

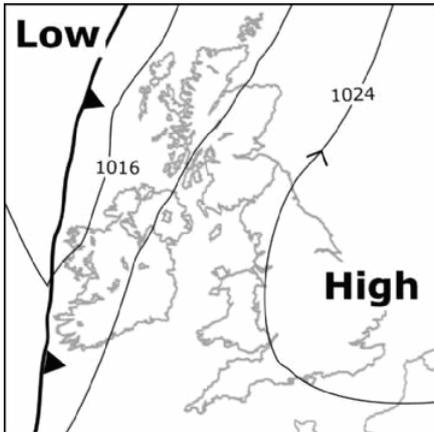
Lake District

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, 8 March, 2026



**British Mountain Summary:
Based on forecast chart for noon 8 March, 2026**

A blanket of low cloud and haze (particularly Pennines) over England, Wales and SW Scotland will spread to the Borders and S Highlands later in day - albeit cloud breaks in places. The Scottish highlands mostly fine albeit windy in the NW with chance of a little rain.

Headline for Lake District

Extensive fog, particularly south lakes, a little rain. Light wind.

Detailed Forecast for Sunday, 8 March, 2026

How windy? (On the summits)	Southerly 15 to 20mph
Effect of wind on you?	Small
How wet? (Precipitation and its impact)	Fine drizzle, mainly south lakes. Heavier rain briefly. Fine drizzle on some slopes mainly south lakes, and almost anywhere chance of a burst of rain.
Cloud on the hills?	May cover western tops Extensive fog, the cloud base 300m (or lower) south lakes to 450 to 600m north lakes - where cloud base may rise toward 750m, possibly temporarily clearing afternoon.
Chance of cloud free summits?	10%
Sunshine? Air clarity (below cloud)	Widely dull and hazy - some sun, mainly N Lakes.
How Cold? (at 750m)	1 or 2C; tending to rise toward 4C through daylight
Freezing Level	Above the summits, but slight frost some valleys at dawn.

Lake District - Looking Ahead

	Monday 9 March	Tuesday 10 March
How windy? (On the summits)	Southwesterly 20mph, perhaps 25mph higher tops.	South to on higher slopes southwesterly; increasingly markedly with height to a gusty 35, perhaps 40mph.
Effect of wind on you?	Mostly small	Markedly increasing buffeting and wind chill with height. Balance may well be difficult for periods on higher slopes.
How wet? (Precipitation and its impact)	Patchy rain; very little in total Bursts, probably brief, of showery rain now and again. Some places may well stay dry, and total rainfall everywhere small.	Rain now and again Rain from time to time - little in total, particularly so north lakes.
Cloud on the hills?	Very extensive - although cloud base rising, perhaps breaking N Lakes. Very likely blanket of fog from lower slopes up from dawn - though possibly breaks to some higher slopes north lakes. Cloud base will rise from late morning, and in afternoon, most cloud will be above 450 to 700m, highest north lakes where could substantially clear.	Persistent: lowest cloud base south lakes Generally persistent cloud above 450 to 600m south lakes and westernmost fells elsewhere but perhaps at times forming at or below 300m. Highest cloud base will be across north lakes where mostly 600 to 750m
Chance of cloud free summits?	20%	20%
Sunshine? Air clarity (below cloud)	Widely dull and misty or murky morning. The cloud slowly breaking in places, perhaps substantially in some areas (most likely north lakes) afternoon and visibility probably improving to be very	Glimpses of sun mainly lower slopes north lakes. Generally hazy.
How Cold? (at 750m)	5C	3C - only slow drop in temperature higher up. Will feel as cold as minus 6C directly in the wind.
Freezing Level	Above the summits	Above the summits.

Planning Outlook**All mountain areas of Britain from Monday, 9 March, 2026**

Increasingly wet and windy, particularly western mountains through next week. From Wednesday, bouts of upland severe or storm force winds will reach the Scottish Highlands and the gales periodically affecting other mountain areas later in the week. Freeze thaw cycles will occur on higher areas south from S Scotland whilst the Scottish Highlands experience infrequent thaw, with fresh snow sometimes reaching lower slopes, whilst extensive higher up.

Forecast issued at 13:08 on Saturday, 7 March, 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.