

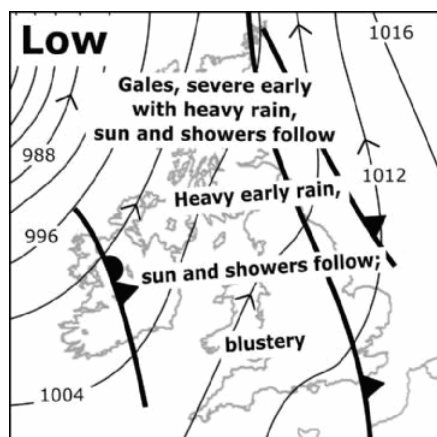
Lake District

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, 30 September, 2026



British Mountain Summary:

Based on forecast chart for noon 30 September, 2026

Heavy rain sweeps northeast across England and Scotland through morning: persistent falls, locally torrential with risk thunder, particularly west Scotland early hours. Rain soon clears Wales, more widely by midday, bright skies follow, trending cooler and showers developing. Widely windy, gales in Scotland.

Headline for Lake District

Early heavy rain and gales clear for sun, later showers

Detailed Forecast for Wednesday, 30 September, 2026

How windy? (On the summits)	Southerly 45-55mph just at dawn, powerful gusts to 65mph, soon lessening, to 30-35mph much of the day, regularly gusting 40mph.
Effect of wind on you?	Strenuous walking conditions, more challenging in places on exposed high terrain during buffeting with wind chill. Difficult walking just around and before dawn.
How wet? (Precipitation and its impact)	Heavy morning rain, showers return later A band of heavy rain moves northeastward across the region during the morning, risk of torrential falls on southern fells. Rain will rapidly break, several hours likely dry, then rising risk of showers returning as afternoon goes.
Cloud on the hills?	Early cloud breaks, increasingly to and above tops Extensive cloud over the hills in early rain, then breaking rapidly, lifting and clearing toward upper slopes, lingering on tops for a time but increasingly breaking off tops too.
Chance of cloud free summits?	30% rising to 60%
Sunshine? Air clarity (below cloud)	Cloudy early, sun breaking out, intermittent afternoon but perhaps a few hours of more extensive sun after early rain. Poor visibility in early rain, improving, but coastal areas stay fairly hazy.
How Cold? (at 750m)	Humid 13C or above from dawn, variably dropping during the day to finish near a fresher 9C. Feeling near/below freezing in the wind.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Thursday 1 October	Friday 2 October
How windy? (On the summits)	Southwesterly 15-25mph. Trending towards stronger speeds later, further strengthening overnight.	Southwesterly 25-35mph, will vary somewhat; gusty over tops, risk approaching 45mph.
Effect of wind on you?	Fairly small.	Blustery all day, more strenuous moments in buffeting gusts with wind chill.
How wet? (Precipitation and its impact)	Showers, easing Showers from morning, may be rather frequent with some heavy bursts; perhaps drizzly between showers towards southwest Lakeland. Showers ease, soon largely dry northeast and later more widely dry.	Persistent rain Steady rain most or all day over high fells and southwest Lakeland, extended heavy falls likely in these areas. Best chance of any breaks in the rain to the north, but these likely only brief, if any.
Cloud on the hills?	Lifting to patches over tops At first, fairly extensive above 700m, bases lowering towards southwest Lakes towards 500m during showers. A general lifting trend, some variability with showers, but increasingly just patches over tops, may break at times.	Extensive The fells likely widely shrouded above at least 500m most or all day, often lower south and west Lakeland with persistent patches into valleys/forest canopies. A few higher breaks to the north, but unlikely ever rising above 800m.
Chance of cloud free summits?	Rising to 50%	10%
Sunshine? Air clarity (below cloud)	Patchy sun, extended sunny windows forming. Very good visibility, a little haze to the west.	A few bright glimpses possible but more likely overcast and dull. Poor visibility.
How Cold? (at 750m)	8C, rising a degree northeast Lakes.	9 or 10C. Feeling near 0C in strongest wind.
Freezing Level	Above the summits.	Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 1 October, 2026

Fresher, blustery south-southwesterlies from overnight Wednesday persist on Thursday: showery in the west early but trending drier and brighter widely. A new frontal system approaches late Thursday and overnight, then Friday will be a wetter day again; rain quite frequent with extensive cloud for many and quite blustery. On Saturday, higher pressure begins expanding from the south, increasingly settling the weather in England and Wales; temperatures generally mild, some cool nights when skies are clear, also sometimes feeling humid. The following week remains mixed, some settled windows in England and Wales with bright breaks east, but more often windy, particularly Scotland with periods of rain, the wind and rain expanding more widely at times.

Forecast issued at 16:16 on Tuesday, 29 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.