

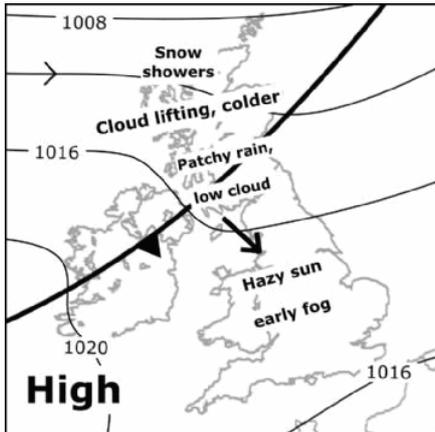
Lake District

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, 22 March, 2026



British Mountain Summary:

Based on forecast chart for noon 22 March, 2026

A band of patchy rain and low cloud moves southeastwards, improving with rising cloud bases across the Highlands, but brisk winds and below freezing on higher terrain - snow showers mostly in northwest. England & Wales start with low-level fog, hazy sun then cloud lowering, a little rain develops.

Headline for Lake District

Patchy fog, then cloud onto hills, a little rain. Fresh breeze.

Detailed Forecast for Sunday, 22 March, 2026

How windy? (On the summits)	Southwest soon becoming westerly, later northwesterly, 20 to 25mph, to at times gusty 30mph around higher fells.
Effect of wind on you?	Fairly small some slopes, but starting to affect comfortable walking at times where exposed on high tops. Feeling chilly.
How wet? (Precipitation and its impact)	Rain briefly Some drizzly rain for a time in morning, then briefly light showery rain, but amounts small, fading from north during afternoon.
Cloud on the hills?	Varied fog, lifting, then covering tops Patchy fog around some valleys and cloud banks on hill slopes mostly southern areas in the morning. Tending to lift, but then cloud caps drifting over higher fells with time, for a few hours filling in above 700m, briefly lower western areas.
Chance of cloud free summits?	50%
Sunshine? Air clarity (below cloud)	Early weak sun giving way to thickening high cloud, more overcast with time; may brighten up in northwest by sunset. Visibility mostly good, but some haze, reduced briefly if in rain.
How Cold? (at 750m)	4 or 5C, dropping to 2C by dusk, then nearer 0C after dark. Feeling like -3C during day in wind on tops.
Freezing Level	Above the summits. Slight frost inland valleys at dawn.

Lake District - Looking Ahead

	Monday 23 March	Tuesday 24 March
How windy? (On the summits) Effect of wind on you?	West soon southwesterly 15-20mph or less in morning. Then increasing afternoon, later 35 to 50mph. Fairly small up to early afternoon, but expect increasingly blustery conditions, and deteriorating further into evening.	Southwesterly 45 to 60mph, risk 70mph higher fells for a few hours; peak speeds may moderate a little during day. Difficult conditions across the fells, any mobility challenging in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Precipitation unlikely until late A little rain possible in northwest Lakes late afternoon up to dusk.	Heavy rain likely sets in, later snow Patchy rain or drizzle at first, becoming persistent and increasingly heavy rain setting in over several hours, most likely through middle of day, may continue into afternoon, snow on tops later in day.
Cloud on the hills?	Little if any	Extensive Shrouding the fells widely, from lower elevations upward west and south Lakes. Higher bases mostly above 600m northeastern areas.
Chance of cloud free summits?	90%	10%
Sunshine? Air clarity (below cloud)	Sunshine tending to weaken as high cloud thickens, may become obscured afternoon. Visibility excellent.	Largely cloudy, dull then murky in rain. Visibility increasingly very poor.
How Cold? (at 750m) Freezing Level	0C rising to 3C by late afternoon. As wind increases, chill factor later feeling like -10C in exposure. 800m plus frost in valleys around dawn. Rising above freezing to highest tops by middle of day.	3C in morning, lowering to 0C up to dusk. Feeling like -12 to -15C in the wind. Above the summits in morning, dropping from northwest to 700m later afternoon, then 500-600m into evening.

Planning Outlook**All mountain areas of Britain from Monday, 23 March, 2026**

A fine start to the week for many places, but strengthening winds and a spell of heavy rain arriving from the northwest during Monday advances southwards into Tuesday. Cold, wintry conditions follow across the mountains into midweek, falling sub-zero across all hills of Britain above 600-700 m later Tuesday into Wednesday. Significant chill factor from gale force west then northwesterly winds. Showery hail and snow falling toward lower elevations. High pressure to the southwest then likely rebuilds to settle things again toward next weekend and temperatures will tend to recover. A mixed west to southwesterly flow likely continues to bring more changeable conditions to west and northwest Scotland.

Forecast issued at 16:00 on Saturday, 21 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.