

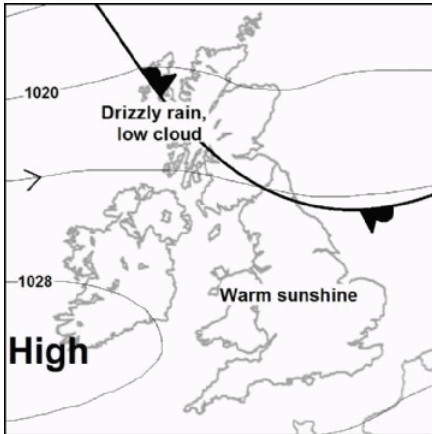
# Lake District

The entire Lake District National Park, taking in all major summits, including Scafell, Helvellyn, Skiddaw, the Langdales and Old Man of Coniston. Also includes the Howgill Fells east of Kendal (the NW extension of Yorks Dales).



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## General Summary for Sunday, 7 August, 2022



### British Mountain Summary:

#### Based on forecast chart for noon 7 August, 2022

Generally damp and murky across western Scotland, extensive fog from low elevations upward. Drizzly rain pushing northwards with lowering cloud bases. Largely dry eastern Highlands. Mostly dry northern England, some cloud banks on Lakeland tops. Widely breezy on hills. Sunny and warm for Wales and Peaks, lighter winds.

### Headline for Lake District

Mostly cloudy, largely dry. Breezy.

## Detailed Forecast for Sunday, 7 August, 2022

<b>How windy? (On the summits)</b>	Westerly, 30-35mph at dawn, then typically 20-25mph, sometimes 30mph higher northern tops. Nearer 15mph at times southern fells.
<b>Effect of wind on you?</b>	<b>Breezy across higher terrain, likely to impede ease of walking, buffeting gusts in places around higher tops, mainly north Lakes. Feeling cool.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>Little or no rain</b> Rare drizzly showers, mostly where cloud banks lower occasionally toward west and northwest Lakes.
<b>Cloud on the hills?</b>	<b>Early patches clearing, may lower northwest at times.</b> Banks of cloud covering some slopes early morning, mostly western areas. High tops may be just above cloud for a time, before patches of cloud drift higher up, then lifting above summits or mostly dispersing. Occasionally may lower back onto some tops afternoon and evening, mainly Skiddaw and northwestern fells.
<b>Chance of cloud free summits?</b>	<b>60% rising to 80%</b>
<b>Sunshine?</b> Air clarity (below cloud)	Variable cloud and sun, typically best toward south and southeastern Lakeland fells. Visibility good or very good.
<b>How Cold? (at 750m)</b>	9C rising to 12C. Wind chill will make it feel close to freezing where exposed on highest tops.
<b>Freezing Level</b>	Above the summits

## Lake District - Looking Ahead

	<b>Monday 8 August</b>	<b>Tuesday 9 August</b>
<b>How windy? (On the summits)</b> <b>Effect of wind on you?</b>	West or southwesterly, 10 to 15mph or sometimes less, occasionally 20mph northern fells. <b>Mostly small.</b>	West or southwesterly, 10 to 15mph or less, strongest northwestern areas. <b>Mostly small.</b>
<b>How wet?</b> (Precipitation and its impact)	<b>No rain</b>	<b>No rain</b>
<b>Cloud on the hills?</b>	<b>Fells clear</b>  Rare fragments around some slopes early morning, soon dispersing.	<b>Fells clear</b>
<b>Chance of cloud free summits?</b>	<b>Above 90%</b>	<b>Practically certain</b>
<b>Sunshine?</b> Air clarity (below cloud)	Often sunny, beware sunburn; a little fair-weather cloud building, plus thin high cloud spilling in from west later. Visibility excellent.	Strong sunshine and periods of high cloud. Beware sunburn. Visibility excellent.
<b>How Cold? (at 750m)</b>  <b>Freezing Level</b>	11C rising to 14C.  Above the summits	14 to 16C  Above the summits

**Planning Outlook****All mountain areas of Britain from Monday, 8 August, 2022**

Southwesterly winds continue to influence Scotland. Rain or drizzle will be most frequent in the Northwest Highlands, where low cloud will often shroud coastal hills. Winds strengthening at times toward gale force on the tops, strongest later Tuesday. Further south and east across Scotland, it will be commonly dry with higher cloud bases, becoming warmer and more humid with time. High pressure extends across England and Wales, leading to a settled outlook for the week ahead here, generally dry with light winds, becoming increasingly warm or very warm, particularly in southern areas.

**Forecast issued at 16:00 on Saturday, 6 August, 2022**

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, 2022.