

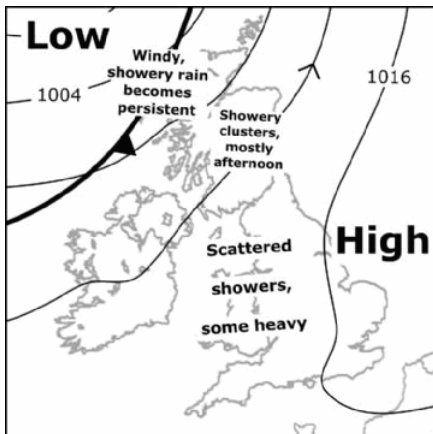
# Lake District

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 Thursday, 7 May, 2026



### British Mountain Summary: Based on forecast chart for noon 7 May, 2026

South to southwesterly winds giving considerable chill factor over high terrain, up to gale-force over coastal northwest Highlands. Areas of showery rain, most widespread into the afternoon when some clusters of heavier rain forming. Rain generally becomes more persistent toward northwest Scotland.

### Headline for Lake District

Breezy. Patchy showers, an odd heavier burst.

## Detailed Forecast for Thursday, 7 May, 2026

<b>How windy? (On the summits)</b>	Southerly 15 to 25mph, some variability during day, gusty at times particularly around showers.
<b>Effect of wind on you?</b>	Fairly small, though blustery and feeling chilly in exposure on high terrain.
<b>How wet?</b> (Precipitation and its impact)	<b>Showery rain, mostly afternoon</b> Showery rain affecting many fells, the greatest chance in the afternoon, when some locally heavier showers are possible for a few hours, but some places avoid them completely to stay largely dry.
<b>Cloud on the hills?</b>	<b>Mostly high terrain, variable lower south</b> The high tops shrouded much of morning, variable lower cloud, to 600m early, always lowest southern slopes. A lifting trend through the day, to the tops or fleeing breaks during dry periods, but also returning above 700m during rain, always most extensive south.
<b>Chance of cloud free summits?</b>	<b>50%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sunshine. Variable visibility, excellent where dry, but turning briefly poor in rain.
<b>How Cold? (at 750m)</b>	2C rising to 7C. Directly in the wind, feeling like -3C at first, near 0C by afternoon.
<b>Freezing Level</b>	Above the summits.

## Lake District - Looking Ahead

	Friday 8 May	Saturday 9 May
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	Southwesterly 15-20mph at dawn, a westerly shift and easing, perhaps to a lull for several hours afternoon-evening. <b>Mostly small, though an inconvenient breeze over the tops early in the day.</b>	Northeasterly 20 to 25mph, gusty around higher tops. <b>Feeling rather blustery and chilly over high terrain, noticeable gusty spots.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Local showers, risk heavy</b> Showers affect the fells on and off, odd heavier showers, but may remain well-scattered. A chance of remaining more often dry in some areas, perhaps widely.	<b>Risk patchy rain or local showers</b> Some uncertainty - patchy rain or drizzle possible for a time, mostly north and eastern Lakes, tending to fizzle out, but some rain may linger, perhaps an odd heavier shower afternoon.
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Variable but lifting to upper slopes with breaks</b> Banks at various heights in the morning, most tops shrouded, and some fog in sheltered valleys. Bases lift, largely above 700-800m, breaks too but clinging to higher terrain around rain, with fleeting ragged patches some lower slopes. <b>60%</b>	<b>Varied cloud banks, tending to lift</b> Banks of cloud may cover higher fells particularly in northern areas, risk frequently for a few hours. Tending to lift and may break above many tops, but some patches may linger above 800m. <b>60%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Glimpses of sun. Variable visibility, very good during drier periods, may be very poor in heavier showers.	A veil of high cloud likely to persist, some weak sun. Visibility very good, but reduced if rain occurs locally.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	5C rising to 9C.  Above the summits.	2C rising to 4 or 5C. Feeling near -5C if exposed to wind.  Above the summits, but highest tops may start near freezing point.

## Planning Outlook

### All mountain areas of Britain from Friday, 8 May, 2026

A notably chilly outlook for May into the weekend and early next week, with higher Scottish mountains almost continuously below freezing point possibly onward through much of next week as northwesterly air prevails. After a warmer end to this week, higher tops in England and Wales also dropping intermittently to freezing point from the weekend onward. Wind-speed varying day-to-day, but prepare for often considerable chill-factor on all mountains. Some frost overnight into valleys when skies are clear. Broadly showery through mid-May, plus some fronts bringing persistent rain most common in northwestern Scotland, often falling as snow on mountain tops, sometimes to below 600m. Drier intervals too, some days with fewer showers and broken cloud lifting above the summits, varying locally day-to-day.

### Forecast issued at 16:26 on Wednesday, 6 May, 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.