

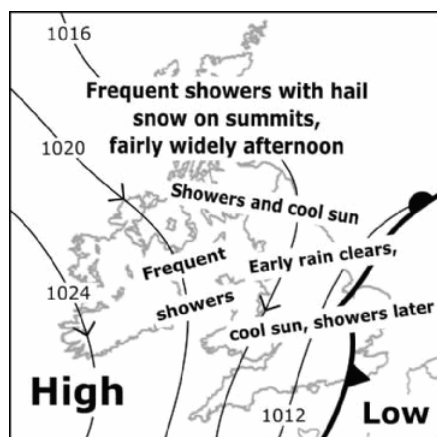
Lake District

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, 7 October, 2026



British Mountain Summary:

Based on forecast chart for noon 7 October, 2026

Chilly Scotland, frequent showers over central and west mountains, hail mixed in with snow on summits. Showers spread widely afternoon. Wales and south Pennines start dull and rainy, this soon clearing to cooler, brighter weather. Showers and wind follow in north Wales, then into England later afternoon.

Headline for Lake District

Cool sun early, some cloud builds and later showers

Detailed Forecast for Wednesday, 7 October, 2026

How windy? (On the summits)	Northwesterly 15-20mph, notable gusts, at times approaching 30mph, and sustained speeds strengthening later afternoon to at least 25mph in exposure, further strengthening into night.
Effect of wind on you?	Often fairly small, but ease of walking and balance affected in strongest gusts, becoming more strenuous into nighttime. Feeling chilly in exposure.
How wet? (Precipitation and its impact)	Dry well into the day, showers forming Rain from overnight clears just around dawn, perhaps before. Likely dry through afternoon when scattered showers begin forming, becoming more frequent with a few brief heavy falls as evening approaches, perhaps some hail mixed in.
Cloud on the hills?	Well-broken morning, becoming fairly extensive high tops Blanket cloud from overnight likely breaking up around dawn, cloud base soon confined above 700-800m and well-broken, high fells clear at times. Cloud will increase afternoon, shrouding the tops and lowering in showers, locally towards 500-600m.
Chance of cloud free summits?	70% lowering to 30%
Sunshine? Air clarity (below cloud)	Patchy sun, more widely in the morning. Good visibility, variably deteriorating afternoon with arrival of cloud and showers.
How Cold? (at 750m)	5C, may lower a degree later. Feeling like -3C in direct wind.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Thursday 8 October	Friday 9 October
How windy? (On the summits) Effect of wind on you?	Northwesterly shifting southwesterly, 15-20mph, but stronger to start. Significantly strengthening into evening. Fairly small.	Westerly 50mph just at dawn, lessening to around 35-40mph most of the day but gusts may continue to reach 50mph. Walking strenuous all day, gusts challenging balance and sometimes requiring bracing; considerable wind chill.
How wet? (Precipitation and its impact)	Rain arrives afternoon Dry through morning into afternoon. As afternoon goes, rain arrives from the west, perhaps quite late, but quickly setting in persistently and heavy.	Early rain, then showers A band of rain sweeps across the fells in the morning, followed by a brief dry window. Showers then begin developing, increasing in frequency and intensity, a little hail forming.
Cloud on the hills? Chance of cloud free summits?	Little until later Some patchy cloud at varied elevations in the morning, largely lifting to high tops and likely well broken for at least several hours. Through afternoon, banks will lower onto tops more frequently, lowering in the west and increasingly filling in widely into night. 70%	Varied over high terrain Cloud base will vary from 800m upward, some clear windows on high fells tops. Cloud will more frequently cover high terrain through afternoon, bases reaching as low as 500-600m western fells during heaviest showers later in the day. 50%, trending lower afternoon
Sunshine? Air clarity (below cloud)	Extensive sun to start, high cloud arriving and increasingly thickening. Very good visibility.	Mostly sunny to start, trending patchy, and some cloudier moments on west fells. Visibility very good, periods of poor visibility as showers increase.
How Cold? (at 750m) Freezing Level	5 or 6C, warming later, to 10C or higher overnight. Above the summits, some light frosts in sheltered valleys just at dawn.	11C just at dawn, rapidly cooling to around 6C. Feeling like -4 to -8C in direct wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Thursday, 8 October, 2026

Thursday begins chilly with bright sun, some frosts in sheltered glens and valleys, and a few showers along Scottish and Welsh coasts. Westerly wind returns as Thursday goes, bringing rain, low cloud and strong upland winds across Britain overnight into Friday morning. Friday and Saturday are windy and showery with bright breaks, a risk of severe gales on Scottish tops. Sunday sees a more settled day as a small ridge of high pressure builds from the west. The following week looked mixed with bands of rain coming and going, temperatures similarly fluctuating: generally mild, but sometimes chilly in Scotland with freezing levels lowering onto high Munros and rain turning to snow. Some indications of more settled weather into the following weekend, but confidence is low.

Forecast issued at 15:30 on Tuesday, 6 October, 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.