

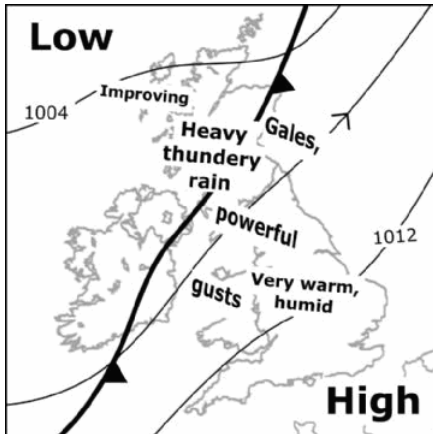
Lake District

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 Friday, 19 June, 2026



**British Mountain Summary:
Based on forecast chart for noon 19 June, 2026**

A swathe of heavy rain extends across the Highlands, southern Scotland then into Cumbria and west Wales, some torrential bursts, thunder and lightning possible. A belt of gale-force upland winds just ahead of the rain. Warm and humid. Winds ease in western Scotland, rain fades, cloud lifts, dropping cooler.

Headline for Lake District

Gales, very gusty. Low cloud. Heavy thundery rain later.

Detailed Forecast for Friday, 19 June, 2026

How windy? (On the summits)	South-southwesterly, 40 to 50mph, strongest sustained winds likely in morning, then peak gusts vary, but throughout day likely 60mph for periods around high tops. Lessening into evening.
Effect of wind on you?	Challenging walking, gusts knocking you off balance, including on some downslopes to north. Considerable wind chill on tops despite warm air.
How wet? (Precipitation and its impact)	Thundery rain developing Pulses of rain extending northeast across the region, varied through day, patchy or only spots in morning, but in afternoon some persistent heavy falls developing, may set in for periods, risk of torrential bursts and thunderstorms particularly toward evening.
Cloud on the hills?	Varied, most persistent southwest Covering many fells from dawn, to lower slopes in south-southwest, here likely to persist. Some rise of base inland, breaks for a time in north. Filling in and lowering in rain widely, ragged patches to low slopes.
Chance of cloud free summits?	30%
Sunshine? Air clarity (below cloud)	Any sun weak through high cloud, largely overcast. Visibility may be good for a time inland, but a haze; murkier around rain.
How Cold? (at 750m)	Humid 12 to 14C, then into night dropping to 8C. Feeling near freezing in wind all day.
Freezing Level	Above the summits.

Lake District - Looking Ahead

	Saturday 20 June	Sunday 21 June
How windy? (On the summits) Effect of wind on you?	Southwesterly 20mph, briefly 25mph at times early in day, tending to drop less during afternoon. Fairly small effect on walking, but feeling rather cool in exposure on tops in morning.	Variable direction 10mph or less. Later southeasterly, occasional gusts 15-20mph. Negligible much of day.
How wet? (Precipitation and its impact)	Early light showers fade Drizzly showers in the morning, mostly toward west, tending to fade into middle of day to leave a dry afternoon.	Rain unlikely Chance of odd spots from thickening high cloud, possibly a very remote brief burst of rain later in day.
Cloud on the hills?	Low cloud in morning clearing Cloud banks fairly widely early morning, to some lower slopes toward coast. Bases rising, tending to thin and break, but patches still likely to cap tops in Scafell group into afternoon, gradually clearing.	Hills clear
Chance of cloud free summits?	20% rising to 80% afternoon	Above 90%
Sunshine? Air clarity (below cloud)	Misty and largely cloudy start, improving with some sun breaking through and visibility becoming very good below cloud.	Sunshine and some fair-weather cloud inland; high cloud may build further later. Visibility very good.
How Cold? (at 750m) Freezing Level	9C rising to 12C afternoon. Feeling close to 0C in wind on high tops early morning. Above the summits.	10C at dawn, rising to 15C afternoon. Above the summits.

Planning Outlook**All mountain areas of Britain from Saturday, 20 June, 2026**

Cooler and less humid for Saturday, some showery rain and low cloud in the west, tending to improve. Sunday is a dry day for most with clearer hills, light winds and feeling warmer, becoming more humid again from the south. More uncertainty early next week - some rain possible for Scotland into Monday, potential scattered thunderstorms for England and Wales as it becomes very humid. A fresher westerly wind is indicated into Tuesday with some showers, then higher pressure likely expands over the country from the south midweek with drier weather then likely for a few days. Scope for higher temperatures and humidity to build toward next weekend, which may eventually break into thunderstorms.

Forecast issued at 16:25 on Thursday, 18 June, 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.