ForeSight 180 Day Outlook

June to November 2025

Issued by Senior Forecaster Roar Teigen
Issued: 20 May 2025
Next forecast: Mid to late June 2025

Note:
An explanation of all the elements and the indices are found on the last pages of the report.

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Executive Summary:

Models indicate wet June over Nordic while teleconnections are more indicating dry to normal. Over Central Europe both arrow point toward drier than normal. I find warm June across Europe likely and potentially very warm over Central Europe. Slightly dry to normal precipitation over Nordic and dry over the Conti. Later in the Summer warm across Europe and normal to slightly dry both over Nordic and Central Europe.

Outlook for the Autumn is wide open at the present time.

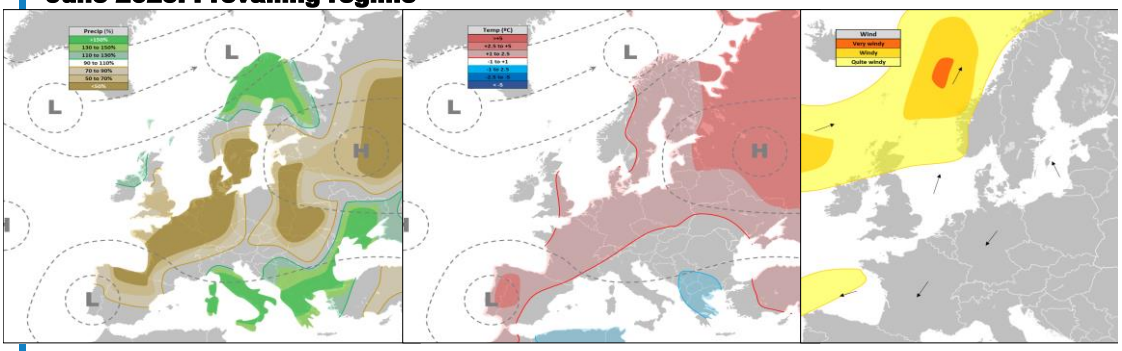
Prevailing weather regime

Region	Temperature						Precipitation					
	J	J	A	S	O	N	J	J	A	S	O	N
Nordic												
Continent												
Norway	NO1 (SE)												
	NO2 (SW)												
	NO3 (C)												
	NO4 (O)												
	NO5 (W)												
Sweden	SE1												
	SE2												
	SE3												
	SE4												
NC	Norway												
	Sweden												
	Finland												
	Denmark												
CE	Germany												
	France												
	Switzerland												
	Austria												

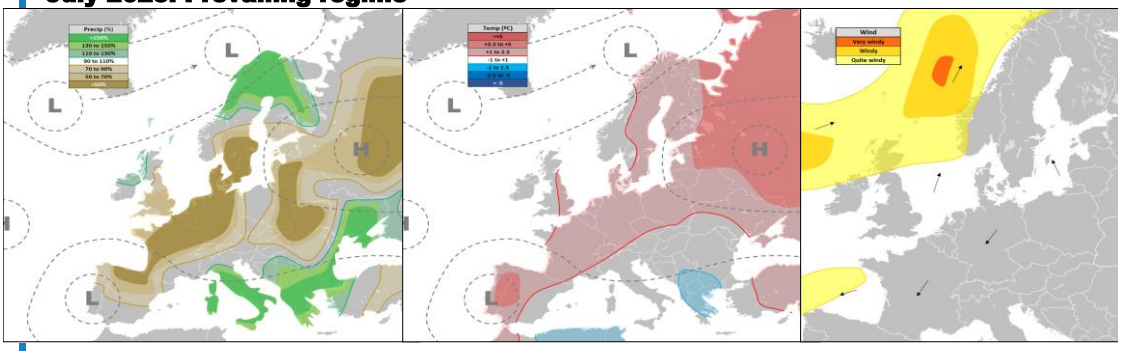
2nd most prevailing regime

Region	Temperature						Precipitation					
	J	J	A	S	O	N	J	J	A	S	O	N
Nordic												
Continent												
Norway	NO1 (SE)												
	NO2 (SW)												
	NO3 (C)												
	NO4 (O)												
	NO5 (W)												
Sweden	SE1												
	SE2												
	SE3												
	SE4												
NC	Norway												
	Sweden												
	Finland												
	Denmark												
CE	Germany												
	France												
	Switzerland												
	Austria												

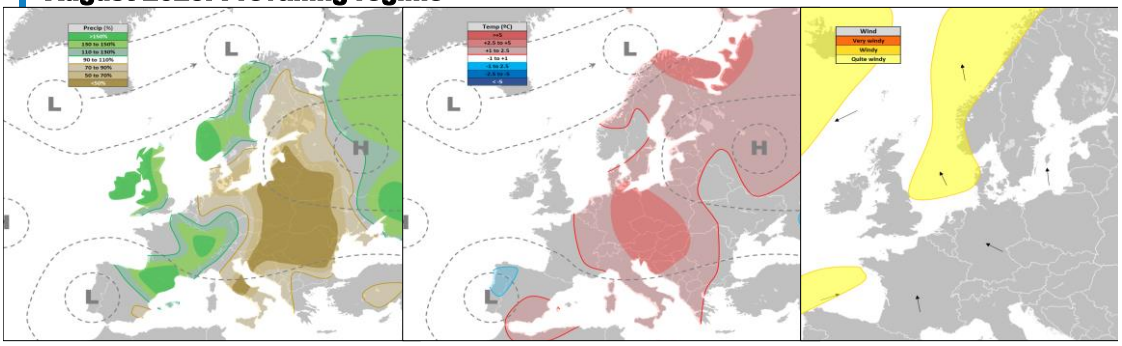
June 2025: Prevailing regime



July 2025: Prevailing regime

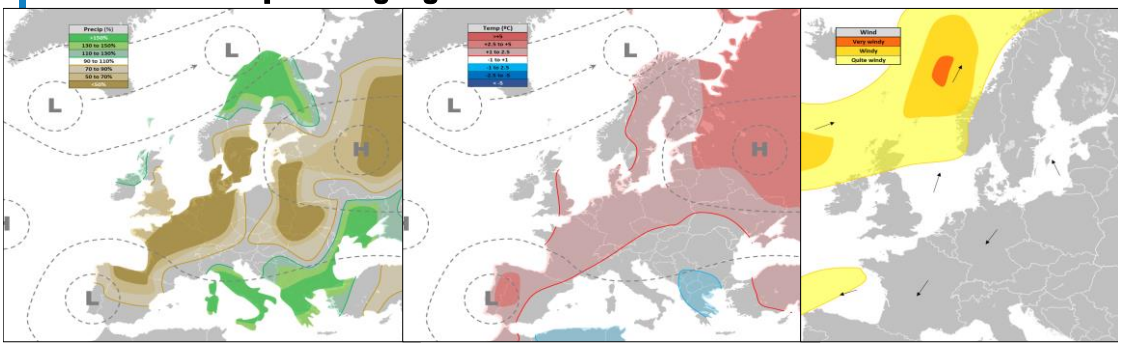


August 2025: Prevailing regime



June 2025: Most prevailing regime

Frequency: 40%



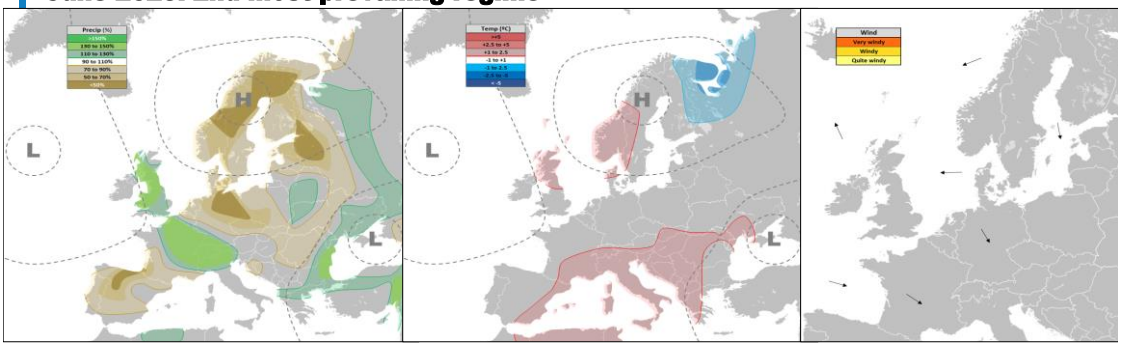
Mean values	NC	CE
Precipitation	N	B
Temperature	SA	SA
Windy days		11%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	24%	OSCE	-
Atl. Tripole	12%	AO	17%
ONI	16%	Analog	11%
Solar cycle	12%		

June 2025: 2nd most prevailing regime

Frequency: 30%



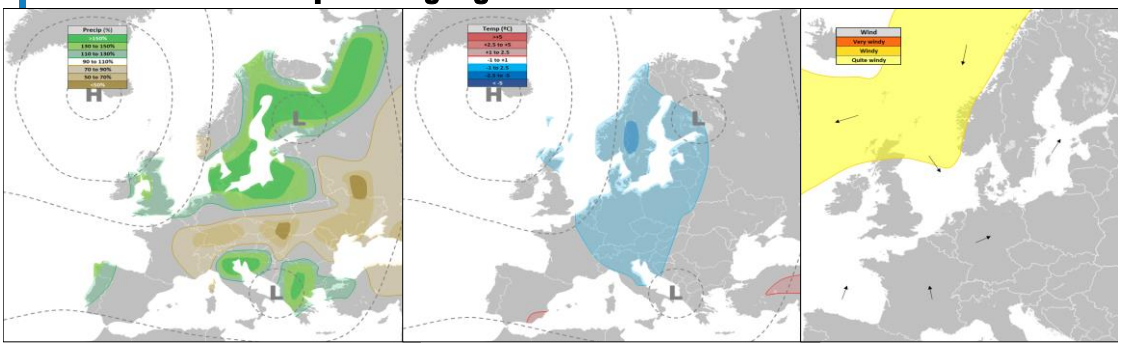
Mean values	NC	CE
Precipitation	B	SA
Temperature	SA	N
Windy days		10%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	24%	OSCE	-
Atl. Tripole	12%	AO	17%
ONI	16%	Analog	11%
Solar cycle	12%		

June 2025: 3rd most prevailing regime

Frequency: 25%



Mean values	NC	CE
Precipitation	SA	SB
Temperature	SB	SB
Windy days		22%

Previous occurrences of this scenario	
Occurrences since 2010	11%
Occurrences 2000-2009	8%
Occurrences 1979-1999	9%

Occurrences for teleconnections			
QBO	8%	OSCE	-
Atl. Tripole	15%	AO	6%
ONI	10%	Analog	12%
Solar cycle	7%		

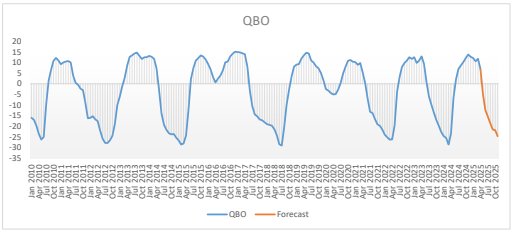
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	4%	31%	19%	17%	2%	23%	8%	49%	19%	31%
Quasi-Biennial Oscillation	easterly winds	SA	N	N	N	5%	26%	21%	24%	0%	21%	8%	47%	24%	29%
Atlantic Tripole	negative	SA	SB	SB	SA	6%	24%	19%	12%	0%	30%	15%	43%	12%	45%
Ocean Niño Index (ONI)	neutral	N	N	N	SB	5%	32%	19%	16%	2%	20%	10%	51%	18%	31%
Solar cycle	maximum period	SA	N	N	N	3%	37%	14%	12%	4%	26%	7%	51%	16%	33%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	positive	SA	SB	SA	N	4%	28%	18%	17%	2%	29%	6%	46%	19%	35%
Analog years	02,04,20,23	SA	SB	N	SB	8%	28%	13%	11%	0%	37%	12%	41%	11%	48%

Explanation of each index and the legend are found on the last page.

Photo Voltaics Germany in % of normal	49%

Wind in Germany in % of normal	51%

MODEL	NORDIC		CONTINENT	
	T	P	T	P
ECMWF	A	A	A	B
CFSv2	SA	SA	A	B
Met Office	A	SA	A	N
DWD	A	N	SA	SA
Meteo-France	SA	SB	SA	SB
ECCC	A	SA	A	N
C3S	A	SA	A	N
NMME	A	SA	A	N
Forecaster	A	SB	A	B



The observed and forecasted Quasi Biennial Oscillation

June 2025 – Discussion

MODELS

Models are mainly showing a strong warm signal across Europe with only a few a weak warm signal. Weak wet signal over Nordic and tendency of a dry outcome over Central Europe.

TELECONNECTIONS

The **QBO** is showing a neutral precipitation signal over Nordic, but that is if you look all the way back to 1979. If you stop at year 2000 you find that all years with a negative (easterly) QBO or becoming stronger negative during the Summer, as it will this year, have been neutral to dry in June. And most of the years neutral to dry also over Central Europe.

Atlantic Tripole is likely negative and give a weak warm and dry signal over Nordic, weak cool and wet signal over Central Europe.

ENSO is neutral and if we look back the last 25 years most of these years have been neutral to dry over Nordic and Central Europe.

The **solar cycle** is still in its maximum phase and give a weak warm signal over Nordic.

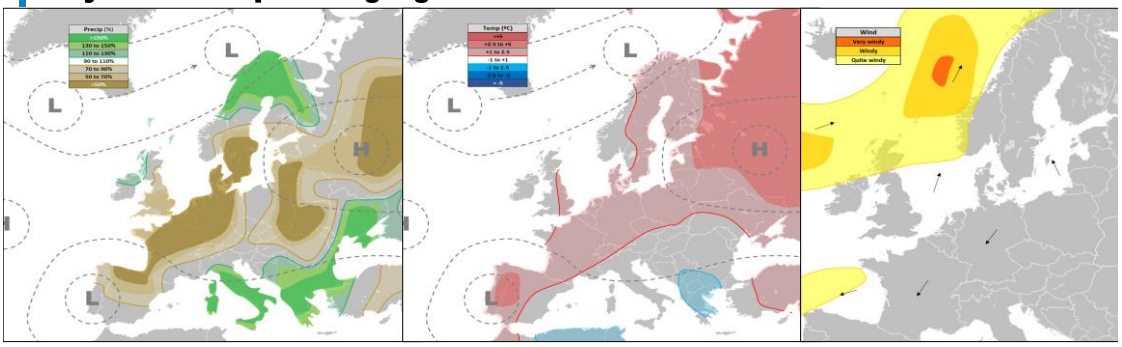
Analog years have been normal to relatively dry over Nordic and most of the years have been warm, over Central Europe variable temperatures these years.

CONCLUSION

Based on teleconnections and analog years slighty dry to normal precipitation is the most likely over Nordic and slightly dry to dry over Central Europe. This indicate a northerly low pressure path and it could be really warm over Central Europe and slightly warm or further a step warmer also over the Nordic.

July 2025: Most prevailing regime

Frequency: 35%



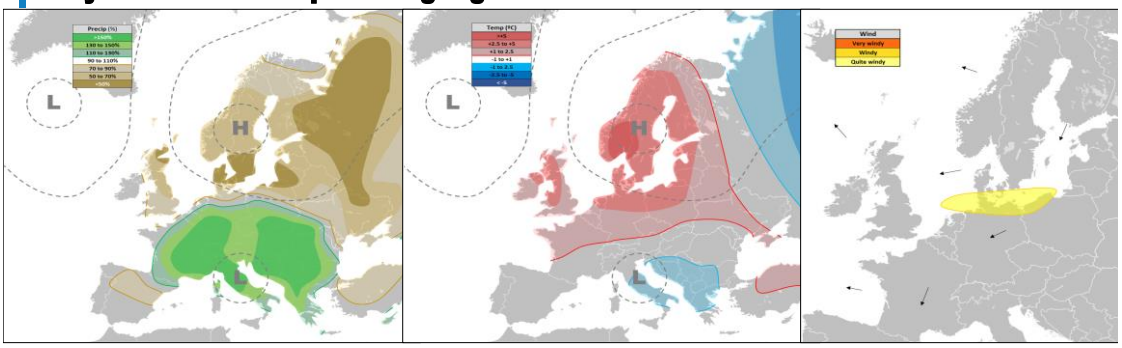
Mean values	NC	CE
Precipitation	N	SB
Temperature	SA	A
Windy days		6%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	17%	OSCE	-
Atl. Tripole	18%	AO	12%
ONI	11%	Analog	9%
Solar cycle	21%		

July 2025: 2nd most prevailing regime

Frequency: 25%



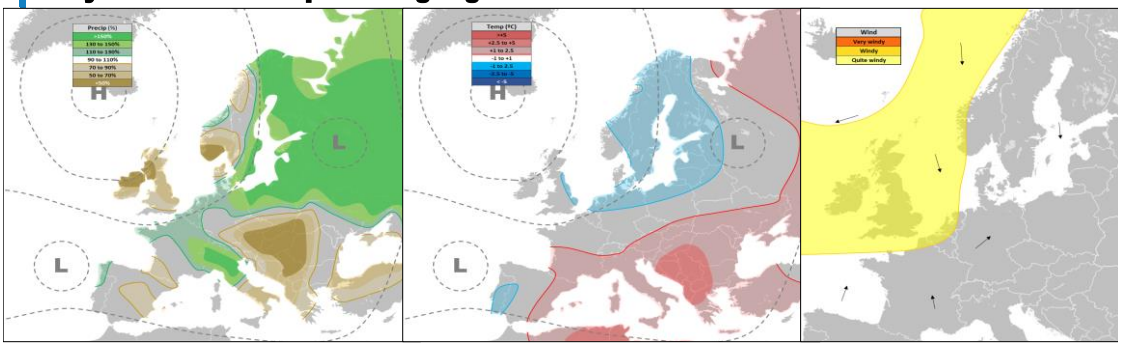
Mean values	NC	CE
Precipitation	B	WA
Temperature	A	SA
Windy days		6%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	17%	OSCE	-
Atl. Tripole	18%	AO	12%
ONI	11%	Analog	9%
Solar cycle	21%		

July 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	N	SA
Temperature	SB	N
Windy days		25%

Previous occurrences of this scenario	
Occurrences since 2010	11%
Occurrences 2000-2009	8%
Occurrences 1979-1999	9%

Occurrences for teleconnections			
QBO	2%	OSCE	-
Atl. Tripole	2%	AO	2%
ONI	3%	Analog	6%
Solar cycle	2%		

INDEX	SIGN/PHASE	NORDIC		CONTINENT		
		T	P	T	P	W
Normal conditions		N	N	N	N	5%
Quasi-Biennial Oscillation	strong easterly winds	SA	N	N	SA	4%
Atlantic Tripole	negative	N	SB	N	N	5%
Ocean Niño Index (ONI)	neutral	SA	SB	SA	SB	3%
Solar cycle	maximum period	N	SA	N	N	6%
Oct snow cover extent	-	-	-	-	-	-
AO persistence	neutral	SA	SB	SA	N	10%
Analog years	91,05,16,17	SB	SB	N	N	6%

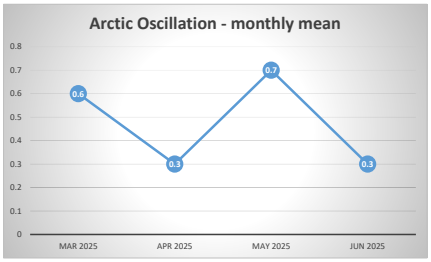
Main weather regimes									
1	2	3	4	5	6	L	N	H
41%	17%	12%	3%	25%	2%	58%	15%	27%
40%	14%	17%	3%	24%	2%	54%	20%	26%
37%	13%	18%	29%	1%	2%	50%	47%	3%
40%	12%	32%	11%	3%	3%	51%	43%	6%
34%	17%	21%	4%	21%	2%	51%	26%	23%
-	-	-	-	-	-	-	-	-
38%	18%	12%	1%	28%	2%	57%	13%	30%
44%	9%	9%	3%	29%	6%	52%	12%	35%

Explanation of each index and the legend are found on the last page.

Photo Voltaics Germany in % of normal	74%

Wind in Germany in % of normal	74%

MODEL	NORDIC		CONTINENT	
	T	P	T	P
ECMWF	SA	SA	A	B
CFSv2	SA	B	A	A
Met Office	A	N	A	N
DWD	A	N	A	N
Meteo-France	SA	SA	A	B
ECCC	A	SB	A	SB
C3S	A	N	A	SB
NMME	A	SB	A	SB
Forecaster	A	SB	A	SB



Monthly mean values of the Arctic Oscillation (AO)

July 2025 – Discussion

MODELS

Models shows a very strong warm signal over Central Europe and a few a more moderate warm signal over Nordic. Dry signal dominates over Central Europe while no clear precipitation signal over Nordic.

TELECONNECTIONS

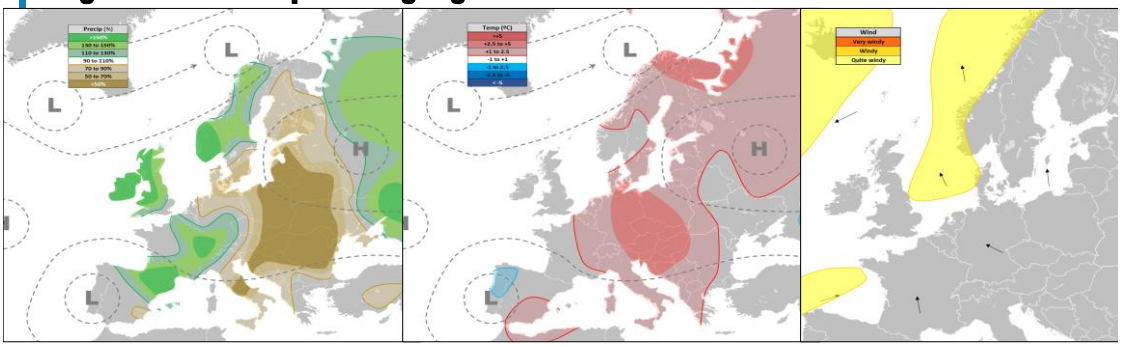
QBO in easterly phase and going back to 2000 five out of 9 of these years have been slightly dry in July over Nordic, one very dry (2018) and three slightly wet to wet. Over Central Europe most of the years have been normal.
Tripole is probably negative and give a weak dry signal over Nordic
Neutral **ENSO** conditions give a weak dry signal over Nordic and Central Europe.
Solar cycle in maximum phase give a weak wet signal over Nordic.
Analog years have mostly been normal to slightly dry over Nordic and normal to slighlty cool. Over Central Europe normal to slightly dry and normal temperatures.

CONCLUSION

Based on teleconnections and analog years normal to slightly dry turn out to be the most likely over Nordic and Central Europe also in July and northerly low pressue path might be dominating with warm to very warm conditions.

August 2025: Most prevailing regime

Frequency: 30%



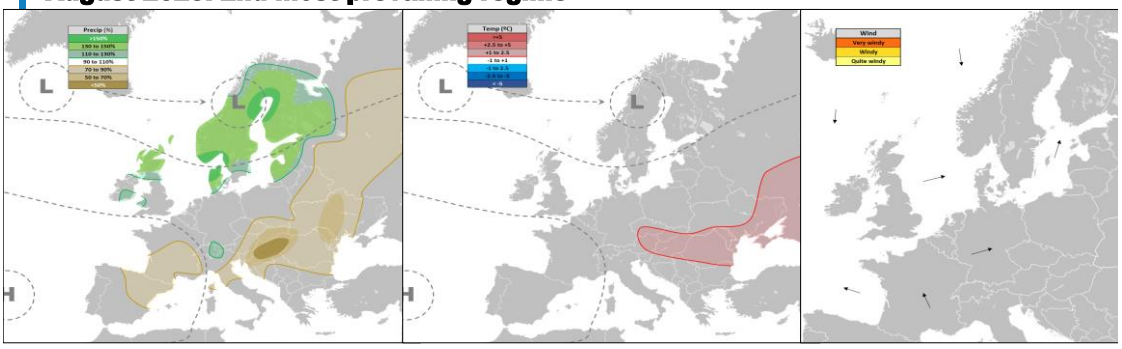
Mean values	NC	CE
Precipitation	SA	SA
Temperature	SA	A
Windy days		6%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	13%	OSCE	-
Atl. Tripole	20%	AO	17%
ONI	17%	Analog	15%
Solar cycle	10%		

August 2025: 2nd most prevailing regime

Frequency: 25%



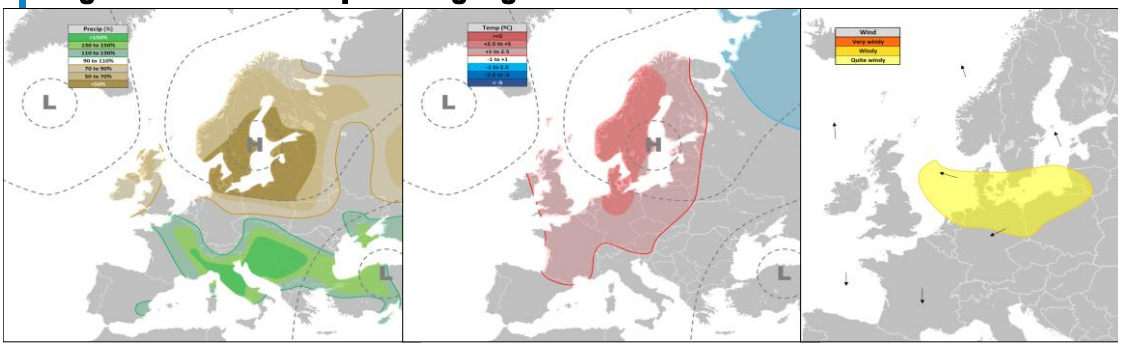
Mean values	NC	CE
Precipitation	A	SB
Temperature	N	N
Windy days		35%

Previous occurrences of this scenario	
Occurrences since 2010	23%
Occurrences 2000-2009	38%
Occurrences 1979-1999	24%

Occurrences for teleconnections			
QBO	44%	OSCE	-
Atl. Tripole	37%	AO	37%
ONI	40%	Analog	53%
Solar cycle	46%		

August 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	B	A
Temperature	A	SA
Windy days		7%

Previous occurrences of this scenario	
Occurrences since 2010	25%
Occurrences 2000-2009	10%
Occurrences 1979-1999	24%

Occurrences for teleconnections			
QBO	13%	OSCE	-
Atl. Tripole	20%	AO	17%
ONI	17%	Analog	15%
Solar cycle	10%		

INDEX	SIGN/PHASE	NORDIC T	NORDIC P	CONTINENT T	CONTINENT P	CONTINENT W
Normal conditions		N	N	N	N	15%
Quasi-Biennial Oscillation	strong easterly winds	SB	N	N	SB	16%
Atlantic Tripole	negative	N	N	N	N	14%
Ocean Niño Index (ONI)	neutral	N	N	N	N	16%
Solar cycle	maximum period	N	SA	N	SA	15%
Oct snow cover extent	-	-	-	-	-	-
AO persistence	positive	N	SB	N	N	10%
Analog years	91,00,01,03,13	SB	N	SA	SB	4%

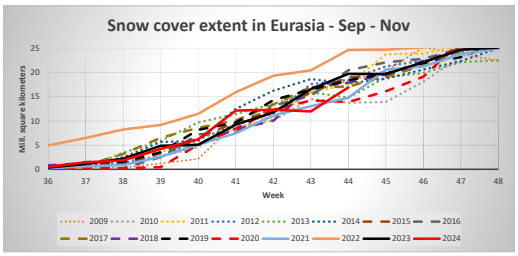
Main weather regimes 1	2	3	4	5	6	L	N	H
40%	19%	13%	1%	23%	3%	59%	15%	26%
44%	12%	13%	0%	23%	7%	56%	14%	30%
37%	15%	20%	0%	26%	2%	52%	20%	28%
40%	13%	17%	1%	25%	4%	53%	18%	29%
46%	23%	10%	0%	19%	2%	69%	10%	21%
-	-	-	-	-	-	-	-	-
37%	14%	17%	0%	26%	7%	50%	17%	32%
53%	3%	15%	1%	19%	9%	55%	17%	28%

Explanation of each index and the legend are found on the last page.

Photo Voltaics Germany in % of normal	106%

Wind in Germany in % of normal	96%

MODEL	NORDIC T	NORDIC P	CONTINENT T	CONTINENT P
ECMWF	SA	N	A	SB
CFSv2	A	B	SA	A
Met Office	A	N	A	N
DWD	A	SA	A	SB
Meteo-France	SA	SB	A	SB
ECCC	A	SB	A	SB
C3S	A	N	A	SB
NMME	A	N	A	N
Forecaster	SA	N	A	SB



August 2025 – Discussion

MODELS

Models are warm to very warm across Europe. A weak dry signal dominates over Central Europe and a very weak indication over slightly dry over Nordic.

TELECONNECTIONS

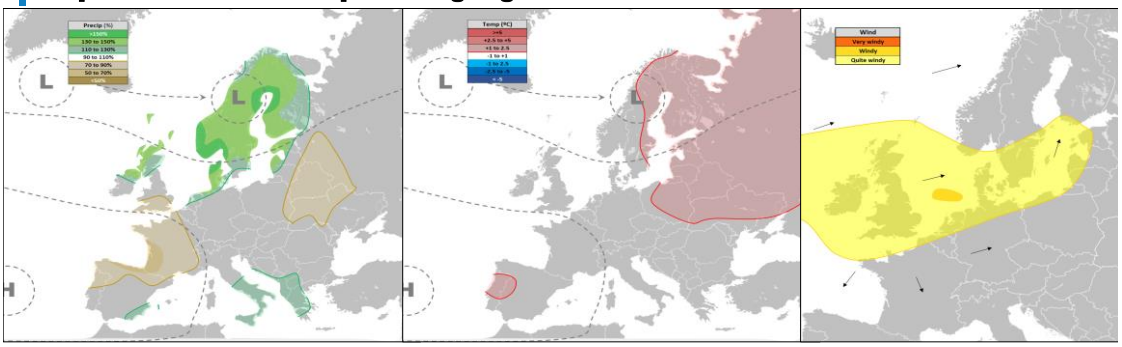
QBO in easterly phase give a weak cool signal over Nordic and weak dry signal over Central Europe.
Tripole is probably still negative, but give no signal in August.
ENSO is likely neutral and neither give any signals.
Solar Cycle in maximum phase give a weak wet signal over Nordic and Central Europe.
Analog years have mostly had normal precipitation over Nordic and normal to slightly dry over Central Europe. Warmer than normal over the Conti and slightly cool over Nordic.

CONCLUSION

No indication of a wet August over Nordic, but also weak support for a dry outcome. I think near normal precipitation is most likely while dry and warm over Central Europe.

September 2025: Most prevailing regime

Frequency: 30%



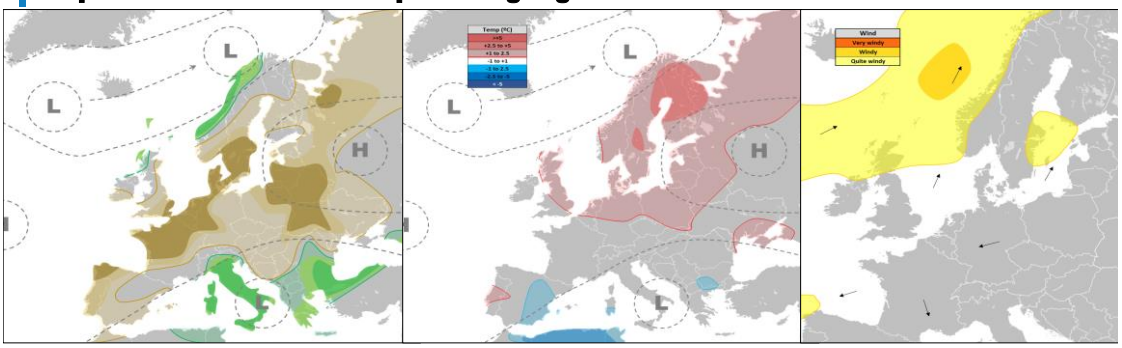
Mean values	NC	CE
Precipitation	WA	N
Temperature	N	N
Windy days		38%

Previous occurrences of this scenario	
Occurrences since 2010	23%
Occurrences 2000-2009	38%
Occurrences 1979-1999	24%

Occurrences for teleconnections			
QBO	40%	OSCE	-
Atl. Tripole	39%	AO	31%
ONI	27%	Analog	44%
Solar cycle	44%		

September 2025: 2nd most prevailing regime

Frequency: 25%



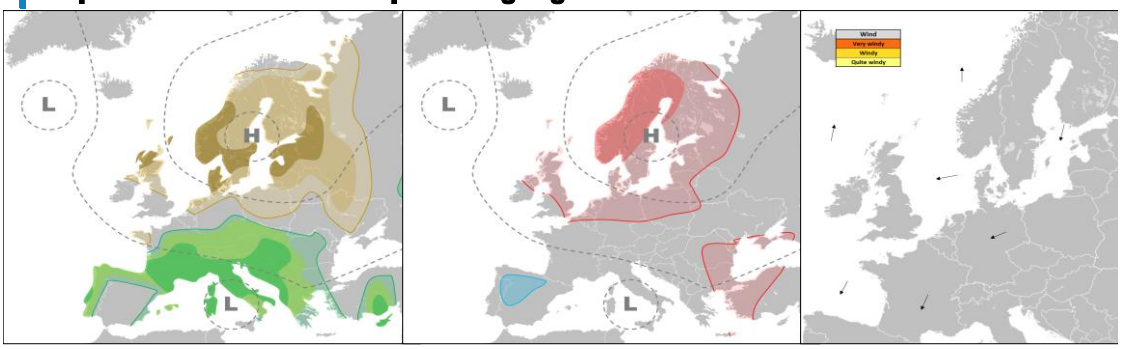
Mean values	NC	CE
Precipitation	SB	SB
Temperature	SA	SA
Windy days		10%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	26%	OSCE	-
Atl. Tripole	19%	AO	22%
ONI	30%	Analog	13%
Solar cycle	28%		

September 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	WB	WA
Temperature	SA	SA
Windy days		16%

Previous occurrences of this scenario	
Occurrences since 2010	25%
Occurrences 2000-2009	10%
Occurrences 1979-1999	24%

Occurrences for teleconnections			
QBO	26%	OSCE	-
Atl. Tripole	19%	AO	22%
ONI	30%	Analog	13%
Solar cycle	28%		

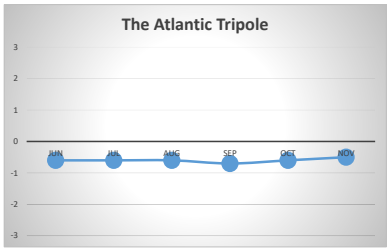
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	9%	37%	8%	25%	2%	24%	4%	46%	27%	28%
Quasi-Biennial Oscillation	strong easterly winds	N	N	N	N	9%	40%	12%	26%	0%	18%	5%	51%	26%	23%
Atlantic Tripole	negative	N	SA	SA	N	15%	39%	12%	19%	3%	22%	6%	51%	21%	27%
Ocean Niño Index (ONI)	neutral	N	SB	SB	SA	10%	27%	12%	30%	2%	26%	3%	38%	32%	30%
Solar cycle	maximum period	SA	SA	SA	SB	11%	44%	5%	28%	5%	15%	3%	49%	33%	18%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	neutral	N	N	SB	N	0%	31%	12%	22%	1%	29%	7%	42%	22%	35%
Analog years	01,13,14,17,18	N	SB	SB	SB	12%	44%	10%	13%	0%	26%	7%	54%	13%	33%

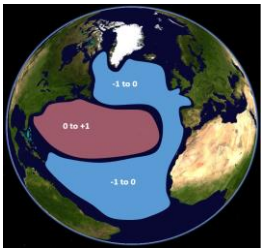
Explanation of each index and the legend are found on the last page.

Photo Voltaics Germany in % of normal	92%

Wind in Germany in % of normal	99%

MODEL	NORDIC		CONTINENT	
	T	P	T	P
ECMWF	SA	A	A	SB
CFSv2	SA	B	N	A
Met Office	A	SA	A	SA
DWD	A	N	A	SB
Meteo-France	N	SA	SA	N
ECCC	A	SA	A	SB
C3S	SA	SA	A	SB
NMME	A	N	A	N
Forecaster	SA	N	SA	SB





September 2025 – Discussion

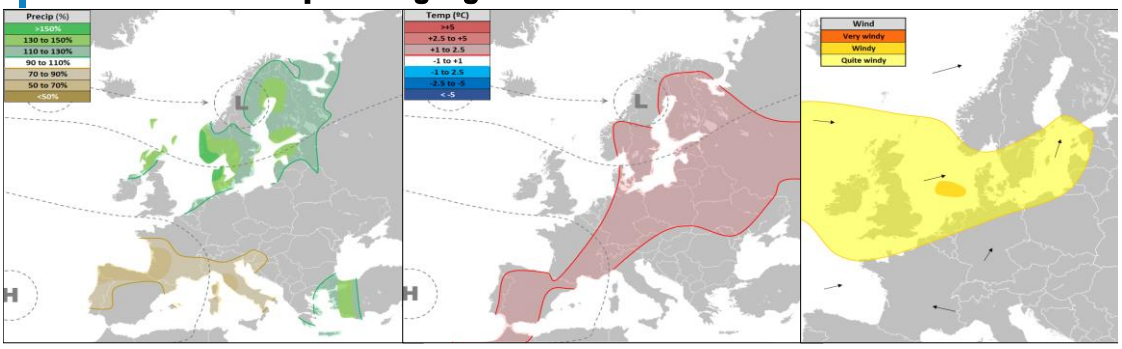
MODELS
The models hold on to warm to very warm weather across Europe. Weak wet signal dominates over Nordic and weak dry signal dominates over Central Europe.

TELECONNECTIONS
QBO is likely strong in easterly phase, giving no signals.
Most likely negative **Tripole** which give a weak wet signal over Nordic and weak mild signal over Central Europe.
ENSO is probably neutral and give a weak dry signal over Nordic and weak wet and cool signal over Central Europe.
Solar Cycle in maximum phase give a weak wet and mild signal over Nordic and weak dry and mild signal over Central Europe.
Analog year 2018 was very wet but the other years normal to dry over Nordic. All years except 2001 was dry to normal over Central Europe with temperatures near normal.

CONCLUSION
Wide open outlook for the Autumn. I find normal precipitation and slightly warm most likely over Nordic and dry and slightly warm and dry over the Conti.

October 2025: Most prevailing regime

Frequency: 30%



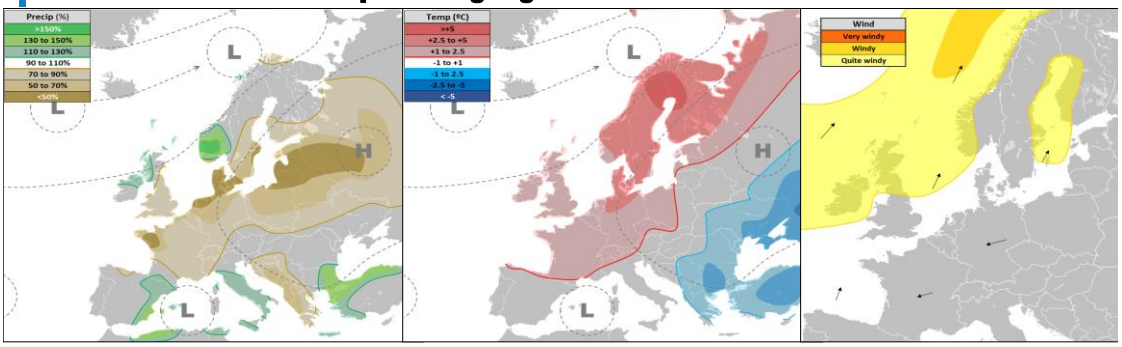
Mean values	NC	CE
Precipitation	A	N
Temperature	SA	SA
Windy days		40%

Previous occurrences of this scenario	
Occurrences since 2010	23%
Occurrences 2000-2009	38%
Occurrences 1979-1999	24%

Occurrences for teleconnections			
QBO	35%	OSCE	-
Atl. Tripole	33%		
ONI	27%	Analog	16%
Solar cycle	24%		

October 2025: 2nd most prevailing regime

Frequency: 25%



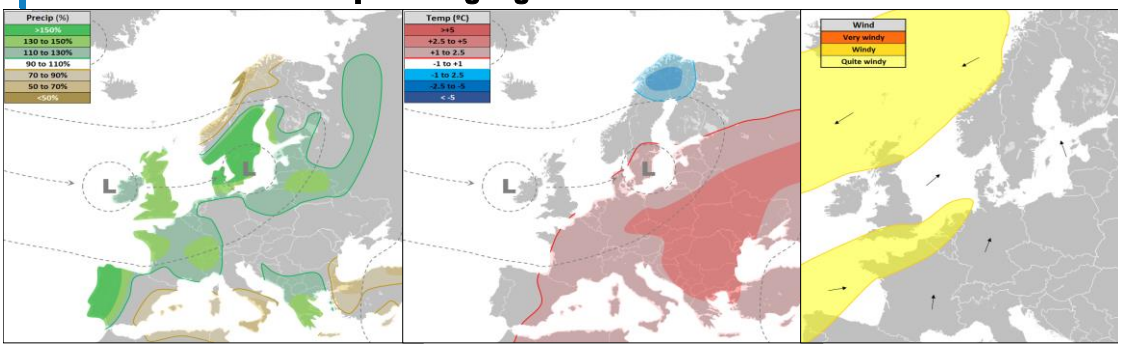
Mean values	NC	CE
Precipitation	SA	SB
Temperature	A	SA
Windy days		16%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	24%	OSCE	-
Atl. Tripole	21%	Analog	39%
ONI	30%		
Solar cycle	24%		

October 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	SA	SA
Temperature	SA	SA
Windy days		54%

Previous occurrences of this scenario	
Occurrences since 2010	2%
Occurrences 2000-2009	4%
Occurrences 1979-1999	3%

Occurrences for teleconnections			
QBO	12%	OSCE	-
Atl. Tripole	12%		
ONI	12%	Analog	35%
Solar cycle	14%		

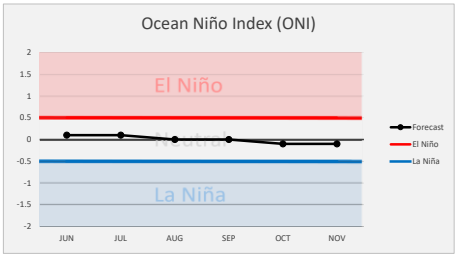
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	8%	31%	13%	22%	4%	22%	8%	44%	26%	29%
Quasi-Biennial Oscillation	strong easterly winds	N	SA	N	N	9%	35%	12%	24%	2%	22%	4%	47%	26%	27%
Atlantic Tripole	negative	N	SA	N	SA	9%	33%	12%	21%	3%	24%	7%	45%	24%	31%
Ocean Niño Index (ONI)	neutral	N	N	N	SA	6%	27%	15%	30%	2%	17%	9%	42%	32%	26%
Solar cycle	maximum period	N	N	N	A	7%	24%	14%	24%	5%	23%	9%	38%	29%	32%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Analog years	2014	A	WA	A	SB	0%	16%	35%	39%	0%	10%	0%	52%	39%	10%

Explanation of each index and the legend are found on the last page.

Photo Voltaics Germany in % of normal	99%

Wind in Germany in % of normal	90%

MODEL	NORDIC		CONTINENT	
	T	P	T	P
ECMWF	A	SA	A	B
CFSv2	SA	A	SA	SB
Met Office	A	N	SA	SA
DWD	A	SA	A	N
Meteo-France	SA	SA	SA	N
ECCC	A	A	SA	N
C3S	SA	SA	SA	SB
NMME	SA	SA	SA	SB
Forecaster	A	A	A	SB



The ENSO system - Pacific equatorial sea surface temperature anomaly

October 2025 – Discussion

MODELS
The models are slightly mild to mild across Europe and wet over Nordic while weak dry signal dominates over Central Europe.

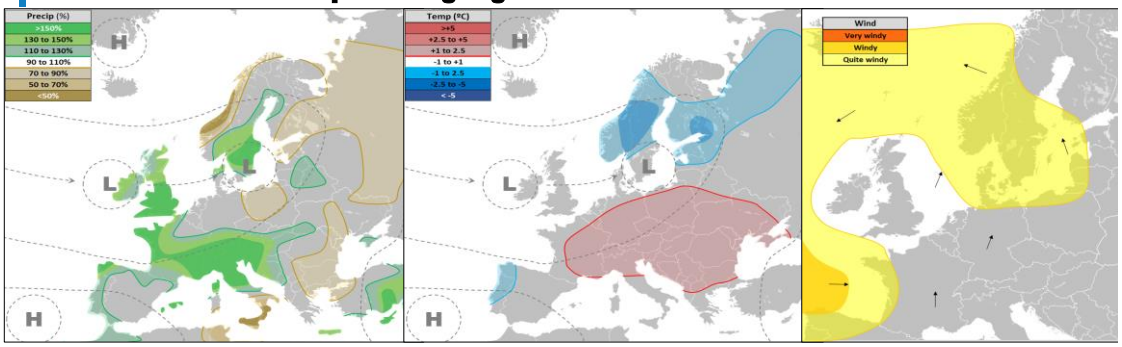
TELECONNECTIONS
Teleconnection signals are quite uncertain both regarding phase and strength. But **QBO** likely in easterly phase which give a weak wet signal over Nordic. Neutral **ENSO** give a weak wet signal over Central europe.

Analog year was wet and mild over Nordic and mild and slightly dry over Central Europe.

CONCLUSION
Wide open, but I stick to the models and analog year.

November 2025: Most prevailing regime

Frequency: 30%



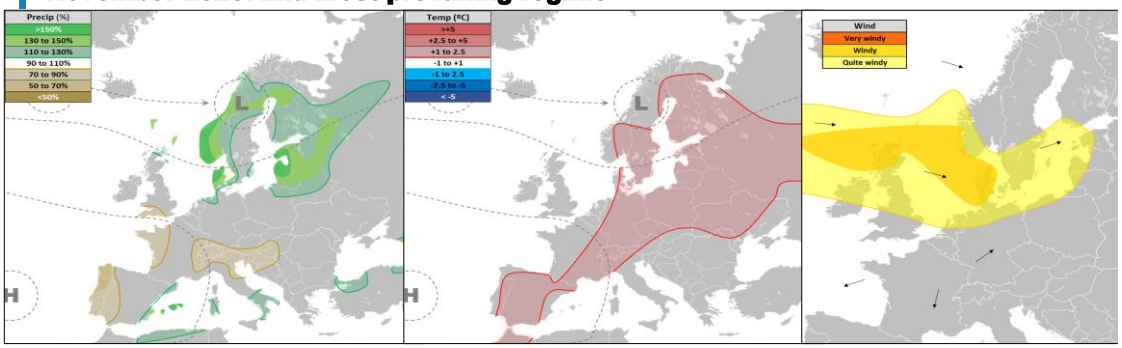
Mean values	NC	CE
Precipitation	SA	WA
Temperature	SB	SA
Windy days		44%

Previous occurrences of this scenario	
Occurrences since 2010	2%
Occurrences 2000-2009	4%
Occurrences 1979-1999	3%

Occurrences for teleconnections			
QBO	14%	Solar cycle	12%
Atl. Tripole	11%		
ONI	5%	Analog	0%

November 2025: 2nd most prevailing regime

Frequency: 25%



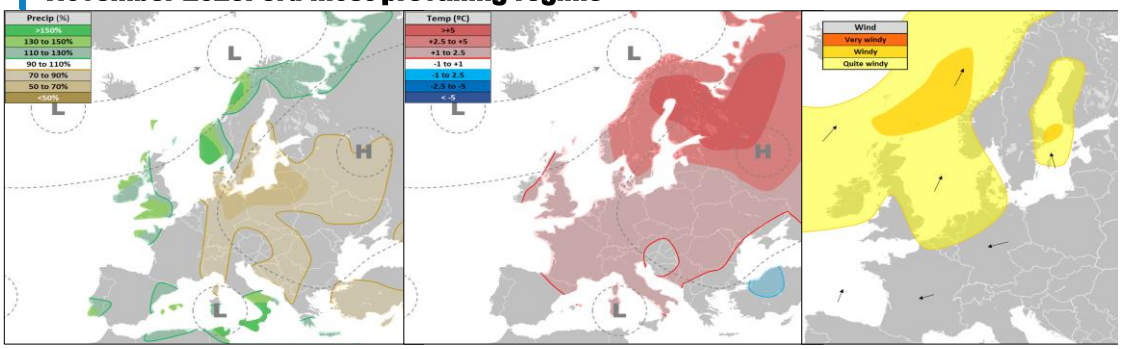
Mean values	NC	CE
Precipitation	A	SB
Temperature	SA	SA
Windy days		53%

Previous occurrences of this scenario	
Occurrences since 2010	23%
Occurrences 2000-2009	38%
Occurrences 1979-1999	24%

Occurrences for teleconnections			
QBO	34%	Solar cycle	31%
Atl. Tripole	37%		
ONI	37%	Analog	43%

November 2025: 3rd most prevailing regime

Frequency: 15%



Mean values	NC	CE
Precipitation	SA	N
Temperature	A	SA
Windy days		21%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	19%

Occurrences for teleconnections			
QBO	21%	Solar cycle	25%
Atl. Tripole	26%		
ONI	24%	Analog	57%

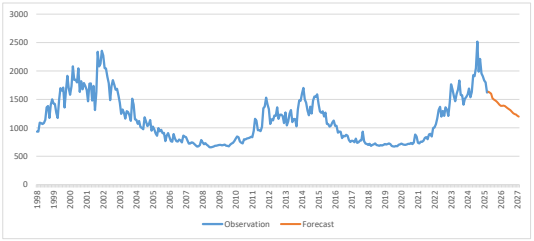
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	15%	29%	9%	29%	4%	19%	10%	38%	33%	29%
Quasi-Biennial Oscillation	strong easterly winds	SA	SA	N	SA	15%	34%	14%	21%	6%	14%	10%	48%	27%	24%
Atlantic Tripole	negative	N	N	N	N	17%	37%	11%	26%	1%	16%	9%	48%	27%	26%
Ocean Niño Index (ONI)	neutral	SB	N	SB	SB	17%	37%	5%	24%	0%	19%	13%	42%	24%	32%
Solar cycle	maximum period	N	N	SA	A	18%	31%	12%	25%	7%	22%	4%	43%	32%	25%
Oct. snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Analog years	2013	SB	N	SB	A	10%	43%	0%	57%	0%	0%	0%	43%	57%	0%

Explanation of each index and the legend are found on the last page.

Photo Voltaics Germany in % of normal	#N/A

Wind in Germany in % of normal	#N/A

MODEL	NORDIC		CONTINENT	
	T	P	T	P
ECMWF	SA	SA	A	SB
CFSv2	WA	A	A	B
Meteo-France	-	-	-	-
ECCC	-	-	-	-
NMME	A	SA	A	N
Forecaster	SA	SA	SA	SA



The solar cycle

November 2025 – Discussion

MODELS

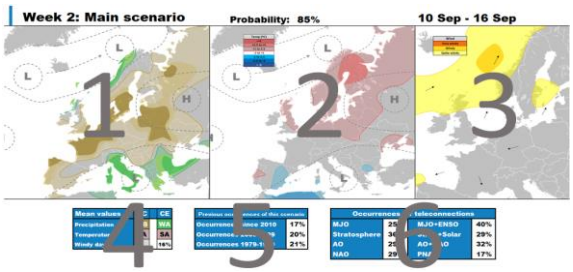
With few models available for this period, there is limited guidance, but significant warmer than normal across Europe continue to dominate and a wet signal over Nordic and dry signal over the Conti.

TELECONNECTIONS

While teleconnection data exists for this month, it should be taken with caution given the extended range with uncertain phase and strenght.
Similarly, analog years provide some hints but are not highly reliable.
Analog year 2013 was slightly cold over Central and Northern Europe and wet over Central Europe

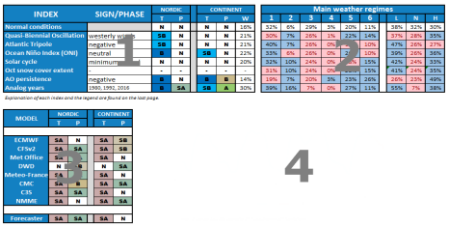
CONCLUSION

Highly uncertain outlook so many months ahead and I go for slighlty mild and wet across Central and Northern Europe.



For each month, the forecaster pick three weather regimes that the forecaster think is going to be the most prevailing that month. How likely each of these are, or how often we anticipate these to occur that week, is given by the "Frequency" above the charts. All the charts are based on the average conditions for a typical weather situation of the chosen weather regime.

1. Precipitation anomaly chart. Shows areas of above and below normal precipitation for the given scenario, and where the most common low pressure track or low pressure/high pressure systems are positioned.
2. Temperature anomaly chart.
3. Wind anomaly chart. This is a rough estimate of areas that often see windy conditions and the general wind direction for the given weather scenario.
4. The average precipitation and temperature for the Nordic Countries (NC) and Continental Europe (CE). "Windy days" shows how many days the average wind in Germany is higher than 1 standard deviation above the normal.
5. A table that shows how often this particular weather scenario has occurred in that particular month.
6. A table that shows how often this particular weather scenario has occurred before for the given phase or value of each teleconnection index in that week.



1. A table for each teleconnection index, the sign/phase they have for that week, and the average temperature, precipitation and wind for the Nordic and the continent based on previous occurrences of these indices for the same time of the year.
2. Shows what weather scenario that occurs most often for the given teleconnection, and how often this occurs.
3. A table for several available weather models and their average conditions in the Nordic and the Continent. The last row shows the forecaster's expectation.
4. For each month this shows different charts and graphs for different teleconnections.

A description of the weather regimes used.

1 A general western low pressure regime. Lows into Scandinavia. Often a high over Southern Europe and/ or the continent.
2 A southern low pressure track via UK and into South Scandinavia and/or the continent. Also includes the quite rare situation where lows move from E-Europe and into Scandinavia from the SE.
3 A northern low pressure scenario where lows move via Iceland and into the Barents Sea/N-Nordic. Often a high in the continent and/or into South Scandinavia. Often a mild scenario. It may be wet at times, especially in Northern Norway, but often it is quite dry for the Nordic in general.
4 Lows stops west of Scandinavia or over UK due to a high pressure to the east, often over NW or W Russia.
5 High pressure over Northern Europe. Includes high pressure situation over the Nordic, the Norwegian Sea or the North Sea. There may be lows into the continent, but it could also just be a ridge, or the high itself may stretch into the continent. The main point is that the high is centered to the north.
6 High over or just south of Iceland. Usually there will be a low over the Nordic. The continent is more mixed, whether there is a low there or not, but for most of Europe this means a cold scenario.

Quasi-Biennial Oscillation (QBO)
The QBO (Quasi-Biennial Oscillation) is a large-scale wind system over the Equator. The wind blows in a broad belt over the Equator in a Westerly or Easterly direction, and the direction changes approximately every second year.
A negative phase indicates Easterly winds, and a positive phase Westerly winds. It usually have stronger signals in the winter season and typically it tend to be cooler and drier types of weather in winters with a negative QBO phase. It may occasionally give signals in other seasons as well.

Atlantic Tripole
The Atlantic Tripole is a sea surface temperature pattern in the Northern Atlantic. The temperature anomalies in the Northern Atlantic often follow a three-way pattern, or three poles (a Tripole), where the tropical parts and the areas south of Greenland/Iceland often have the same sign, while the area in the middle, especially off the coast of the United States, have the opposite sign. In a negative Atlantic Tripole, the areas south of Greenland/Iceland, and in the tropics, are generally cooler than normal, with a warm anomaly between them. A positive Tripole has a warm anomaly south of Greenland/Iceland and in the tropics, and cooler off the coast of North America.
The tripole may have signals all year around. A negative tripole is typically associated with increased low pressure activity in the Nordic.

Ocean Niño Index (ONI) or ENSO
The ONI is used to define the ENSO system. It measures the sea surface temperatures (SST) in the tropical Pacific. Temperatures higher than 0.5 deg above normal SSTs are regarded as El Niño conditions, while temperatures lower than 0.5 deg below normal SST are regarded as La Niña. The ENSO system typically has stronger deviations from the normal in the Winter season, and thus the impact on the weather is also often stronger in the Winter, although it may have signals all year around.

Solar cycle
The amount of solar radiation that Sun emits and the Earth absorbs, oscillates in an approximate 11-year cycle, thus changes very little from month to month. The forecasts are based on predictions from NASA, although the main trends are relatively predictable.
The impact on the weather is generally quite low, but there are tendencies that varies through the year depending on where in the cycle we are.

October snow cover extent (OCE)
The October snow cover extent in Siberia has shown to have possible impacts on the Winter weather. Thus, this is only applicable for the Winter season. Years of high snow cover in Siberia has a tendency of increasing the chance of a colder weather development in January/February, where complicated processes leads to changes in the stratosphere and the result is often a weaker polar vortex or a sudden stratospheric warming (SSW). Years of low snow cover in Siberia has the opposite effect, often resulting in a stronger polar vortex and milder/wetter conditions near the surface.

AO persistence
The Arctic Oscillation (AO) is a pressure index related to the pressure difference between higher and lower latitudes across the Northern Hemisphere, and could be seen as a more general version of the NAO. Or the NAO could be seen as a local variant of the AO.
The negative and positive AO has similar signals as the NAO. There tend to be a certain persistence in this signals, especially when the amplitude has been large. So this index basically shows how the weather typically is 3 months after a particular AO. It is based on the actual observed AO for the first three months, then partly observations and forecast for the 4th month, and only forecast for the 5th month.

Analog years
These are years with similar teleconnections as we expect to see the next 6 months. Ideally, there would be years where all the teleconnections are similar, but that is rarely the case. It is rarely more than 4 of 5 teleconnections that are similar, if we are lucky, but often only 3 of 5 teleconnections, and the signal from the analog years must be used with caution.

MISSING DATA
Note that occasionally we get situations where certain combinations of the indices above have not occurred before for the period we are looking at. This will be marked by a dash (-).