



NWS Seattle Weather Briefing

Next Briefing: Saturday, May 30th, 2026 by 4:00 PM PDT



Key Points

- **Cooler conditions will continue today into the weekend. A few showers will linger during the day today across Puget Sound with a convergence zone.**
- **A dry and warm pattern will move in Monday through Wednesday, with temperatures peaking on Tuesday. A few areas will see moderate HeatRisk as temperatures climb into the 80s - with some spots nearing 90 degrees. Many area rivers and lakes remain chilly, which may result in cold water shock for people recreating in and around area waters.**
- **Light east winds, combined with the warmer temperatures will lead to elevated fire weather concerns, as relative humidity values dip to as low as 25-30%.**



Weather Risk Outlook

Weather Forecast Office
Seattle, WA
Friday, May 29

	Friday, May 29	Saturday, May 30	Sunday, May 31	Monday, Jun 1	Tuesday, Jun 2	Wednesday, Jun 3	Thursday, Jun 4
Mountains <i>Cascades & Olympics above 1500 feet</i>					Minor HeatRisk		
Cascade Foothills & Valleys <i>Including Darrington, Sultan, North Bend, Enumclaw, Eatonville</i>				Minor HeatRisk	Minor HeatRisk Fire Weather	Minor HeatRisk	Minor HeatRisk
San Juans & W Whatcom County <i>Including Bellingham, Sumas, and the San Juans</i>				Minor HeatRisk	Minor HeatRisk	Minor HeatRisk	
Strait to Western Skagit County <i>Including Port Angeles, Port Townsend, Whidbey Island, Camano Island, and Mt. Vernon</i>	Windy			Minor HeatRisk	Minor HeatRisk	Minor HeatRisk	
Greater Seattle Metro Area <i>Including, Seattle, Everett, Tacoma, Bellevue, Bremerton</i>			Minor HeatRisk	Minor HeatRisk	Moderate HeatRisk Fire Weather	Minor HeatRisk	Minor HeatRisk
Chehalis Valley & South Sound <i>Including Olympia, Shelton, Chehalis, Elma</i>			Minor HeatRisk	Minor HeatRisk Fire Weather	Moderate HeatRisk Fire Weather	Minor HeatRisk	Minor HeatRisk
Hood Canal <i>Including Hoodspport, Quilcene, Belfair</i>			Minor HeatRisk	Minor HeatRisk	Minor HeatRisk	Minor HeatRisk	Minor HeatRisk
Pacific Coast <i>Including Neah Bay, Forks, Taholah, and Grays Harbor</i>				Minor HeatRisk	Minor HeatRisk		

Risk Levels

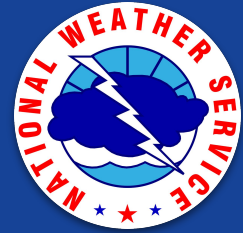
Little to None

Minor

Moderate

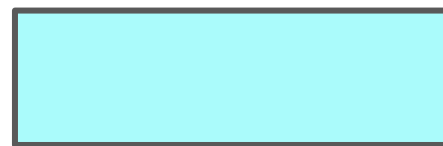
Major

Extreme



Weather Risk Outlook Area Key

Weather Forecast Office
Seattle, WA
Friday, May 29



Mountains

Cascades & Olympics above 1500 feet



Cascade Foothills & Valleys

Including Darrington, Sultan, North Bend, Enumclaw, Eatonville



Greater Seattle Metro Area

Including, Seattle, Everett, Tacoma, Bellevue, Bremerton



Pacific Coast

Including Neah Bay, Forks, Taholah, and Grays Harbor



Strait to Western Skagit County

Including Port Angeles, Port Townsend, Whidbey Island, Camano Island, and Mt. Vernon



Hood Canal

Including Hoodspout, Quilcene, Belfair



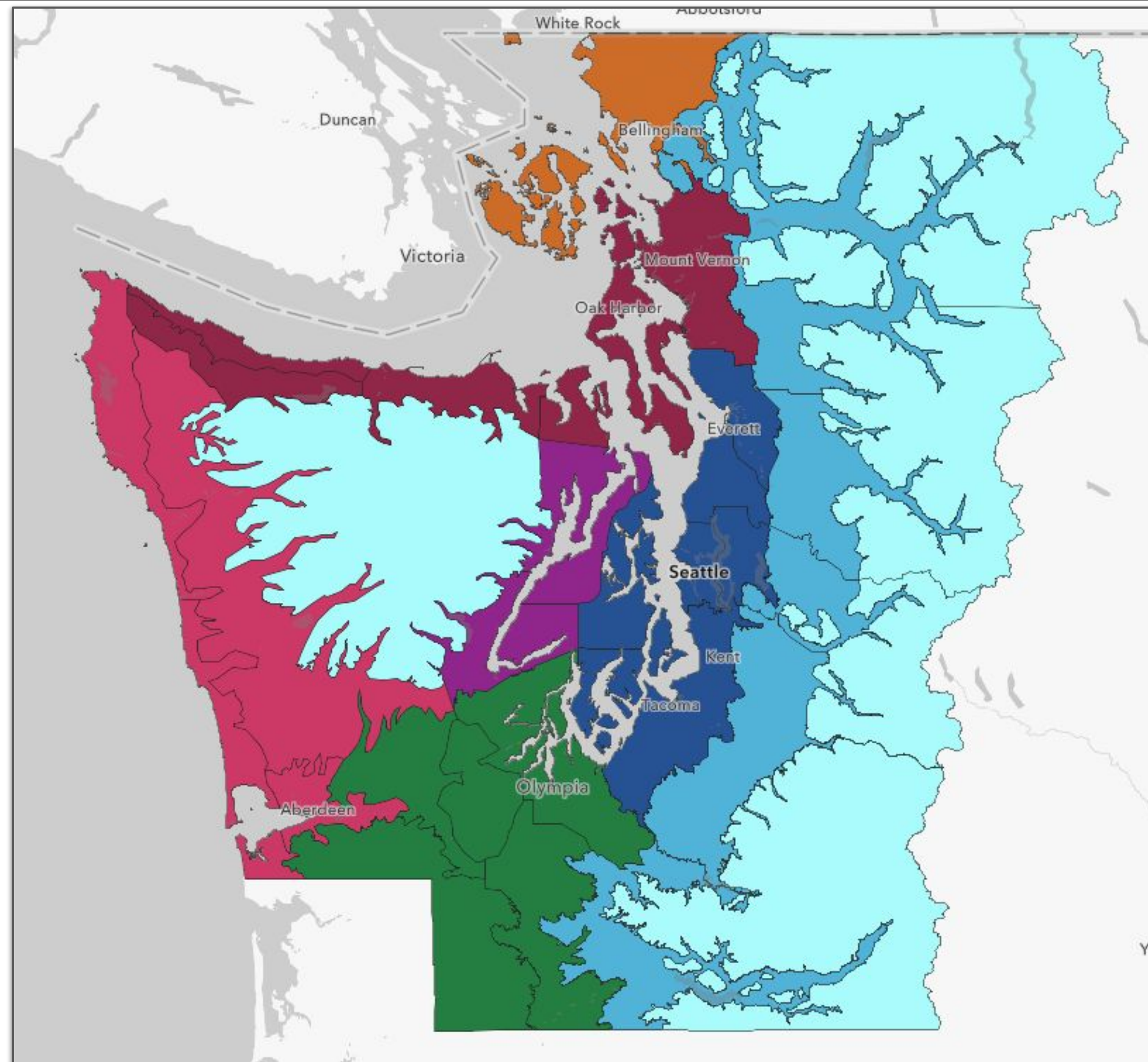
Chehalis Valley & South Sound

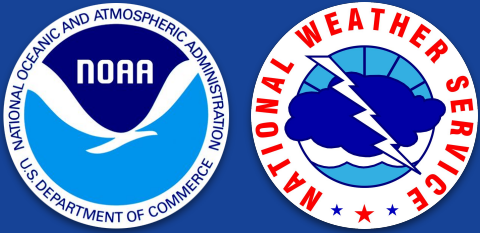
Including Olympia, Shelton, Chehalis, Elma



San Juans & Western Whatcom County

Including Bellingham, Sumas, and the San Juans





Moderate HeatRisk: Probabilistic Forecast

Timing

Tuesday

Forecast Details

A warm and dry pattern will move into the region from Monday through Wednesday. The warmest temperatures are expected on Tuesday, with temperatures as warm as 90.

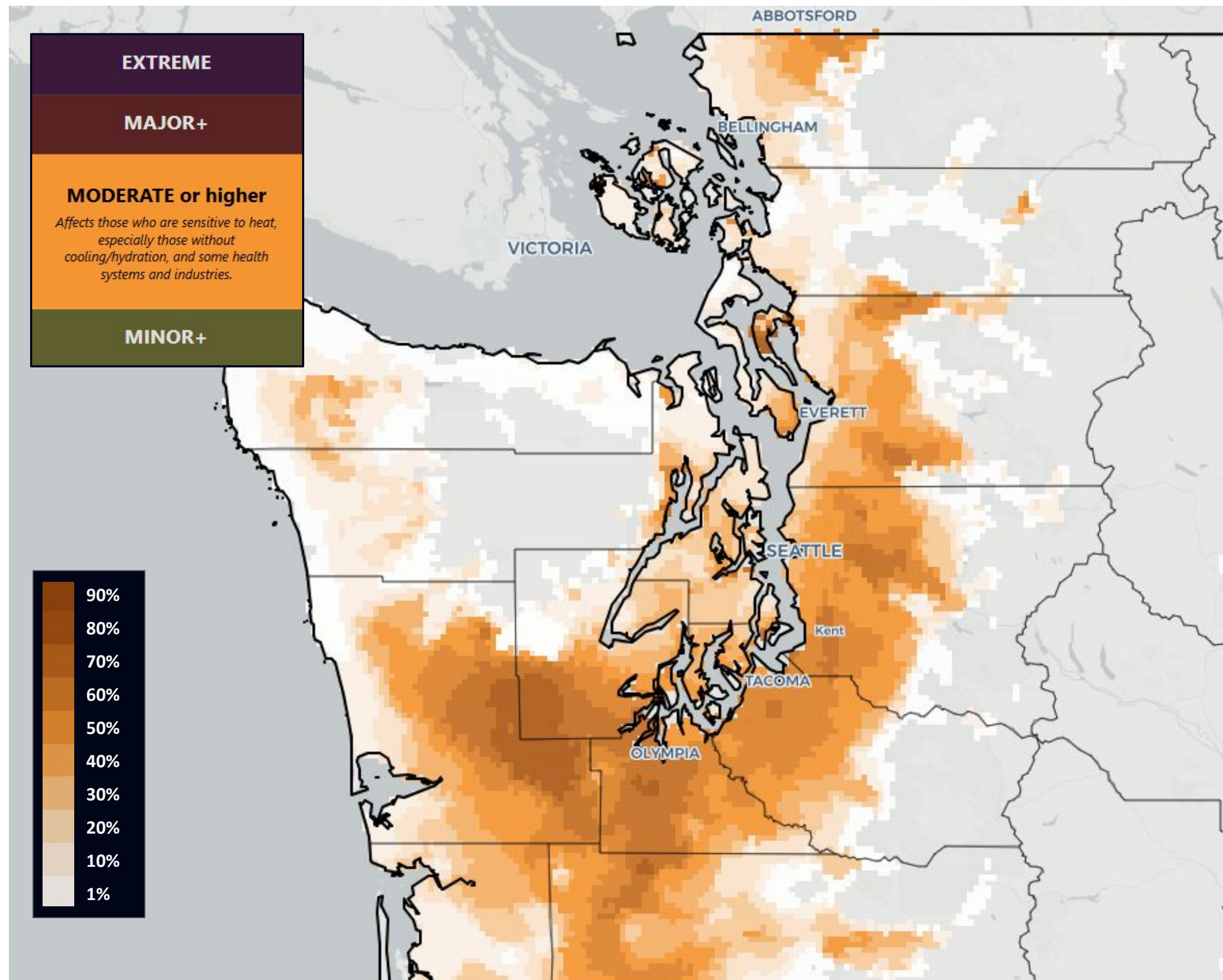
The highest HeatRisk with this pattern at this time is Moderate, with areas in Puget Sound, South Sound and Chehalis Valley having the greatest risk of seeing moderate HeatRisk impacts on Tuesday.

Moderate HeatRisk - This level of heat affects most individuals sensitive to heat, especially those without effective cooling and/or adequate hydration. Impacts possible in some health systems and in heat-sensitive industries.

The National Weather Service (NWS) experimental probabilistic HeatRisk forecast provides a color and percentage to identify the probability for a specific location to be in a specific level of HeatRisk.

Probabilistic HeatRisk provides a broader understanding of the range of potential outcomes when it comes to heat-related impacts.

[Latest Forecast & More Information](#)





Elevated Fire Weather

Timing

Monday & Tuesday

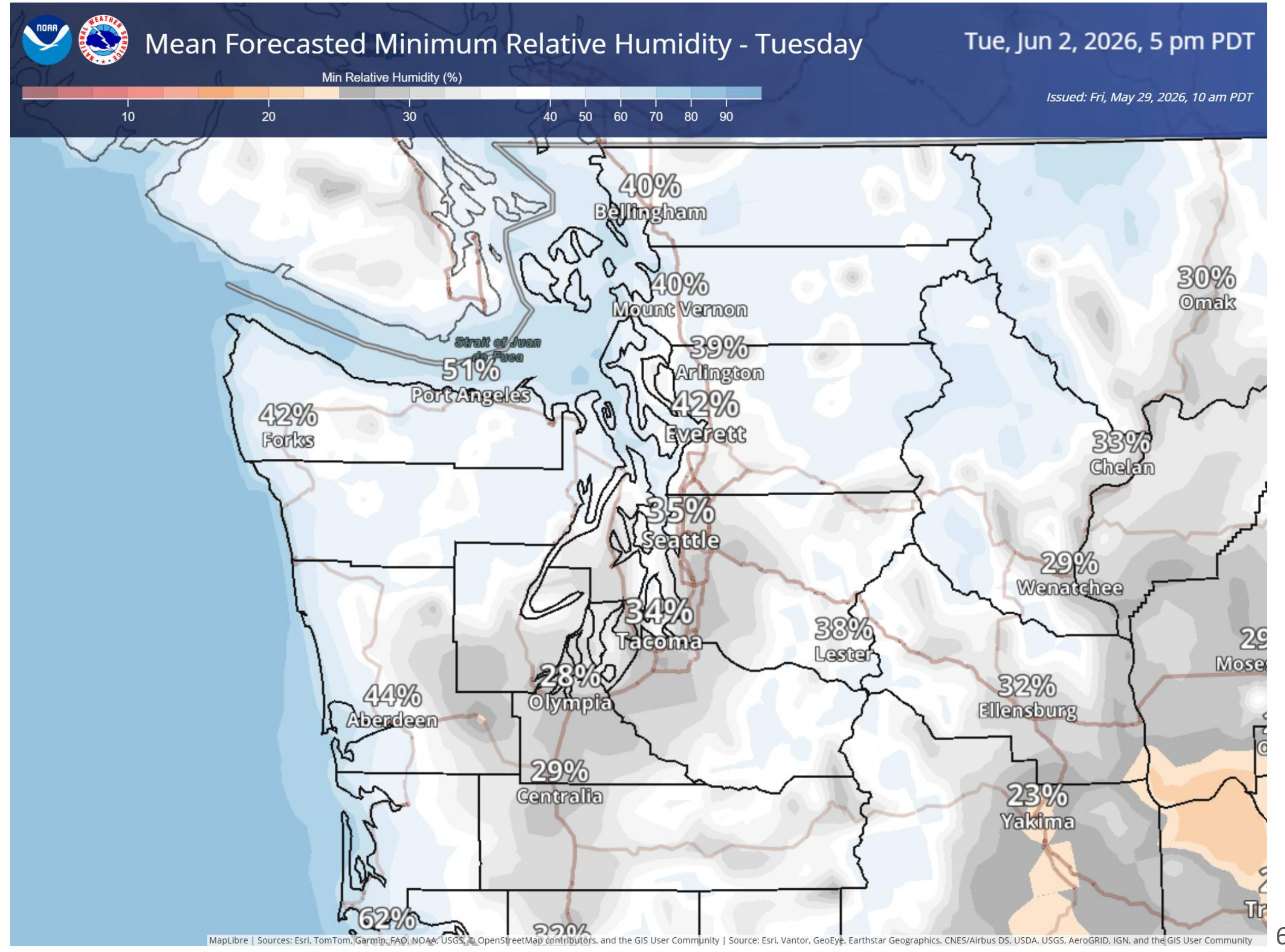
Forecast Details

The dry pattern moving in will turn the flow offshore. The warmer temperatures, combined with the offshore flow will cause RH values to dip to as low as 25 to 30% on Monday and Tuesday.

Winds will be out of the northeast at around 5 to 15 mph.

Impacts

Low RH and drier fuels may create conditions conducive to rapid fire spread. Dry fuels (such as roadside grasses, and dry or dead piles of fuels) may be particularly susceptible to fire starts.





Safety Graphics

Weather Forecast Office
Seattle, WA
Friday, May 29

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Beat the Heat

WEATHER.GOV/HEAT

	drink plenty of water
limit strenuous outdoor activities	
	take breaks in the shade or AC
never leave kids or pets in the car	

NWS SEATTLE

COLD WATER SAFETY



 **SPRING WATER CONDITIONS**
Periods of warm weather in the spring and early summer cause snowmelt to increase, causing rivers to run faster and colder than later in the summer.

DANGERS OF COLD WATER
Cold water drains body heat up to 25 times faster than cold air. It only takes water as cold as 60°F to cause dangerous physiological responses, even for confident swimmers in calm water.

COLD WATER PREPAREDNESS
Always wear a life jacket in and around water and dress for water temperature, not air temperature. Keep a close eye on children and pets near water. Know the signs of cold shock (involuntary gasping & rapid breathing) which drastically increases the risk of drowning.



THE AIR MAY BE HOT BUT THE WATER IS COLD

  weather.gov/safety

More resources available at: <https://www.weather.gov/safety/heat>



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Summary

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