

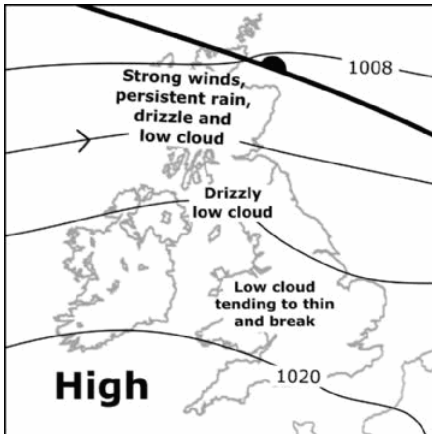
# Lake District

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 Monday, 6 July, 2026



### British Mountain Summary: Based on forecast chart for noon 6 July, 2026

Windy and generally wet across Scottish hills, rain and drizzle most persistent in northwestern Highlands. Breezy, damp and drizzly too for northern England. Drier and lighter winds for Wales. Poor visibility with low cloud cloaking many hills through the day, best of any breaks toward east.

### Headline for Lake District

Blustery, strongest early and late; damp, low cloud.

## Detailed Forecast for Monday, 6 July, 2026

<b>How windy? (On the summits)</b>	Westerly 25 to 30mph, some variability, occasionally 35mph sustained wind in morning, and stronger gusts over high tops early in day; reaching 35-40mph again into evening.
<b>Effect of wind on you?</b>	<b>Ease of walking impacted on the tops, gusts making walking strenuous, affecting balance on ridges; notable wind chill.</b>
<b>How wet? (Precipitation and its impact)</b>	<b>Drizzle, light patchy rain, fading</b> Persistently drizzly over the high tops from dawn well into the day with patchy light rain drifting from the west. A drying trend into afternoon and evening hours.
<b>Cloud on the hills?</b>	<b>Fairly extensive, some breaks afternoon</b> Cloud base often to middle slopes on west fells, lowering to 300-400m during rain with ragged patches to valley level. Higher bases east, general improving trend with breaks forming, but terrain above 800-900m rarely clearing.
<b>Chance of cloud free summits?</b>	<b>30%</b>
<b>Sunshine? Air clarity (below cloud)</b>	Glimpses of weak sun on lower slopes. Very good visibility where out of cloud and rain, perhaps a brief sunny glimpse.
<b>How Cold? (at 750m)</b>	10 or 11C, slight rise afternoon, locally to 13C. Feeling like 2 to 5C in direct wind.
<b>Freezing Level</b>	Above the summits.

## Lake District - Looking Ahead

	<b>Tuesday 7 July</b>	<b>Wednesday 8 July</b>
<b>How windy? (On the summits)</b>  <b>Effect of wind on you?</b>	Westerly 30-35mph early, strongest gusts approaching 45mph. Lessening, finishing near 20-25mph.  <b>Strenuous walking in exposure, more arduous early with buffeting gusts knocking you off balance; notable wind chill.</b>	West to southwesterly 15 to 20mph, in places 25mph around high tops.  <b>Fairly small, some noticeable gustier spots.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Patchy rain</b> Rain here and there most of the day, light in nature and regularly dry, particularly east fells.	<b>No rain expected</b>
<b>Cloud on the hills?</b>  <b>Chance of cloud free summits?</b>	<b>Lifting to high terrain</b>  Fairly extensive to middle slopes at dawn, patches to low western fells during rain. A general lifting trend, bases to 700-800m, breaks to near 900m easternmost fells, but any breaks off highest tops brief, and thicker banks may return for periods.  <b>40%</b>	<b>Early patchy cloud largely clearing</b>  Some cloud banks on hill slopes mainly western areas in the morning. Highest tops may start above this cloud. Tending to all thin and disperse into middle of day, odd patches may linger in west.  <b>50% rising to 90%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Increasing sunny bursts on lower slopes, perhaps more extensive later, some high cloud around. Visibility very good below cloud.	Varied cloud and sun in morning, then increasingly sunny with fair-weather cloud. Local misty start, visibility becoming very good.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	11C rising to 13 or 14C. Feeling like 2 to 5C in direct wind.  Above the summits.	12C rising to 17C afternoon.  Above the summits.

**Planning Outlook****All mountain areas of Britain from Tuesday, 7 July, 2026**

A damp start westerly pattern continues at the start of the week, particularly in Scotland, then a drier and warmer window builds into the middle of the week: very warm in England and Wales, spells of sunshine spread northward, and lighter wind. Some patchy rain continues through late week in western Scotland though detail is uncertain and more often dry. High pressure is indicated to expand across Scotland through next weekend bringing more widely dry and warm conditions in the extended outlook into mid July - easterly winds likely develop, particularly England and Wales; a chance of some thunderstorms.

**Forecast issued at 16:00 on Sunday, 5 July, 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.