

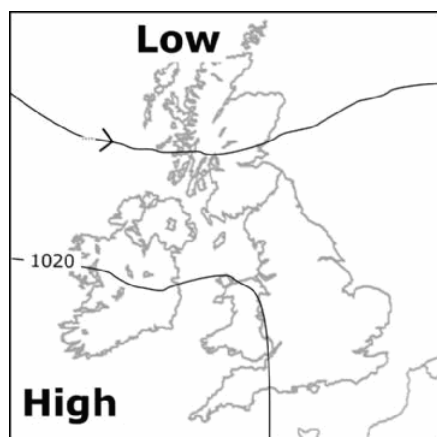
Lake District

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 Friday, 31 July, 2026



British Mountain Summary:

Based on forecast chart for noon 31 July, 2026

Westerly winds, tending to strengthen through the day will continue to bring lower temperatures to the mountains (particularly W & NW Scotland), Showers, throughout day W and NW Highlands, but mostly afternoon elsewhere - and few if any S Pennines and Wales.

Headline for Lake District

Showers, mainly afternoon. Wind speed tending to increase.

Detailed Forecast for Friday, 31 July, 2026

How windy? (On the summits)	West to southwesterly typically 20 to at times 25mph, although until late morning or midday no more than 10 or 15mph on many summits.
Effect of wind on you?	Fairly small.
How wet? (Precipitation and its impact)	Occasional showers A scattering of showers, though frequently dry.
Cloud on the hills?	All or nearly all clearing by late morning All or nearly all clearing after being fairly widespread on higher slopes particularly western and central fells until mid or late morning.
Chance of cloud free summits?	Rising to greater than 90%
Sunshine? Air clarity (below cloud)	Patchwork of bright sunshine - most sun east Cumbria morning and then from west across region afternoon. The air very clear indeed.
How Cold? (at 750m)	8C rising to 10C afternoon.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Saturday 1 August	Sunday 2 August
How windy? (On the summits)	Westerly 15-20mph, occasionally 25mph on higher fells.	Westerly, later varied direction, 10mph or less.
Effect of wind on you?	Mostly fairly small.	Negligible.
How wet? (Precipitation and its impact)	Scattered showers Occasional showers drift from the west, eastern fells often dry. It may well dry up completely from the west through afternoon.	Rain unlikely
Cloud on the hills?	Passing caps over tops Fairly extensive above 600m at dawn, lowest bases western fells. Cloud lifts, clearing most fells by midday, though fragments may still cap higher western and central fells at times.	More or less all clearing Patches over a few hours on some higher slopes, but by late morning, very little anywhere.
Chance of cloud free summits?	90% by midday	40% gradually rising to 90%
Sunshine? Air clarity (below cloud)	Patchwork of sun. Very good visibility.	Periods of sunshine, before high cloud gradually thickens. Slight haze clearing to give excellent visibility.
How Cold? (at 750m)	7C rising to 12C.	9C rising to 15C.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 1 August, 2026

Extensively dry with cloud widely confined above the mountains this weekend, although mainly Saturday in Scotland, showers and on western mountains areas of low cloud. Relatively chilly on the west and NW Highlands, but otherwise fairly normal temperatures for early August.

Very complicated early next week; areas of rain will drift slowly across central and northern Britain, but the distribution of rain (and associated low cloud) very uncertain. Probably very little rain across Wales.

Despite some rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry 'tinder dry'.

Forecast issued at 7:30 on Friday, 31 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.