiteout conditions in east Scotland.

### Headline for Lake District

Rainy and dull, particularly southeast; gale force wind

## Detailed Forecast for Thursday, 22 January, 2026

<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	East-southeasterly 40 to 50mph, stronger gusts in places near and west of higher tops, including through elevated passes. Wind may strengthen for a few hours after nightfall.  <b>Challenging conditions, difficult in exposure and gusts potentially knocking you off balance, not just on tops. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Persistent rain</b> Rain most of the day widely across the fells, most persistent with heavy falls on southeastern aspects. A few breaks north of the Great Gable. Rain will turn to sleet/snow on the high tops later in the day.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Fairly extensive</b> Shrouding the higher fells, bases around 500-600m, always lowest in the south and east; some higher breaks toward the west and northwest Lakes though summits will struggle to clear.  <b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Overcast. Visibility poor in precipitation, a general haze, locally better west.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	3 or 4C to start the day, gradually cooling to 2C by dusk. Wind chill feels as cold as -12C, to -15C later.  Above the summits during daylight, may just drop to 0C on the highest fells around and after dusk.

## Lake District - Looking Ahead

	Friday 23 January	Saturday 24 January
<b>How windy? (On the summits)</b>	Easterly 35 to 45mph, stronger gusts in places near and west of higher tops, elevated passes too.	Southeasterly 35 to 50mph, very gusty in passes and downslope to west; may start to lessen with time - uncertain.
<b>Effect of wind on you?</b>	<b>Arduous conditions, stability challenging in exposure with significant buffeting gusts. Significant wind chill.</b>	<b>Strenuous walking in exposure, frequent buffeting gusts not just on highest terrain; significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain/sleet east fells</b> Occasional patchy rain on south and east fells, falling as sleet on high terrain - likely dry for hours at a time. A greater chance of rain as the day goes.	<b>Intermittent rain, snow high tops</b> Rain on and off, falling as sleet or snow over higher fells especially eastern areas, mostly above 700m. Patchier smaller amounts westward.
<b>Cloud on the hills?</b>	<b>Varied over tops</b>  Shrouding the high fells all day, bases may lift at times, highest lifting on northwest fells where slopes may often be clear of cloud. A greater chance of more extensive cloud for a time afternoon.	<b>Fairly extensive over tops</b>  Covering most higher fells all day above 700m, lower at times southeastern Lakeland; some breaks at times higher up toward northwestern areas.
<b>Chance of cloud free summits?</b>	<b>20%</b>	<b>20%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, some brighter moments western areas early. Visibility poor in precipitation, a general haze, locally better west.	Largely cloudy, some brighter moments westward. Poor visibility in rain, very poor if in snow and cloud on tops.
<b>How Cold? (at 750m)</b>	1C, may drop to freezing on eastern fells. Wind chill feels as cold as -15C.	0 to 2C. Directly in the wind feeling like -12 to -15C.
<b>Freezing Level</b>	Around the high fells most of the day, perhaps lowering towards 800-900m at times on the eastern fells.	800m particularly eastern Lakeland, slightly higher westwards, may be above some upper slopes toward far west.

## Planning Outlook

**All mountain areas of Britain from Friday, 23 January, 2026**

Sustained gale force easterlies over most mountains into the weekend, powerful gusts downslope toward west; severe chill factor. Colder air and lowering freezing level moves into Scotland on Friday, much mountain terrain then frozen into the weekend and early next week. Substantial snowfalls over eastern Scottish hills later this week, drier to the west. Dropping just below freezing on high tops in England and Wales - a mix of rain and high level snow, turning colder further south over the weekend, with freezing level dropping to the southern Pennines summits next week. Circulating low pressure and cold air into next week, with further snowfalls likely. Lower wind speeds early in the new week, but then likely increasing E-SE'ly again.

**Forecast issued at 16:18 on Wednesday, 21 January, 2026**

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.