

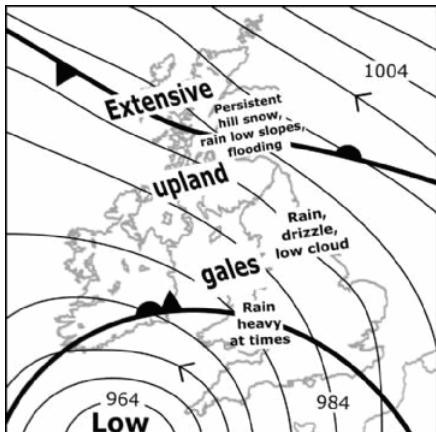
# Lake District

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 Friday, 23 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 23 January, 2026

Gales widespread across all mountain areas, powerful turbulent gusts downslope toward the west in places. Prolonged upland snow southeast into southern Cairngorms, increasingly rain to mid-heights. Further rain also spreads north across Wales then the Pennines. Low cloud widely.

#### Headline for Lake District

Windy, gales on tops. A little rain or sleet, low cloud.

## Detailed Forecast for Friday, 23 January, 2026

|   |  |
|---|--|
| <b>How windy? (On the summits)</b>                | Easterly 35 to 45mph, generally strengthening during the morning, to reach 50mph at times onward into afternoon, stronger gusts in places near and west of higher tops, elevated passes too.   |
| <b>Effect of wind on you?</b>                     | <b>Arduous conditions, stability challenging in exposure with significant buffeting gusts. Significant wind chill.</b>   |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Patchy rain/sleet east fells</b><br>Occasional patchy rain on south and east fells, falling as sleet on high terrain. Largely dry for a few hours toward northwest. Later afternoon onward into evening, some more persistent rain, wet snow high tops. |
| <b>Cloud on the hills?</b>                        | <b>Varied over tops</b><br>Shrouding the high fells all day, bases may lift at times, highest bases on northwest fells where slopes may often be clear of cloud. Lowering from south in rain later.  |
| <b>Chance of cloud free summits?</b>              | <b>20%</b>   |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Largely cloudy, some brighter moments western areas early.<br>Visibility poor in precipitation, a general haze, locally better west.   |
| <b>How Cold? (at 750m)</b>                        | 1 or 2C.<br>Wind chill feels as cold as -15C.  |
| <b>Freezing Level</b>                             | Around the high fells most of the day, 800-900m in the morning eastern areas, but tending to lift just above freezing to most high tops.   |

## Lake District - Looking Ahead

|   | <b>Saturday 24 January</b>   | <b>Sunday 25 January</b>   |
|---|--|--|
| <b>How windy? (On the summits)</b>                | Southeasterly 35 to 50mph, very gusty in passes and downslope to west.   | Southeasterly, speed may vary, in range 20 to 35mph, some sudden gusty spots through high passes and downslope.  |
| <b>Effect of wind on you?</b>                     | <b>Strenuous walking in exposure, frequent buffeting gusts not just on highest terrain; significant wind chill.</b>  | <b>Blustery over most high terrain, in places more frequent buffeting not just on the tops. Considerable wind chill.</b>   |
| <b>How wet?</b><br>(Precipitation and its impact) | <b>Intermittent rain, snow high tops</b><br>Rain on and off, falling as sleet or snow over higher fells especially eastern areas, mostly above 700m.<br>Patchier smaller amounts westward. | <b>Patchy rain, snow tops</b><br>Occasional rain, sleet or snow falling above 700m. Risk of some heavier bursts over south and southwestern fells at times.          |
| <b>Cloud on the hills?</b>                        | <b>Fairly extensive over tops</b><br><br>Covering most higher fells all day above 700m, lower at times southeastern Lakeland; some breaks at times higher up toward northwestern areas.    | <b>Fairly extensive over tops</b><br><br>Often covering much higher terrain above 700-800m, sometimes lower in east Lakes. Higher bases and some breaks toward west. |
| <b>Chance of cloud free summits?</b>              | <b>20%</b>   | <b>30%</b>   |
| <b>Sunshine?</b><br>Air clarity (below cloud)     | Largely cloudy, some brighter moments westward.<br>Poor visibility in rain, very poor if in snow and cloud on tops.  | Largely cloudy, hazy.<br>Poor visibility over many hills.  |
| <b>How Cold? (at 750m)</b>                        | 0 to 2C.<br>Directly in the wind feeling like -12 to -15C.   | 0 or 1C.<br>Feeling like -8 to -12C in the wind.   |
| <b>Freezing Level</b>                             | 800m particularly eastern Lakeland, slightly higher westwards, may be above some upper slopes toward far west.   | 800m, locally slightly higher toward the west, may drop to 600m later in day.  |

**Planning Outlook****All mountain areas of Britain from Saturday, 24 January, 2026**

East to southeasterlies continue through the weekend and onward into next week, frequently strong to gale-force over the mountains, giving severe chill factor. Below freezing across high terrain in Scotland, and into early next week a lowering freezing level over hills in England and Wales. Frequent or persistent snowfall over east and southern Scottish mountains, rain on lower slopes causing flooding in the short term. Patchier and small amounts reaching coastal regions in west-northwest Scotland. Areas of rain and increasingly hill snow push across England and Wales as low pressure remains dominant. Low cloud often covering many hills.

**Forecast issued at 16:00 on Thursday, 22 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.