

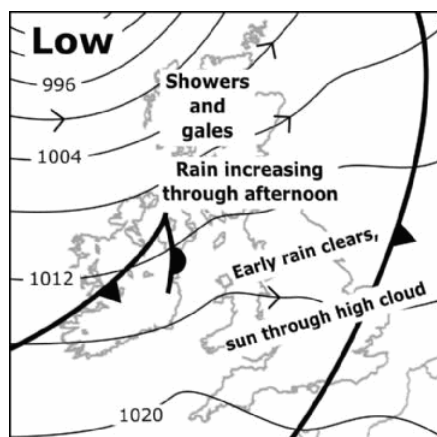
Lake District

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, 7 September, 2026



British Mountain Summary:

Based on forecast chart for noon 7 September, 2026

Showers in west Scotland from dawn, spreading east. Gales across the highlands, severe northwest, feeling cold. Early rain in England and Wales breaks for sun through high cloud, windy in the north. Prolonged rain arrives into south Scotland from midday, spreading into north England with time, and later Wales.

Headline for Lake District

Early and late rain, otherwise dry; increasingly breezy

Detailed Forecast for Monday, 7 September, 2026

How windy? (On the summits)	West-southwesterly 20-30mph, trending stronger, and likely suddenly much stronger as afternoon goes, speeds to 40-45mph over tops with stronger gusts.
Effect of wind on you?	May be fairly small for a few early hours, but ease of walking soon affected in exposure, conditions increasingly strenuous, most notably later afternoon with wind chill.
How wet? (Precipitation and its impact)	Early rain soon clears, then returns later Rain from overnight may continue through dawn, but soon breaking up to leave only spotty showers, and more likely becoming dry. Through afternoon, patchy rain returns, increasingly frequent and later setting in persistently, heavy falls forming into evening.
Cloud on the hills?	Lifting to tops, some breaks, returning into evening Early varied cloud over the hills, lifting during morning to mostly patches over higher tops, breaks best north/eastward; lingering patches above 700-800m west Lakes. Lowering patches in showers, becoming increasingly extensive as evening approaches.
Chance of cloud free summits?	50%
Sunshine? Air clarity (below cloud)	Sun in and out, likely more frequent for several hours to the northeast, though weakened by high cloud. Trending overcast later. Good visibility, a slight haze, particularly toward coasts, visibility reducing in rain.
How Cold? (at 750m)	9C most of the day, only slight variation. Where exposed to wind later in the day, feeling near or just below freezing.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Tuesday 8 September	Wednesday 9 September
How windy? (On the summits) Effect of wind on you?	Westerly 40-50mph, gusting stronger over tops at times, and later trending northwesterly. Arduous walking in exposure all day, strongest gusts constantly challenging balance; significant wind chill.	Northwesterly 25-35mph, soon easing and shifting westerly, 15mph afternoon, may further lessen. Blustery in exposure to start and feeling chilly, easing to small effects.
How wet? (Precipitation and its impact)	Showers, some steadier falls Showers drift onto most fells from the northwest all day, some heavy bursts and increasingly merging into prolonged falls.	Little or none A few spots of light rain may affect south and west fells, but more likely entirely dry.
Cloud on the hills? Chance of cloud free summits?	Variable but high terrain stays covered High summits often covered by a bank of cloud, may occasionally break above summits, but also filling in more widely over high terrain during rain, towards middle slopes from Scafell to Skiddaw, increasingly so later in the day. 30%	Lifting to summits with breaks High terrain in cloud to start, varied banks to middle slopes from Coniston to Pillar. Cloud lifts, generally breaking up, increasingly to summits with breaks off tops, but patches variably returning to high summits. Very little cloud east of Coniston. Rising to 60%
Sunshine? Air clarity (below cloud)	Glimpses of sun. Visibility very good out of cloud and rain, but variably poor on high terrain.	Sunshine in and out, increasingly frequent, particularly low slopes. Very good visibility.
How Cold? (at 750m) Freezing Level	6 or 7C, may rise slightly. Feeling like -5C in strongest wind. Above the summits.	7C rising to 10C. Feeling below freezing to start, wind chill effect easing. Above the summits.

Planning Outlook**All mountain areas of Britain from Tuesday, 8 September, 2026**

Generally unsettled through next week with spells of rain and showers moving in from the Atlantic, accompanied by strong to gale force mountain winds. Temperatures will vary, mildest toward the south, but cooler air moves in from the north at times bringing higher Scottish tops occasionally close to freezing point, feeling cold in the wind chill. A few high pressure ridges bring settled windows, notably afternoons of Wednesday and Friday; northwestern areas, particularly in Scotland, will tend to hold onto some hill cloud despite high pressure.

An unsettled weekend is indicated, followed by a rising chance of longer settled windows from mid-month, particularly England and Wales. Temperatures will be generally near or above average, best sunny windows east hill groups.

Forecast issued at 16:19 on Sunday, 6 September, 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.