

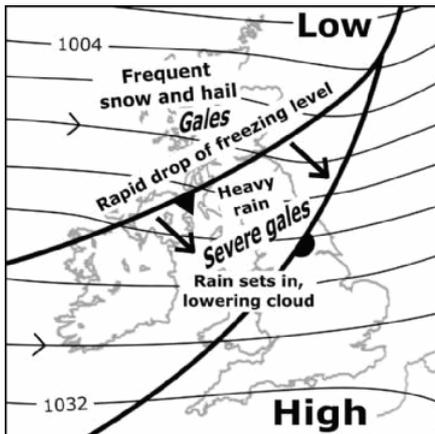
Lake District

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 Sunday, 29 March, 2026



British Mountain Summary:

Based on forecast chart for noon 29 March, 2026

Widely difficult conditions - extensive gales across the hills, often severe on higher terrain; a few hours of storm-force winds moving southward accompanied by a swathe of heavy rain, some snow on high tops. Colder air follows across Scotland, with frequent showery hail and snow, periods of whiteout on mountains.

Headline for Lake District

Severe upland gales, rain heavy for a few hours, then showers.

Detailed Forecast for Sunday, 29 March, 2026

How windy? (On the summits)	Southwesterly 55-70mph with stronger gusts during morning, then westerly 40-50mph into afternoon, squally gusts.
Effect of wind on you?	Severe conditions for a time, powerful gusts could knock you off your feet. Remaining difficult on higher fells, mobility challenging in exposure. Significant wind chill.
How wet? (Precipitation and its impact)	Rain soon heavy, showery into afternoon A swathe of soon heavy rain moving in from northwest from dawn into early morning, brief snow on tops. Torrential bursts for a time up to middle of the day, clearing but followed by showery rain into afternoon, later snow high tops.
Cloud on the hills?	Extensive, lowest in rain, rising later Covering the higher fells fairly widely, lowering to 500-600m particularly south and west in rain. Then rising in afternoon with some breaks forming to tops.
Chance of cloud free summits?	20%, later 50%
Sunshine? Air clarity (below cloud)	Largely cloudy, then bursts of sun develop afternoon. Visibility very poor in rain, improving later to intermittently very good out of showers.
How Cold? (at 750m)	1C rising briefly to 3C middle of day, by evening dropping toward 0C. Wind chill feeling like -12 to -15C.
Freezing Level	Rising up to dawn to be above freezing to the tops by mid-morning. By evening, dropping back from north toward 800m.

Lake District - Looking Ahead

	Monday 30 March	Tuesday 31 March
How windy? (On the summits) Effect of wind on you?	West to northwesterly, 40 to 50mph, strongest in the morning, gusts 60mph for a time higher tops. Walking difficult on exposed higher terrain, considerable buffeting, gusts knocking you off balance. Significant wind chill.	Westerly, 20 to 30mph, gusty in places around higher tops. Breezy, gusty spots starting to affect comfortable walking on exposed terrain. Marked wind chill despite milder air.
How wet? (Precipitation and its impact)	A few light showers Brief light showers, snow flurries above 500m, mostly in the morning and toward west, tending to fade.	Drizzly rain, fading during day Drizzle and light rain most persistent and widespread during the morning. Tending to fade, but patchy drizzle may linger in west, feeling generally damp where within cloud, making rock surfaces slippery.
Cloud on the hills?	Lifting to higher tops, breaks inland Cloud banks drifting over higher slopes, mostly above 600-700m in morning, tending to rise. Patches come and go on high western tops, clearer elsewhere. Will then lower from southwest into night.	Extensive, rising with local breaks Blanket low cloud across the fells in the morning, from lower elevations up in west, 400-500m inland. Tending to rise to 600-700m, some breaks develop mostly eastern Lakeland with time.
Chance of cloud free summits?	60% rising to 90% inland	Below 10%, rising to 30% afternoon.
Sunshine? Air clarity (below cloud)	Occasional sun, most common east. Visibility mostly good, slight haze west.	Cloudy and misty, some brighter moments emerge inland and east Lakes with time, where visibility good if below cloud, but generally poor over many higher fells.
How Cold? (at 750m) Freezing Level	0C rising to 2 or 3C afternoon, then higher after dark. Wind chill feeling like -12 to -15C. 700m from dawn, rising above the tops into afternoon.	5 or 6C. Feeling like -3 to -5C directly in the wind. Above the summits.

Planning Outlook**All mountain areas of Britain from Monday, 30 March, 2026**

Milder air across all areas by Tuesday, with drizzly rain and low cloud particularly in the west. A drop of temperature returns to Scotland at least during Wednesday, with a belt of rain expected to move slowly southwards, followed by showers turning to snow again on higher areas, possible hail. Uncertain southward extent of rain and colder air beyond midweek - lower confidence in forecast detail toward Easter - high pressure toward the east and south brings some drier weather, but Atlantic weather systems may continue to move near to the northwest of Britain bringing further spells of strong wind and rain, plus fluctuating temperatures in Scotland, whilst further south likely stays milder.

Forecast issued at 16:00 on Saturday, 28 March, 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.