

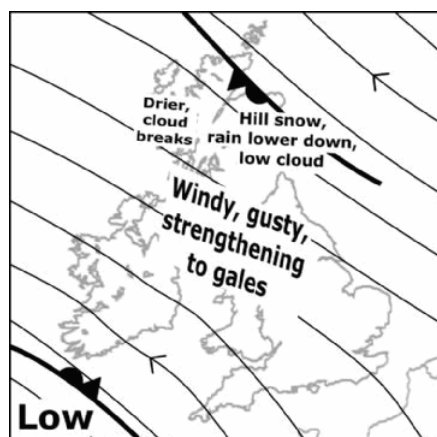
Lake District

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



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General Summary for Monday, 2 February, 2026



British Mountain Summary:

Based on forecast chart for noon 2 February, 2026

Strong and gusty east-southeasterlies, gale-force in places, speeds generally increasing over England & Wales with time. Snow frequent or persistent for eastern Scottish hills, rain lower ground; whiteout over higher areas with blanket cloud. Largely dry west coasts with higher and more broken cloud.

Headline for Lake District

Strong gusty wind, gales later. Cloud banks, a little rain.

Detailed Forecast for Monday, 2 February, 2026

How windy? (On the summits)	Easterly, 25 to 35mph in morning, lowest speeds just around dawn, generally rising, during afternoon to 40mph, stronger gusts up to dusk, reaching 50mph.
Effect of wind on you?	Blustery becoming increasingly strenuous walking, later arduous over exposed terrain with considerable wind chill. Gusts knocking you off balance afternoon.
How wet? (Precipitation and its impact)	Patchy rain A little rain from time to time, mostly toward south and east, driest on northwestern fells. Precipitation falling as sleet on the high summits.
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.
Chance of cloud free summits?	30%
Sunshine? Air clarity (below cloud)	Glimpses of sun most frequent to the northwest, may break through more often locally in afternoon. Generally good visibility out of cloud, but reduced in rain locally.
How Cold? (at 750m)	2C, by dusk dropping just below 0C. Feeling like -8 to -13C with time in the wind.
Freezing Level	Just above freezing to highest tops in morning, but icy surfaces; dropping to 800-900m during day, slightly lower by dusk in east, then 600-700m further into evening.

Lake District - Looking Ahead

	Tuesday 3 February	Wednesday 4 February
How windy? (On the summits) Effect of wind on you?	Easterly 35 to 50mph, very gusty in places around higher fells and on downslopes west of high terrain. Challenging walking conditions over exposed terrain, gusts knocking you off balance; significant wind chill.	South to southeasterly 20 to 30mph, gusty in places, particularly western areas. Blustery, in places affecting comfortable walking around the higher fells, considerable wind chill.
How wet? (Precipitation and its impact)	Rare flurries Often dry, an odd snow flurry over the fells may come in from east, spots of rain below 400m.	Patchy sleet then rain Sleet or snow over fells mostly above 600m from dawn, patchy toward west. Turning mostly to rain toward upper slopes, tending to become light and patchy, may fade out during afternoon.
Cloud on the hills? Chance of cloud free 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. 40%	Fairly extensive, better northwest Cloud covering many fells in the morning, from mid-slopes upward toward south and east Lakes, higher bases northwest, some breaks forming higher up. 30%
Sunshine? Air clarity (below cloud)	Weak glimpses of sun mostly in west. Slight haze.	Largely overcast, misty morning. Some improvement to better visibility if drier afternoon.
How Cold? (at 750m) Freezing Level	-1C, to local +1C west Lakeland. Wind chill feeling like -12 to -15C. 500 to 600m, but toward west more variable just above freezing toward some upper slopes, but high terrain frozen.	0C rising to +2C. Wind chill feeling like -7 to -10C. 600 to 800m, but rising variably to upper slopes, may lift just above freezing to tops.

Planning Outlook**All mountain areas of Britain from Tuesday, 3 February, 2026**

Easterly winds prevail this week, strong to gale force over many hills for sustained periods. Freezing levels will vary, but in the Highlands rarely above 800m away from the west coast, at times sub-zero from 400-500m upward. In England and Wales only occasionally dropping below 600m, and at times just above freezing to high tops. Further snow focused on eastern Scottish mountains, with additional accumulations and drifting; very little further west. Some periods of hill snow for England and Wales during 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 16:26 on Sunday, 1 February, 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.