

## Lake District National Park

Forecast valid from 06:00 on Thursday 07 Mar 2024 until 23:59 on Friday 08 Mar 2024

Forecast Issued on Thursday 07 Mar 2024 at 02:29

**Confidence:** High for easterly flow persisting but gradually lowering confidence for the cloud detail.

**Headline for Thursday 07 Mar 2024:** West dry with brighter spells. East cloudy with isolated showers. Fresh to strong easterly summit winds. Freezing level lowering later.

### Mountain weather hazards on Thursday 07 Mar 2024

**Blizzards**

No Likelihood

**Heavy persistent snow**

No Likelihood

**Storm force winds**

No Likelihood

**Gales**

No Likelihood

**Severe chill effect**

Medium Likelihood

**Poor visibility**

Low Likelihood

**Thunderstorms**

No Likelihood

**Heavy persistent rain**

No 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
					
Partly cloudy (night)	Sunny intervals	Sunny intervals	Cloudy	Cloudy	Fog
Precipitation probability					
30%	10%	20%	20%	20%	20%

### Forecast for Thursday 07 Mar 2024

**Weather:** Western areas dry with good brighter spells. Eastern areas of the Park cloudier with some isolated light showers, these wintry above 800m at first, lowering 500m late evening.

**Chance of cloud-free hill tops above 800m:** 80% in west 30% in east.

**Low cloud and visibility:** Good becoming moderate or poor in rain showers, very poor in snow showers and within cloud with bases frequently lowering 600m in east, occasionally so in west.

## Forecast for Thursday 07 Mar 2024

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
900	28/32 SE	27/32 E	28/35 SE	26/33 E	31/39 E	33/41 E	32/41 E
600	19/25 SE	18/23 E	21/29 SE	22/29 E	23/32 E	26/34 E	24/33 E
300	8/25 SE	10/22 SE	11/24 SE	10/24 E	10/25 E	14/31 E	12/29 E
Valley	5/20 E	7/18 E	10/21 E	10/21 E	9/23 E	12/28 E	9/23 E

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	1/-6	-1/-8	0/-7	1/-6	0/-8	-2/-10	-2/-11
600	2/-4	1/-4	3/-3	4/-2	2/-4	1/-6	0/-7
300	4/1	4/1	6/3	7/4	5/2	3/-1	2/-2
Valley	6/4	6/4	9/6	9/6	7/4	6/2	5/2
Freezing Level*	900m	800m	900m	1000m	900m	700m	600m

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

### Meteorologist's View

Severe wind chill effect confined to higher routes.

## Forecast for Friday 08 Mar 2024

**Weather:** West mainly dry with bright and sunny spells. East rather cloudy with showers, these most frequent through the morning and occasionally wintry across highest routes. Severe wind chill at height.

**Maximum wind:** East mean 25-30mph with gusts reaching 45mph across most exposed ridges and summits.

**Chance of cloud-free hill tops above 800m:** 80% in west, 30% in east

**Low cloud and visibility:** Good becoming moderate or poor in rain, very poor in snow and within cloud with bases becoming quite extensive in the east from 600m, occasionally so in west.

**Temperature:** **Valleys:** Plus 2 Celsius increasing 10 Celsius for the afternoon

**At 800m:** Minus 2 Celsius increasing plus 1 Celsius for a time

**Freezing level:** 600m lifting 900m for a time

Saturday	East cloudy to overcast with occasional light rain or drizzle, wintry at times across higher peaks. West dry for most with brighter spells. Freezing level around highest summits. Severe wind chill in strong easterly summit winds.
Sunday	Cloudy with east seeing occasional rain or drizzle, turning wintry at times across higher routes. West mainly dry. Freezing level around highest summits. Severe wind chill in strong easterly summit winds.
Monday	Cloudy with further occasional rain, drizzle, summit snow, in east, while west stays mainly dry with some limited brightness. Freezing level around highest summits. Fresh easterly summit winds.

Check our weather forecast every day to get the most accurate and up to date information

<https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain>

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## Ground Conditions Supplement

Date: Wednesday 6 March 2024 Location: Helvellyn summit at 11:00 Full report: Despite spring in the valleys and skylarks singing on the fells the higher Lake District summits are still in full winter condition requiring the correct skills and equipment for a safe and enjoyable adventure. As the remaining snow cover is going through a repeated freeze thaw process it is becoming consolidated, firmer and icier, especially on popular paths where it has also been compressed beneath walkers feet, so microspikes are a good idea for anyone venturing above the snowline. There is a marked difference in the distribution of the remaining snow with southerly aspects having been stripped by the warmth of the sun nearly up to summit level. Conversely northerly aspects are still in the grip of winter with snow lying down to 300m. Large unstable cornices (snow overhangs) were evident above steep north through east aspects and should be given a wide berth. Full winter clothing including boots with good grip, waterproof top & bottoms, warm layers and hats & gloves are currently essential to safely explore the Lake District fells. Checking the weather forecast and carrying and knowing how & when to use a map, compass, headtorch and goggles is also critical. An ice axe and crampons will be essential for anyone attempting the Helvellyn Edges or any other exposed ground where the consequences of a slip could be very serious. Temperature: plus 2.8 C, Maximum wind speed 12.2 mph, Wind chill: minus 1.9 C, Average wind speed: 9.7 mph

Issued at: 02:29 on Thu 07 Mar 2024