

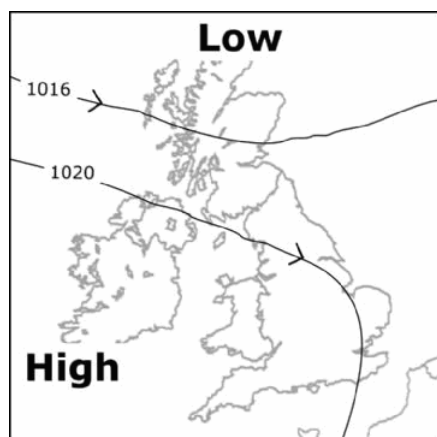
Lake District

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 Saturday, 1 August, 2026



British Mountain Summary:

Based on forecast chart for noon 1 August, 2026

England and Wales extensively dry with periods of sun and particularly Wales fairly light wind. Increasingly showery northwards across Scotland, although mostly confined to afternoon eastern mountains. Fairly chilly, particularly morning.

Headline for Lake District

Light wind; periods of sun. Small risk brief shower.

Detailed Forecast for Saturday, 1 August, 2026

How windy? (On the summits)	Westerly 15-20mph.
Effect of wind on you?	Small.
How wet? (Precipitation and its impact)	Rain very unlikely Isolated, if any, brief showers
Cloud on the hills?	Passing caps over tops Fairly extensive above 600m at dawn, lowest bases western fells. Cloud base lifts, clearing most or all fells by midday, though fragments may still cap higher western and central fells at times.
Chance of cloud free summits?	90% by midday
Sunshine? Air clarity (below cloud)	Patchwork of sun - clearing through afternoon from west to almost unbroken sunshine. Very good becoming excellent or superb visibility.
How Cold? (at 750m)	7C rising to 12C.
Freezing Level	Above the summits.

All mountain areas of Britain from Sunday, 2 August, 2026

Still a few showers W & NW Highlands on Sunday, and threat of some rain by dusk western mountains. The rain will be ahead of a very complicated weather pattern early next week; areas of rain will drift slowly across central and mainly northern Britain, but the distribution of rain (and associated low cloud) remains very uncertain. Despite some recent rain (mainly in Scotland), away from the W & NW Highlands terrain remains exceptionally dry: 'tinder dry'.

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.