

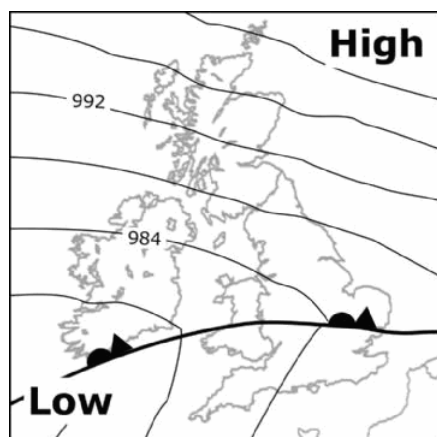
Lake District

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, 6 February, 2026



British Mountain Summary:

Based on forecast chart for noon 6 February, 2026

Widely very poor conditions on the hills: upland gales, and persistent fog and rain, or on higher areas (widely Scottish Highlands) snow. But western Scotland, mainly westernmost slopes, often dry with higher cloud base (sometimes clearing). Wales: some improvement from south during day.

Headline for Lake District

Upland gales; rain and on higher tops snow. Persistent fog.

Detailed Forecast for Friday, 6 February, 2026

How windy? (On the summits)	Initially: Easterly 40 to locally 55mph, powerful gusts around higher mountains and particularly downslope (west) of major ridges and summits. Will tend to ease through day, possibly 25 or 30mph by dusk.
Effect of wind on you?	Challenging conditions, difficult mobility over higher tops, buffeting gusts knocking you off balance or over. Significant wind chill.
How wet? (Precipitation and its impact)	Intermittent rain or snow Snow on and off, most persistent eastern fells; rain below 600m, but 450m morning.
Cloud on the hills?	Persistent blanket of fog Persistent cloud, base at or below 350m most of region, although breaks to 600m western fells.
Chance of cloud free summits?	Almost nil
Sunshine? Air clarity (below cloud)	Dull and hazy - very poor visibility in snow.
How Cold? (at 750m)	Typically -1C, to just above 0C westernmost slopes, tending rise slowly through day.. Will feel as cold as -15C directly in the wind.
Freezing Level	500-600m but as high as 800 or 900m westernmost fells. Overall will tend to rise marginally through day.

Lake District - Looking Ahead

	Saturday 7 February	Sunday 8 February
How windy? (On the summits)	Easterly veering into south-east, 15 to 25mph.	Southerly typically 15 to 20mph possibly 25mph at times.
Effect of wind on you?	Mostly small	Mostly small
How wet? (Precipitation and its impact)	Patches of light rain or flurries on tops. May well be often dry, if not in the west completely dry. However, scope for patches of light rain here and there, with flurries over the tops in morning.	Rain now and again Rain and drizzle on and off - may not amount to a great deal in total.
Cloud on the hills?	Extensive on the fells Widespread fog above 300 to 450m, although breaks to 600m, possibly widely by afternoon.	All or nearly all fells persistently covered. Persistent fog most of region, but by afternoon in north lakes perhaps a few breaks to 600m and here and there higher slopes briefly clearing or between cloud layers.
Chance of cloud free summits?	10%	Less than 10%
Sunshine? Air clarity (below cloud)	No sun expected. Rather murky with poor visibility in any patchy precipitation.	Widely dull, misty or murky, particularly south lakes.
How Cold? (at 750m)	-1C lifting to plus 2C.	2C
Freezing Level	700m, lifting above the summits by afternoon.	Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 7 February, 2026**

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (although lower total rainfall in eastern Scotland and Wales than recently) and often strong southeast or easterly wind. However, a slight rise in temperature will result in thawing of lying snow from southern Scotland southwards and some thawing up to around 900, sometimes 1050m Scottish Highlands - although the chance of the return of low freezing level toward the middle of next week.

Forecast issued at 12:26 on Thursday, 5 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.