









Lake District National Park

Forecast valid from 00:00 on Sunday 04 Feb 2024 until 23:59 on Monday 05 Feb 2024  
Forecast Issued on Saturday 03 Feb 2024 at 12:31

**Confidence:** High for generally unsettled and relatively seasonally mild, but lowering for the detail of worst conditions.

**Headline for Sunday 04 Feb 2024:** Overcast with rain, turning patchy later. Gale to severe gale summit winds. Lifting freezing level.

Mountain weather hazards on Sunday 04 Feb 2024		
<b>Blizzards</b> No Likelihood	<b>Heavy persistent snow</b> No Likelihood	<b>Storm force winds</b> Low Likelihood
<b>Gales</b> High Likelihood	<b>Severe chill effect</b> Low Likelihood	<b>Poor visibility</b> High Likelihood
<b>Thunderstorms</b> No Likelihood	<b>Heavy persistent rain</b> Low Likelihood	<b>Strong sunlight</b> No Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
							
Cloudy	Dull	Heavy Rain	Heavy Rain	Heavy Rain	Heavy Rain	Light rain	Light rain
Precipitation probability							
80%	20%	80%	90%	90%	90%	80%	70%

**Forecast for Sunday 04 Feb 2024**

**Weather:** Cloud thickening overnight to bring occasional rain by dawn. Overcast through the day with occasional rain, heavy at times during the morning, before turning light and increasingly patchy through the afternoon and evening.

**Chance of cloud-free hill tops above 800m:** 10% or less

**Low cloud and visibility:** Moderate or poor in rain and drizzle, very poor within cloud with bases extensive from 450m.

Forecast for Sunday 04 Feb 2024

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	35/43 W	39/49 W	39/51 W	37/48 SW	47/62 SW	44/58 W	46/61 W	48/63 W	45/60 W
600	27/38 W	31/43 W	33/45 W	29/41 SW	36/50 SW	34/48 W	36/52 W	37/53 W	35/51 W
300	11/31 W	13/35 W	13/36 W	11/32 SW	15/40 SW	15/40 W	16/43 W	17/44 W	17/42 W
Valley	11/27 W	13/31 W	14/33 SW	12/29 SW	17/39 SW	16/37 SW	17/38 W	18/39 W	18/38 W

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	0/-8	0/-8	2/-6	3/-4	5/-3	4/-3	4/-3	4/-4	3/-5
600	2/-5	3/-4	4/-3	5/-2	6/0	6/0	6/-0	6/-1	5/-2
300	5/1	5/1	6/2	6/3	8/4	8/4	8/4	7/3	7/2
Valley	7/4	7/4	8/4	8/5	9/6	9/6	9/6	9/6	9/5
Freezing Level*	900m	1100m	1200m	2000m	2000m	2000m	2100m	2000m	1800m

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

Meteorologist's View

Severe wind chill increasingly confined to higher peaks.

Forecast for Monday 05 Feb 2024

**Weather:** Cloudy to overcast with occasional patchy light rain or drizzle, most persistent across western areas of the park.

**Maximum wind:** Westerly 30-35mph with gusts reaching 50-60mph across most exposed ridges and summits.

**Chance of cloud-free hill tops above 800m:** 10%

**Low cloud and visibility:** Moderate or poor in rain and drizzle, very poor within cloud with bases quite extensive from 450m.

**Temperature:**   **Valleys:** Plus 7 Celsius increasing 11 Celsius during the afternoon  
                          **At 800m:** Plus 2-3 Celsius  
                          **Freezing level:** Above all summits

**Ground Conditions Supplement**

Date: Saturday 3 February, Location: Helvellyn summit at 14:45 Full report: The majority of the Lakeland fells are now free of snow and ice with even the compacted ice on popular routes having thawed. The main exception is the exit slope to Swirral Edge which sports a bank of steep unavoidable snow above a large drop. Great care should be exercised here especially in descent and an ice axe and microspikes are strongly recommended for this short section. Striding Edge can now be climbed without setting foot on snow Elsewhere the remaining patches of snow are to be found above 900m on steep north through east aspects. Despite the lack of snow full winter clothing is still required to enjoy the fells in comfort and safety. The very minimum should include waterproof tops & bottoms, warm layers, hats and gloves, a map & compass, headtorch and boots with plenty of grip. Temperature: plus 1.0C, Maximum wind speed 45.0mph, Wind chill: minus 8.6C, Average wind speed: 34.1mph  
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