

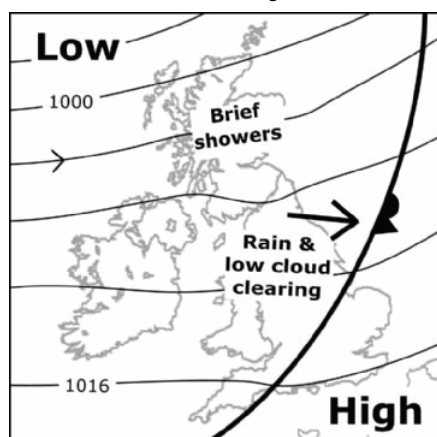
# Lake District

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 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

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

**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.

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.