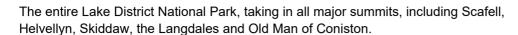
MOUNTAIN WEATHER INFORMATION SERVICE

Lake District

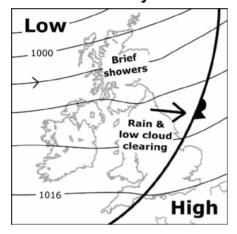






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General Summary for Thursday, 7 August, 2025



British Mountain Summary: Based on forecast chart for noon 7 August, 2025

Gale-force winds across higher mountains in Scotland all day; windy on tops for England and Wales, strongest in morning. Early rain clears southeastwards, leaving scattered showery rain but many places often dry. Cloud bases generally rising, though often covering west coastal mountains in Scotland.

Headline for Lake District

Windy, strongest early in day. Soon largely dry, cloud lifting.

Detailed Forecast for Thursday, 7 August, 2025

How windy? (On the summits)	West-southwesterly 30 to 35mph morning, up to 45mph at dawn. Tending to ease to 25-30mph by middle of day.		
Effect of wind on you?	Arduous walking on higher areas at first; considerable wind chill. Tending to lessen though staying blustery over tops, affecting balance on exposed ridges.		
How wet?	Early rain fades		
(Precipitation and its impact)	Rain around dawn, heavy briefly, soon breaking to be substantially dry, just odd brief showers.		
Cloud on the hills?	Early low cloud mostly clearing		
	After dawn, fog extensively across the hills, forming on lowest slopes south lakes and western fells. Will improve markedly in morning as cloud base rises to 700 to 900m, largely clearing higher with time though odd lower patches.		
Chance of cloud free summits?	Rising to 80% by late morning		
Sunshine? Air clarity (below cloud)	Dull and misty start, soon patches of sunshine, best east. Very good visibility, some haze.		
How Cold? (at 750m)	11C. Will feel near freezing point directly in the wind in morning, around 4C afternoon.		
Freezing Level	Above the summits.		

MOUNTAIN WEATHER INFORMATION SERVICE

Lake District - Looking Ahead

	Friday 8 August	Saturday 9 August
How windy? (On the summits) Effect of wind on you?	Southwesterly 25-35mph. Trending towards higher speeds later in the day, gusts up to 40mph+ over high tops. Walking increasingly impeded, notably over tops with strenuous-to-arduous walking later. Considerable wind chill.	Southwesterly 30 to 40mph, risk 50mph for periods on higher tops. Strenuous walking on exposed higher terrain, frequent buffeting in places. Marked wind chill.
How wet?	Substantially dry	Mostly dry, some rain later
(Precipitation and its impact)	Occasional odd spots of drizzly rain, amounting to little.	Patchy drizzle early morning some southwestern areas fading to be largely dry until into afternoon. Then risk of some rain moving in from northwest, later in day more persistent, but fizzling out by dusk.
Cloud on the hills?	Improving, some caps on high tops	Varied patches, lowering in rain
	Fairly extensive over high fells early in the day with banks down to middle or low western fells. Lifting and breaking towards high terrain and off many tops, notably Helvellyn range and east. Highest west peaks may see regular cloud caps returning.	Patchy cloud banks mostly west and southwest fells early morning. Lifting for a time, may largely clear. As rain develops, lowering cloud over higher slopes to 500-600m west, 700-800m east.
Chance of cloud free summits?	Rising to 70%	40%
Sunshine? Air clarity (below cloud)	Bursts of sun increasingly frequent. Good visibility though limited by haze towards the Irish Sea.	Glimpses of sun, mostly morning to middle of day in east Lakes. Visibility good, but some haze.
How Cold? (at 750m)	8C rising to 11C. Feeling at or just below freezing in strongest wind.	10C. Feeling near/just below freezing in wind.
Freezing Level	Above the summits	Above the summits

Planning Outlook

All mountain areas of Britain from Friday, 8 August, 2025

A mixed southwesterly weather pattern prevails. Often windy, especially Scotland. Fronts coming in from the Atlantic bringing periods of rain most frequently in west and northwest Scotland - wettest here around Friday night into early Saturday. Small amounts of rain reaching eastern Scotland, more often dry. Patchier and less frequent rain for western England and Wales - higher pressure building for periods to give drier and warmer weather here. Low cloud often shrouding western tops, sometimes to lower elevations near coasts, higher cloud bases eastwards with better breaks.

Forecast issued at 16:00 on Wednesday, 6 August, 2025

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, 2025.