

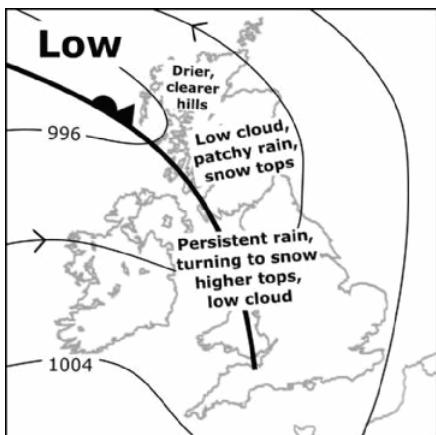
Lake District

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, 1 February, 2026



British Mountain Summary:

Based on forecast chart for noon 1 February, 2026

Extensive low cloud and patchy areas of rain, or snow on higher mountains, merging into more constant precipitation from the west over England, Wales and southwest Scotland. Driest conditions for the coastal northwest Highlands. Improving afternoon for Wales. Variable winds, dropping fairly light Highlands.

Headline for Lake District

Rain frequent or persistent and increasingly blustery.

Detailed Forecast for Sunday, 1 February, 2026

How windy? (On the summits)	South to southwesterly 15 to 20mph, later in day turning westerly and may increase to become gustier 20-25mph.
Effect of wind on you?	Fairly small, but feeling blustery in places particularly later in day with marked wind chill.
How wet? (Precipitation and its impact)	Rain frequent, some heavy, becomes snow high tops Patches of rain will come and go in morning, but increasingly more frequent or persistent rain develops from west, some heavier showery bursts mixed in, turning to snow on higher fells above 700-800m, possible hail.
Cloud on the hills?	Over high terrain, variably lower 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?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun mainly east early in day but often cloudy. Visibility starts good, turning poor in rain.
How Cold? (at 750m)	1 or 2C. Feeling like -7C in stronger wind later.
Freezing Level	900m, slight drop to 800m later in day mainly in south.

Lake District - Looking Ahead

	Monday 2 February	Tuesday 3 February
How windy? (On the summits)	Easterly, 20-25mph early morning, gradually rising, reaching 35mph by dusk, 40mph+ after dark.	Easterly 35 to 50mph, very gusty in places around higher fells and on downslopes west of high terrain.
Effect of wind on you?	Blustery becoming increasingly strenuous walking over exposed terrain with considerable wind chill.	Challenging walking conditions over exposed terrain, gusts knocking you off balance; significant wind chill.
How wet? (Precipitation and its impact)	Patchy rain A little rain from time to time, mostly toward south and east, driest on northern fells. Precipitation falling as sleet on the high summits.	Rare flurries Often dry, an odd snow flurry over the fells may come in from east, spots of rain below 400m.
Cloud on the hills?	Mostly high terrain and east fells The high fells will be capped by cloud much of the day, lowest bases in the south and east, approaching middle elevations during precipitation. High breaks on fells north of Great Gable, with some clear summits.	Mostly higher areas, breaks west Some cloud banks drifting over higher slopes, mostly above 700-800m, most common eastern half of Lakeland. Further west, cloud well broken toward tops.
Chance of cloud free summits?	30%	40%
Sunshine? Air clarity (below cloud)	Sun breaks most frequent to the northwest. Generally good visibility, though turns poor in rain.	Weak glimpses of sun mostly in west. Slight haze.
How Cold? (at 750m)	1C, later in day dropping just below 0C. Feeling like -8 to -13C with time in the wind.	-1C, to local +1C west Lakeland. Wind chill feeling like -12 to -15C.
Freezing Level	Around 800m, though slightly higher some western slopes, tending to drop toward evening to 600-700m.	500 to 600m, but toward west more variable just above freezing toward some upper slopes, but high terrain frozen.

Planning Outlook

All mountain areas of Britain from Monday, 2 February, 2026

Southeast then easterly winds will prevail during the week ahead, strong to gale force over many hills for sustained periods. From Monday into Tuesday onward, colder air temperature and lower freezing level again, leaving mountain terrain widely frozen from mid-elevations upward, or to lower slopes in eastern Scotland. Further snow will affect eastern mountains, with additional accumulations and drifting. Some periods of hill snow for England and Wales into midweek. Cold easterly patterns are expected to continue onward into mid February, though higher pressure to the north may see reduced precipitation amounts, always driest with highest cloud in west.

Forecast issued at 16:30 on Saturday, 31 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.