

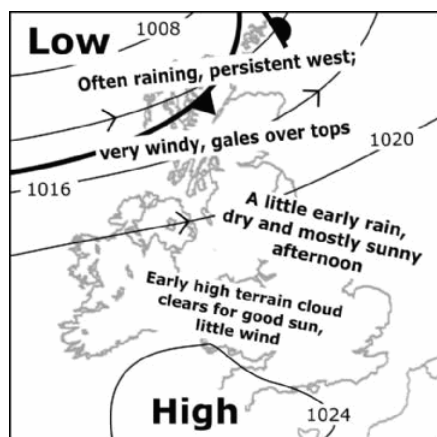
Lake District

The entire Lake District National Park, taking in all major summits, including Scafell, Helvellyn, Skiddaw, the Langdales and Old Man of Conistone.



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General Summary for Friday, 7 August, 2026



British Mountain Summary:

Based on forecast chart for noon 7 August, 2026

Rain in the Scottish Highlands, persistent central/west areas; windy too, gales developing over summits. Some early rain in England, cloud covering high terrain, improving for frequent sun and minimal hill cloud. Light wind and mostly sunny Wales, just some early cloud and dampness high Snowdonia terrain.

Headline for Lake District

Some early rain fades for frequent sun; cloud caps high summits

Detailed Forecast for Friday, 7 August, 2026

How windy? (On the summits)	West-southwesterly 20-25mph.
Effect of wind on you?	Fairly small.
How wet? (Precipitation and its impact)	Drizzly rain fades At dawn, patches drizzle mainly high terrain of south and west Lakes, very little elsewhere. An easing trend, substantially dry afternoon.
Cloud on the hills?	Fairly extensive early, lifting to summits with breaks High terrain substantially shrouded at dawn with cloud bases to middle slopes, mostly south and west Lakes. Bases will rise, breaks increasingly above high eastern tops; banks will cling to highest summits, only brief breaks.
Chance of cloud free summits?	Rising to 60%
Sunshine? Air clarity (below cloud)	Sunshine increasingly breaking out but some patchy cloud stays around. Visibility becomes very good.
How Cold? (at 750m)	9 or 10C, a slight rise later and staying elevated into night.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Saturday 8 August	Sunday 9 August
How windy? (On the summits) Effect of wind on you?	Southwesterly 25-30mph, gusty over tops, often approaching 40mph+. Strengthening trend towards sustained Fairly small in places, but considerable buffeting in gusts over tops, trending towards widely strenuous conditions.	West-southwesterly 25-30mph, strongest early with sustained speeds of 35mph over high tops. Comfort of walking affected in exposure much of the day, particularly early when feeling chilly.
How wet? (Precipitation and its impact)	Patchy rain Occasional patches of rain drifting northeastward across the fells through morning, many hills stay dry. A rising risk of more frequent rain though afternoon, but may not set in until after dark.	Often raining, turning showery Raining through most of morning, some heavy falls, breaks too but these likely brief. With time, a rising chance of rain breaking into a showery regime with longer dry windows, but timing is uncertain.
Cloud on the hills? Chance of cloud free summits?	Early breaks, increasing cloud afternoon Varied cloud over high terrain in the morning, lifting, clear windows on summits between patches of rain. Through afternoon, banks more often shrouding tops, and lowering more widely late in the day across high terrain or lower southwest fells. 60%, lowering to 20%	Fairly extensive, may improve later Middle slopes upward likely shrouded for several morning hours at least, banks to lower western slopes where heaviest rain occurs. Through afternoon, a rising tendency, may later break towards high summits, though confidence is low. 30%
Sunshine? Air clarity (below cloud)	Patchy sunshine with very good visibility, gradually becoming overcast; moments of poor visibility in cloud and rain increasingly frequent.	Overcast and often dull with poor visibility through morning. May improve to a patchwork of cloud and sun afternoon.
How Cold? (at 750m) Freezing Level	10 to 12C, rising slightly and staying elevated into evening; humid. Above the summits.	10 to 12C, trending towards the lower end of the range with time. Above the summits.

Planning Outlook

All mountain areas of Britain from Saturday, 8 August, 2026

Westerly winds prevail into the weekend: Saturday will see extensive cloud and heavy rain develop across Scotland with gales; bands of rain passing to the south and east into England and Wales through Sunday with showers in Scotland. A ridge of high pressure early next week brings warmer temperatures and clearer hills, though western areas likely remain fairly cloudy with some drizzle on the high tops. Westerly flow returns through mid-week and a series of low pressure systems will pass west-to-east across the country with periods of strong wind (sometimes gales), rain, and low cloud, western hill groups always most affected. Mild-to-warm temperatures and sometimes quite humid. Changeable conditions persist into next weekend.

Forecast issued at 7:43 on Friday, 7 August, 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.