

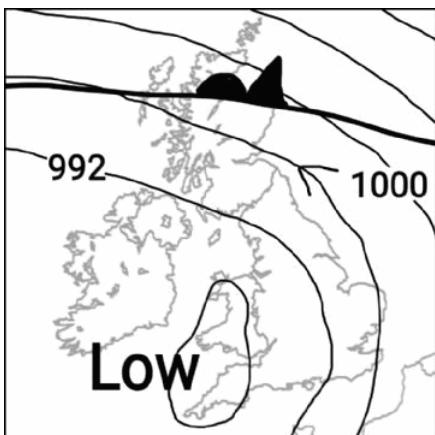
Lake District

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 Saturday, 7 February, 2026



British Mountain Summary:

Based on forecast chart for noon 7 February, 2026

Continuing with the east to south-easterly airflow with hills shrouded in extensive low cloud with widely murky conditions. Patchy snow across the Highlands tending to ease, best breaks again toward the northwestern coasts of Scotland.

Showery rain extending north through Wales into northern England.

Headline for Lake District

Detailed Forecast for Saturday, 7 February, 2026

How windy? (On the summits)	Easterly veering into south-east, 15 to 25mph.
Effect of wind on you?	Mostly small
How wet? (Precipitation and its impact)	Some patchy rain early and late in day. Any early light rain, with flurries over the tops, from dawn will soon fizzle out. Then mostly dry for a time, before showery bursts of rain move up from the south by mid afternoon.
Cloud on the hills?	Extensive on the fells Widespread fog above 300 to 450m, although breaks to 600m, possibly widely by afternoon.
Chance of cloud free summits?	10%
Sunshine? Air clarity (below cloud)	No sun expected. Rather murky with poor visibility in any patchy precipitation.
How Cold? (at 750m)	-1C lifting to plus 2C.
Freezing Level	700m, lifting above the summits by afternoon.

Lake District - Looking Ahead

	Sunday 8 February	Monday 9 February
How windy? (On the summits)	Southerly typically 15 to 20mph possibly 25mph at times.	South-easterly 15 to 25mph.
Effect of wind on you?	Mostly small	Mostly small
How wet? (Precipitation and its impact)	Rain now and again Rain and drizzle on and off - may not amount to a great deal in total.	Patches or spots of rain here and there Within an overcast environment, here and there patches, or occasional spots, of rain, particularly southern and eastern fells.
Cloud on the hills?	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.	Extensive Hill fog is once again expected to be extensive across all areas. Highest bases westernmost fells, but even there covering higher terrain, but fleeting if any breaks.
Chance of cloud free summits?	Less than 10%	20%
Sunshine? Air clarity (below cloud)	Widely dull, misty or murky, particularly south lakes.	Overcast. General haze, extensive areas of mist and murk.
How Cold? (at 750m)	2C	3C
Freezing Level	Above the summits.	Above the summits

Planning Outlook**All mountain areas of Britain from Sunday, 8 February, 2026**

Overall little change in conditions over the coming week: the mountains extensively foggy, precipitation from time to time (again concentrated on eastern Scotland and southern and eastern Wales) 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 return of low freezing level toward the middle of next week.

Forecast issued at 15:00 on Friday, 6 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.