

## Lake District National Park

Forecast valid from 06:00 on Sunday 07 Mar 2021 until 23:59 on Monday 08 Mar 2021

Forecast Issued on Sunday 07 Mar 2021 at 02:10

**Confidence:** High for mainly dry weather until Wednesday but lower confidence for cloud amounts. High for a change to much more unsettled and windy conditions from Wednesday.

**Headline for Sunday 07 Mar 2021:** Dry with bright spells and light winds.

### Mountain weather hazards on Sunday 07 Mar 2021

**Blizzards**

No Likelihood

**Gales**

No Likelihood

**Thunderstorms**

No Likelihood

**Heavy Snow**

No Likelihood

**Severe chill effect**

No Likelihood

**Heavy persistent rain**

No Likelihood

**Storm force winds**







No Likelihood

**Poor visibility**

Low Likelihood

**Strong sunlight**

No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
					
Cloudy	Cloudy	Cloudy	Sunny intervals	Sunny intervals	Cloudy
Precipitation probability					
<05%	00%	00%	00%	00%	30%

### Forecast for Sunday 07 Mar 2021

**Weather:** Dry with bright or sunny intervals during the day then thicker cloud and patchy light rain arriving late in the evening.

**Chance of cloud free mountain/hill tops above 800m:** 95%, becoming 40% in evening.

**Visibility:** A few patches of low cloud on west facing slopes early morning, otherwise very good throughout the day. Becoming very poor on the tops at times in the evening with patchy cloud developing above 500m.

**Forecast for Sunday 07 Mar 2021**

Height (m)	Wind Speed mean/gusts (mph)				Wind Direction (blowing from)		
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
<b>900</b>	13/18 SW	9/11 SW	8/11 W	10/15 W	10/13 SW	13/16 SW	15/19 SW
<b>600</b>	14/21 SW	8/11 SW	8/11 W	10/14 W	12/16 SW	12/16 SW	13/18 SW
<b>300</b>	7/14 W	5/10 W	6/10 W	7/12 W	4/11 SW	4/11 SW	5/13 SW
<b>Valley</b>	4/10 W	4/7 W	7/11 W	8/13 W	4/10 SW	4/9 SW	5/11 SW

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
<b>900</b>	-3/-9	-2/-7	-1/-5	-0/-5	-2/-6	-1/-6	-1/-7
<b>600</b>	-1/-6	0/-4	2/-2	2/-2	0/-4	0/-4	1/-4
<b>300</b>	1/-2	3/1	5/3	5/3	3/1	2/0	2/0
<b>Valley</b>	3/2	5/3	6/4	6/4	5/3	5/3	5/3
<b>Freezing Level*</b>	300m	500m	600m	700m	700m	900m	1000m

\*Level above which ground is expected to be frozen/snow is expected to settle.

**Meteorologist's View**

Another dry and settled day but feeling cold on the tops with temperatures close to freezing.

**Forecast for Monday 08 Mar 2021**

**Weather:** Cloudy overnight and during the morning with patchy light rain, falling as wet snow above 900m. Dry in the afternoon with bright spells then cloudier again in the evening with a little rain or summit snow.

**Maximum wind:** West or Southwest 10-15mph, gusts around 20mph.

**Chance of cloud free mountain/hill tops above 800m:** 20% in morning, becoming 80% in afternoon.

**Visibility:** Very poor on the tops with areas of cloud above 400m overnight and in the morning. Becoming good at all elevations in the afternoon as cloud lifts and breaks up.

**Temperature:** **Valleys:** Plus 4C rising to 9C.  
**At 800m:** Minus 1C rising to Plus 2C.  
**Freezing level:** 900-1000m.

## Ground Conditions Supplement

Date: Saturday 6th March 2021. Location: Helvellyn summit at 11:20 Full report: We are continuing to provide the Fell Top Reports for people undertaking their daily local exercise during the lockdown. We would like to remind everyone that Government guidance stipulates that people should only exercise locally, not leaving the village, town or city where they live. With high pressure, no precipitation, light winds and sub zero temperatures at altitude, ground conditions have hardly changed over the past 24 hours – the only noticeable difference being slightly less soft rime above 800m on Saturday compared with Friday. The vast majority of the Cumbrian fells and paths are now not only free from snow but were also dry giving good traction. However, especially in the morning, anywhere above 200m there were isolated patches of ice where paths cross drainage lines. Lower down these had thawed during the day but could well freeze again tonight. Above 800m some rocks were covered in soft rime ice and, mainly above 900m, this was also on the ground. More of a hazard, particularly above 850m, were isolated patches of hard ice in sheltered spots and hollows some of which were difficult to spot – especially in descent. Thus particular care needs to be taken on exposed routes where slippery rime and hard ice is interspersed with mainly confidence boasting bare dry rock. Above 850m (with the majority above 900m), lie patches of snow. These are located in sheltered spots and hollows and on predominantly steep north and east facing aspects. Having undergone a thaw/freezing cycle this week, the snow is rock hard and often covered in soft rime. As such walkers out on Sunday are strongly advised to avoid any snow patches. However, as for the past few days, the only unavoidable snow encountered today was at the exit to Swirral Edge. Although it is only a very short section, an ice axe is recommended, especially in descent, as it was hard snow and the footprints in it were similarly icy. Admittedly, you would have to be unlucky to have a serious slide on it, but that's how accidents occur and, especially at the moment, we all need to strongly err on the side of caution. Conversely with careful route choice, Striding Edge and its exit can now be climbed without setting foot on snow with the normal path up its exit now also almost free from snow. With a return to sub zero summit temperatures, full winter clothing (waterproofs, extra warm layers, hat & gloves), mountain boots and equipment are all essential for anyone going out onto the fells. It was evident today that people who thought that shorts were a good idea when venturing out had changed their minds when on the summit. Please be conservative with your plans and know both your limits and also when to turn back. A pandemic is not the time to be pushing your comfort zone. Temperature: minus 2.0 C, Maximum wind speed 9.2 mph, Wind chill: minus 7.6 C, Average wind speed: 5.3 mph.

Issued at: 02:10 on Sun 07 Mar 2021