

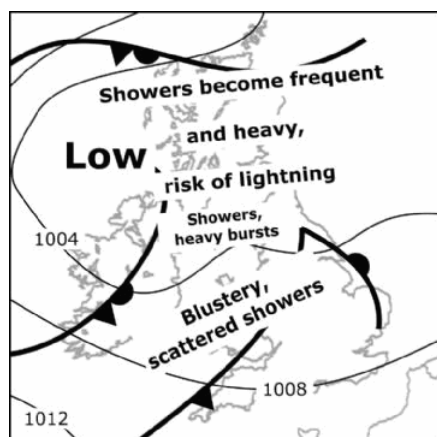
Lake District

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 Wednesday, 19 August, 2026



British Mountain Summary:

Based on forecast chart for noon 19 August, 2026

Slow-moving showers across Scotland, trending more frequent and heavy afternoon with thundery downpours; light wind but gusty around showers. Showers in England, most frequent and heavy early and into night in northern areas with thunder risk. Scattered showers and sun in Wales on a westerly wind.

Headline for Lake District

Heavy, thundery rain breaks to showers

Detailed Forecast for Wednesday, 19 August, 2026

How windy? (On the summits)	Southwesterly 20 to 25mph, gusty in rain. Trending towards lighter speeds later in the day.
Effect of wind on you?	Gusty conditions at times affecting ease of walking in exposure, feeling rather cool.
How wet? (Precipitation and its impact)	Showers, some heavy persistent falls Showery rain fairly widespread from dawn, some heavy bursts tending to drift eastwards with risk of thunder. Showers will scatter somewhat for the afternoon, but a rising risk of more prolonged rain developing again later with heavy falls.
Cloud on the hills?	Varying, lowest morning and in showers Covering many tops above 600-800m in morning, lowest west; base tending to rise, but will vary widely in and out of showers, capping tops for periods, but any breaks off the highest tops with be brief.
Chance of cloud free summits?	50%
Sunshine? Air clarity (below cloud)	Brief sun in east in the morning, otherwise often cloudy; some sun later near coast. Visibility very good when dry, but poor in showers.
How Cold? (at 750m)	9C, only minor local changes all day. Feeling like 2 to 4C directly in the wind.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Thursday 20 August	Friday 21 August
How windy? (On the summits)	Northeasterly 20 to 30mph.	Northerly 10mph and sometimes less.
Effect of wind on you?	Feeling noticeably cool on exposed high terrain. Breezy over hills, in places may affect comfortable walking.	Negligible.
How wet? (Precipitation and its impact)	Frequent rain, some heavy Frequent or persistent rain from dawn, some heavy bursts on and off, risk a rumble of thunder; beware sudden, rapid rise of streams. By afternoon, breaking into scattered showers, drifting from the north.	A few showers Little or no rain for much of the day, an odd shower here and there, a greater chance through the afternoon.
Cloud on the hills?	Lifting, but often capping high tops Shrouding high terrain in the morning, to mid-slopes in rain and locally to lower slopes. Tending to rise, but patches may linger above 800m.	Mostly just summits Well-broken cloud at varied heights in the morning soon lifts to just caps over the summits, and increasingly broken off the summits. In afternoon, should showers form, caps will return to summits.
Chance of cloud free summits?	30%	Rising to 70%
Sunshine? Air clarity (below cloud)	Mostly cloudy, occasional sun mainly later. Visibility poor in rain, then good at times.	Patchy sunshine, clouding over for periods. Very good visibility.
How Cold? (at 750m)	8 or 9C. Feeling like 0 to 3C in stronger wind.	6 to 8C.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 20 August, 2026

As the weekend approaches, wind will shift northerly, moving showers and afternoon thundery downpours further south with time. Generally lighter wind but gusts will be common around showers. Temperature lowering later this week too, dropping close to freezing on high Scottish tops on Friday morning (chance of sleet/snow here) and frost may occur in Highland glens over a couple of nights. More often dry with few lighter showers over the weekend as higher pressure builds into the southwest. Conditions remain on the drier, brighter side early next week, pressure dropping again as the week goes: periods of cloud and rain for most hill groups, and perhaps some stronger wind at times. Detail beyond the weekend is uncertain, and there may well be windows of better weather through the week too.

Forecast issued at 16:27 on Tuesday, 18 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.