

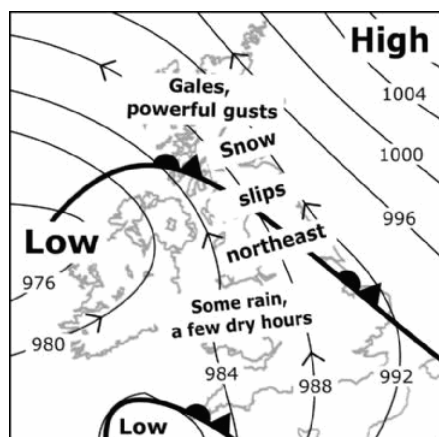
# Lake District

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, 30 January, 2026



### British Mountain Summary:

#### Based on forecast chart for noon 30 January, 2026

Gales for northern England and Scotland all day with powerful gusts over tops and downslope to the northwest. Several hours of snow in these regions as well, passing from west-to-east with time, the snow level lifting to mid-slopes; northwest Scotland mostly dry and bright. Blustery in Wales, most of the rain south/east.

### Headline for Lake District

Gales early, easing; snow early, trending patchy, little later

## Detailed Forecast for Friday, 30 January, 2026

<b>How windy? (On the summits)</b>	Southeasterly 40 to 50mph early in the day, gusty around higher fells, elevated passes and locally downslope to the northwest. Trending towards 35-40mph with time.
<b>Effect of wind on you?</b>	<b>Arduous walking in exposure with balance often challenged by buffeting gusts, these challenges most significant in the morning. Significant wind chill.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Morning snow, a few flurries afternoon</b> Snowing for much of the morning, falling as rain/sleet below 500m. The snow trends towards showers afternoon, perhaps extended dry periods, the snow level rising too.
<b>Cloud on the hills?</b>	<b>Fairly extensive</b> Shrouding most high terrain, lowest and most persistent southern Lakeland, some breaks may form above 700m in the north later in the day.
<b>Chance of cloud free summits?</b>	<b>30%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Largely cloudy, poor visibility many fells, risk whiteout conditions on high summits early in fog over snow. Some improvements later in the day as snow breaks.
<b>How Cold? (at 750m)</b>	-1C, gradually rising to +1C. Wind chill feeling around -10C.
<b>Freezing Level</b>	500-600m at dawn, steadily rising, lifting to or off the summits by the end of the day.

## Lake District - Looking Ahead

	Saturday 31 January	Sunday 1 February
How windy? (On the summits)	Detail uncertain: starting easterly 25-35mph, shifting southeasterly, possibly an easing tendency too.	Detail uncertain: speed and direction may often change, but generally southerly 15-30mph, strongest wind likely early.
Effect of wind on you?	<b>Walking strenuous to start the day with wind chill, easing into fairly small effects, though confidence is low.</b>	<b>Be mindful of changing conditions: walking often impeded in high exposed terrain, but may be fairly small at times.</b>
How wet? (Precipitation and its impact)	<b>Patchy rain</b> Rain comes and goes across most fells; falls likely light in nature most of the day, a few heavier bursts may appear.	<b>Rain on-and-off</b> Patches of rain will come and go throughout the day, a few dry periods are probable, notably on northern fells, but always with a tendency to return.
Cloud on the hills?	<b>Mostly high terrain, lower south and east</b>  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, breaks to summits possible.	<b>Over high terrain, variably lower</b>  Cloud shrouds the high fells most or all day. Bases will lower during periods of rain, locally to middle slopes.
Chance of cloud free summits?	<b>30%</b>	<b>30%</b>
Sunshine? Air clarity (below cloud)	A few bright/sunny glimpses but often cloudy. Good visibility, at times poor in precipitation, also some haze.	Glimpses of sun here and there but often cloudy. Visibility mostly good, turning poor in rain.
How Cold? (at 750m)	2C, may rise to 3C later. Feeling like -10C in direct wind.	1 or 2C.
Freezing Level	Likely just the high summits.	800-900m

## Planning Outlook

**All mountain areas of Britain from Saturday, 31 January, 2026**

Unsettled this weekend: often cloudy and patchy rain for most. Variable winds cause rapid local changes in cloud amounts, rain, and impact on walking. The freezing level may lift somewhat, isolating snowfalls to higher Scottish terrain. In the coming week, periods of precipitation and wind 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 precipitation northwestward. Hills in England and Wales may see a period of freezing levels above the summits as a southerly flow brings slightly milder air to the country. An indication of colder easterlies in February, though detail is very uncertain.

**Forecast issued at 15:59 on Thursday, 29 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.