

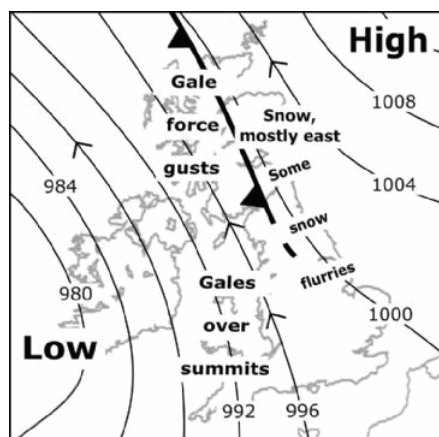
Lake District

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



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General Summary for Thursday, 29 January, 2026



British Mountain Summary:

Based on forecast chart for noon 29 January, 2026

Freezing temperatures in Scotland and England; freezing level lowering with time to middle slopes, first in eastern hill groups. Blustery as well, gale force gusts on high terrain of Scotland and Wales. Snow flurries affecting eastern Scotland and the Pennines, mostly dry Lakeland to west Scottish Highlands.

Headline for Lake District

Very blustery; largely dry, clearest fells to the northwest

Detailed Forecast for Thursday, 29 January, 2026

How windy? (On the summits) Effect of wind on you?	East to southeasterly 30 to 35mph from dawn, stronger gusts in places through elevated passes and downslope west of higher fells. Strengthening with time, sustained speeds up to 40mph into night. Strenuous walking on some higher areas, buffeting gusts in places not just on tops. Considerable wind chill.
How wet? (Precipitation and its impact)	Largely dry Odd light spots or brief flurries mainly eastern fells later in the day.
Cloud on the hills? Chance of cloud free summits?	Capping high tops, low bases south and east Cloud banks likely to drift over higher slopes, mostly above 700m, patchier west and northwestwards where may clear summits for a time early. Afternoon brings an increased chance of cloud over high terrain. 40%
Sunshine? Air clarity (below cloud)	Broken cloud and some weak sun, mainly toward the west, where visibility good. Slight haze possible.
How Cold? (at 750m) Freezing Level	0 or -1C, slowly lowering with time, most slopes reaching -2 or -3C into nighttime. Wind chill feeling like -10 to -12C. 700-800m to start the day, lowering to 400-500m with time.

Lake District - Looking Ahead

	Friday 30 January	Saturday 31 January
How windy? (On the summits)	Southeasterly 30 to 45mph, gusty around higher fells, elevated passes and locally downslope to the northwest.	Detail uncertain: starting easterly 25-35mph, soon easing and becoming variable, perhaps a lull.
Effect of wind on you?	Strenuous walking, arduous in exposure and elevated passes where buffeting will challenge balance. Significant wind chill.	Walking may be strenuous to start the day with wind chill, likely easing into fairly small effects, though confidence is low.
How wet? (Precipitation and its impact)	Hill snow and rain Risk of frequent or more persistent snow above 500m, later 700m, rain lower down; focused on south Lakeland, patchier north, and more widely patchy with time.	Patchy rain Rain comes and goes across most fells; falls likely light in nature most of the day, a few heavier bursts may appear.
Cloud on the hills?	Fairly extensive Shrouding most higher fells, lowest and most persistent southern Lakeland, some breaks may form above 700m northwest. Best chance of higher/broken cloud early in the day.	Mostly high terrain, lower south and east Cloud caps the high fells likely all day, lowest bases on south and east fells, and may at times fill in here more widely over high terrain. High bases towards northeast Lakeland, with regular breaks to or above summits probable.
Chance of cloud free summits?	30%	30%
Sunshine? Air clarity (below cloud)	Largely cloudy, poor visibility many fells, whiteout if in fog and snow. Locally better northwestern fells.	A few bright/sunny glimpses but often cloudy. Good visibility, at times poor in precipitation, also some haze.
How Cold? (at 750m)	-1C, rising to 0 or +1C, highest temperatures on northwest fells. Wind chill feeling around -10C.	1C. Feeling like -10C in direct wind.
Freezing Level	600m, rising variably toward 800-900m afternoon onward.	Likely just the high summits, locally down to 850m in the east.

Planning Outlook

All mountain areas of Britain from Friday, 30 January, 2026

Slow-moving weather patterns and a broadly similar regime to recent times over the next week or so: periods of precipitation will affect most mountains at least every few days. Scottish Munros generally below freezing point, with snow cover and drifts most substantial from the Cairngorms to central and southern Highlands, some additional falls in the week ahead (with continued flooding risk too); much less northwestward. Hills in England and Wales will see varying freezing levels, at times dropping sub-zero to middle slopes, but largely isolated to the high terrain of Lakeland and Eryri NP (Snowdonia). Wind speed will vary, some periods of lower speeds than recently, though gusty SE'ly winds remain common in the Highlands. Scope for widely colder conditions toward mid February.

Forecast issued at 16:12 on Wednesday, 28 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.