

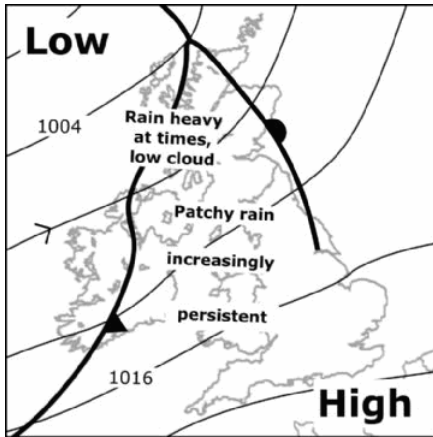
Lake District

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, 7 June, 2026



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

Scotland: Strong and gusty south-westerly winds will drive hill fog and frequent rainfall across western mountains, setting in during afternoon. Rainfall patchier across eastern hills with higher bases.
 England and Wales: Windy with patchy light rain onto western hills, becoming more widely damp or wet through the day.

Headline for Lake District

Windy with patchy light rain morning. More frequent rainfall during afternoon.

Detailed Forecast for Sunday, 7 June, 2026

How windy? (On the summits)	Southwesterly 25-35mph, gusty over high summits, and deteriorating; sustained speeds may reach 40mph+ afternoon.
Effect of wind on you?	Walking often strenuous in exposure with notable wind chill, risk deteriorating - stability increasingly challenging.
How wet? (Precipitation and its impact)	Patchy rain, will set in afternoon. Patches of rain will drift from the southwest throughout the day, falls amounting to little through morning. More substantial falls developing afternoon, may set in.
Cloud on the hills?	Lifting to high terrain, later deteriorating May be fairly extensive from 500m up in the early hours, or lower to the southwest. Bases rise with time, may clear east and north summits, but highest tops and west slopes may often be in cloud above 700-800m, lower later.
Chance of cloud free summits?	40%
Sunshine? Air clarity (below cloud)	Weak sunshine through high cloud, but becoming overcast. Good visibility but a haze toward the coasts in particular.
How Cold? (at 750m)	8 or 9C, may locally reach 10C east fells. Feeling just below freezing in strongest wind.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Monday 8 June	Tuesday 9 June
How windy? (On the summits)	Southwesterly 20 to 25mph.	South-westerly 15 to 25mph, may reach 30mph at times tops in the afternoon.
Effect of wind on you?	Fairly small effect on walking, but feeling blustery and a noticeable chill on exposed high terrain.	May impede walking at times over the tops in the afternoon, with a marked wind chill.
How wet? (Precipitation and its impact)	Showery rain A band of rain clears eastward around dawn, briefly heavy. Then broadly showery, frequent rain for periods western fells, but some drier moments.	Frequent showers Frequent precipitation through the day, in the form of shower after shower feeding in across the fells. Some hail mixed in with the risk of thunder inland.
Cloud on the hills?	Often capping western tops Varied cloud banks often over west and southwest fells above 800m, some lower patches in showers. Some breaks to tops more often north and east.	Frequently covering upper slopes Fairly extensive above 500-700m at first, but bases rising to become mostly around 700-900m afternoon, perhaps some breaks to tops, mainly well inland.
Chance of cloud free summits?	40%	30%
Sunshine? Air clarity (below cloud)	Brief bursts of sun. Visibility good away from showers and below cloud.	Often cloudy, limited patches of sun. Visibility often poor due to rain.
How Cold? (at 750m)	5 or 6C. Feeling below freezing directly in the wind.	4 lifting to 6C
Freezing Level	Above the summits.	Above the summits

Planning Outlook**All mountain areas of Britain from Monday, 8 June, 2026**

The unsettled period of weather will persist over the coming week with low pressure area centres tracking just to the northwest of Scotland, allowing south-westerly winds to prevail. Rainfall often showery in nature, but coming in frequently to western mountains with the greatest falls for western Scotland. Chilly and windy at times; freezing level touching highest tops Scotland on Tuesday and Wednesday, when showers will fall as snow over the tops. Temperatures trending milder again next weekend, pressure may begin to rise in the south to give drier weather more widely.

Forecast issued at 16:46 on Saturday, 6 June, 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.