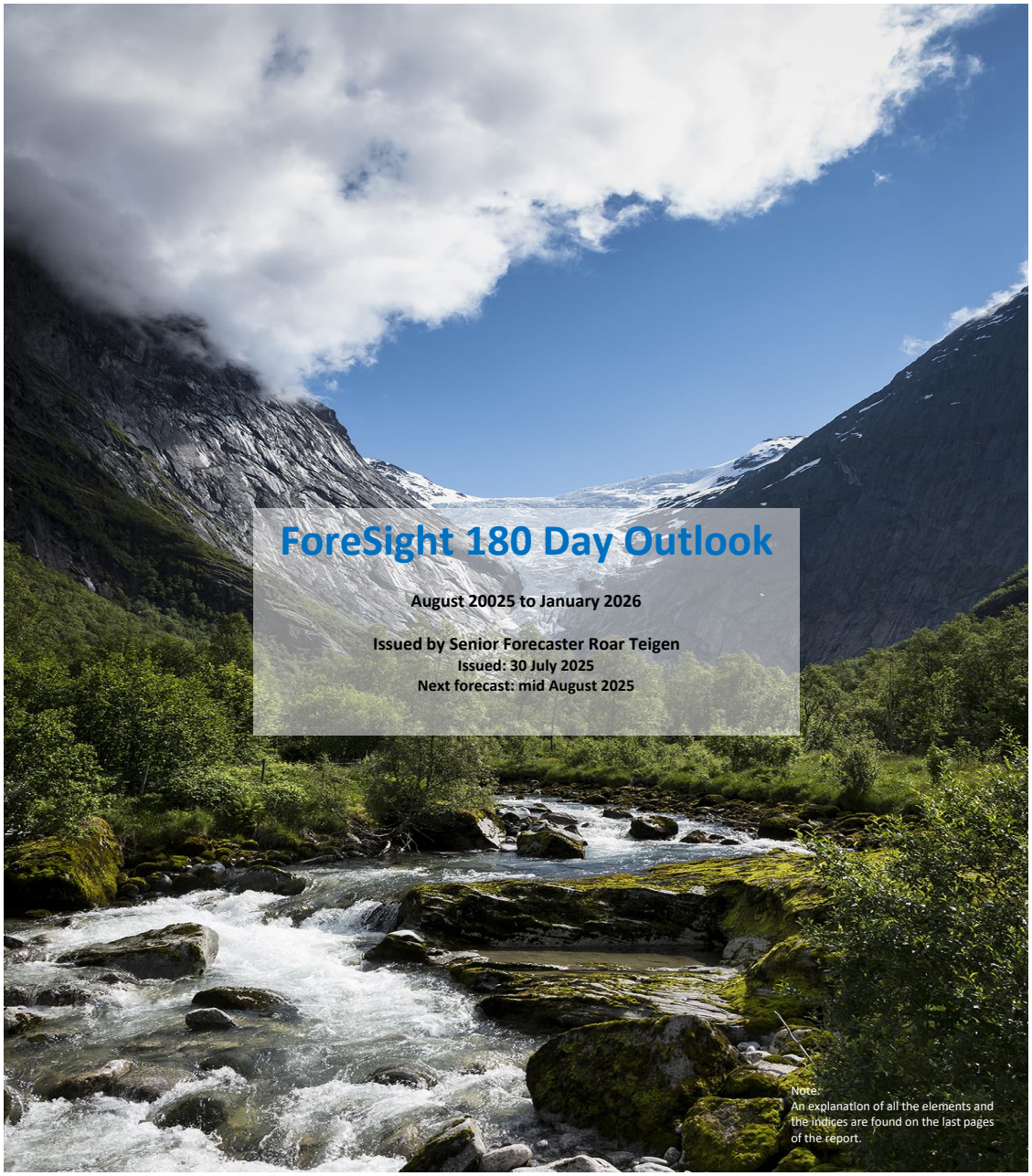

ForeSight 180 Day Outlook

August 20025 to January 2026

Issued by Senior Forecaster Roar Teigen

Issued: 30 July 2025
Next forecast: mid August 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:

Some support for wetter than normal over Nordic in August, but latest monthly do not support so quite wide open how August will behave over Nordic. At least slightly dry and warm August over Central Europe seems likely now.

Outlook for the Autumn is wetter than normal over Nordic from October and at least slightly mild, while drier than normal over Central Europe, but a change to wetter from November. Temperatures in general above normal.

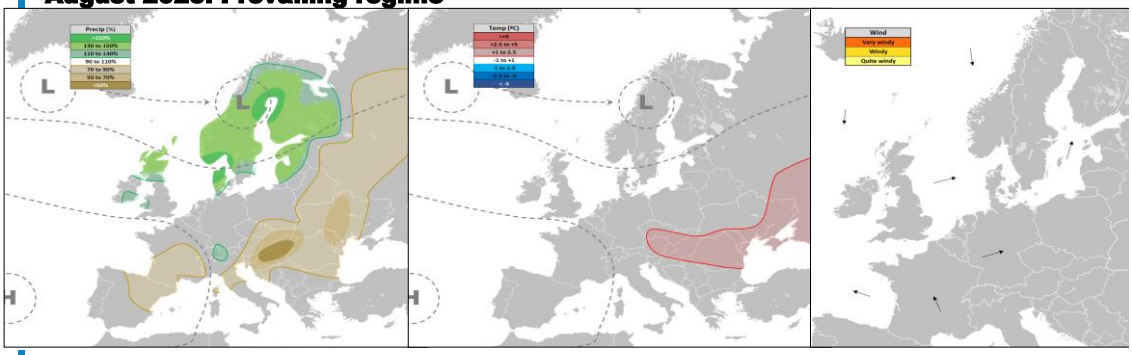
Prevailing weather regime

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

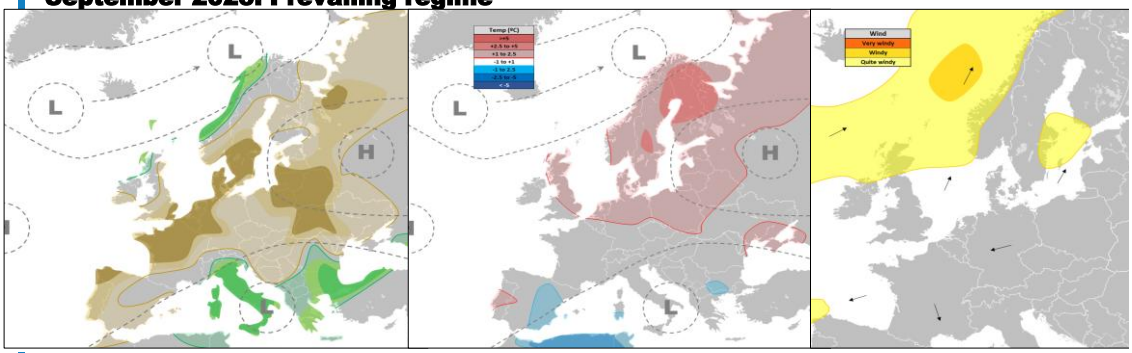
2nd most prevailing regime

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

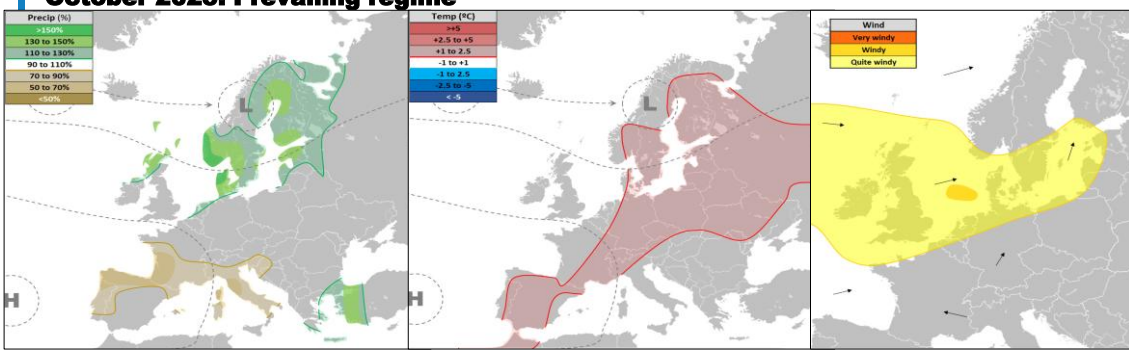
August 2025: Prevailing regime



September 2025: Prevailing regime

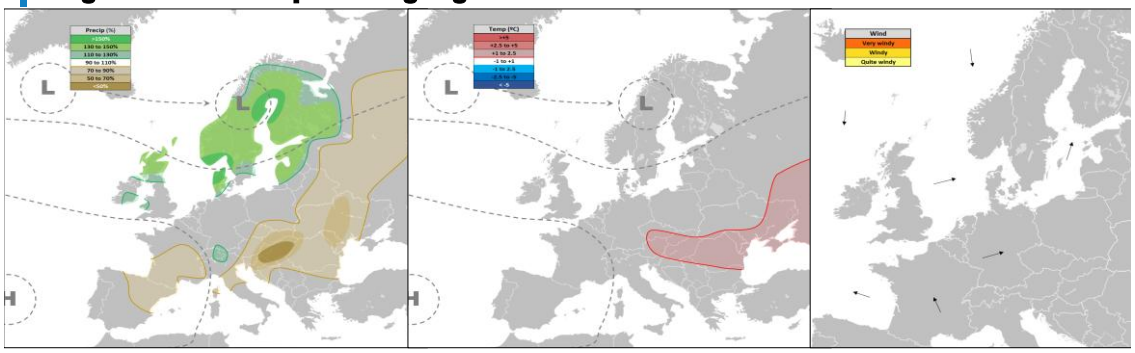


October 2025: Prevailing regime



August 2025: Most prevailing regime

Frequency: 40%



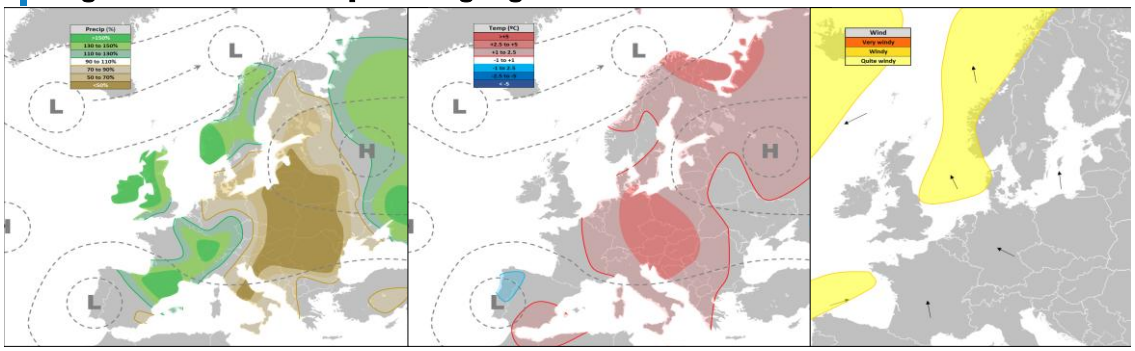
Mean values	NC	CE
Precipitation	A	SB
Temperature	N	N
Windy days		38%

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

Occurrences for teleconnections			
QBO	43%	OSCE	-
Atl. Tripole	41%	AO	49%
ONI	45%	Analog	61%
Solar cycle	56%		

August 2025: 2nd most prevailing regime

Frequency: 30%



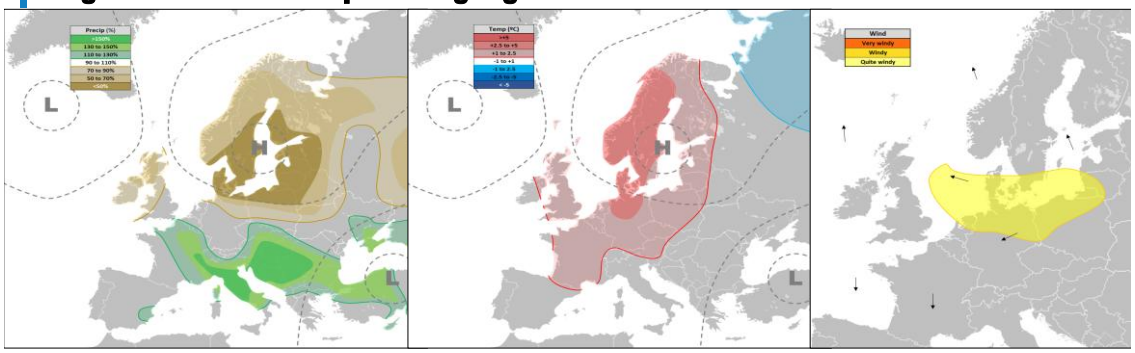
Mean values	NC	CE
Precipitation	SA	SA
Temperature	SA	A
Windy days		8%

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	15%	AO	15%
ONI	18%	Analog	9%
Solar cycle	8%		

August 2025: 3rd most prevailing regime

Frequency: 25%



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	15%	AO	15%
ONI	18%	Analog	9%
Solar cycle	8%		

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	N	N	N	N	15%
Atlantic Tripole	positive	SA	SB	N	SA	9%
Ocean Niño Index (ONI)	neutral	N	N	SB	N	15%
Solar cycle	maximum period	SB	A	SB	SA	14%
Oct snow cover extent	-	-	-	-	-	-
AO persistence	positive	N	N	SA	SB	14%
Analog years	89,00,14,18,23	SB	A	SB	N	20%

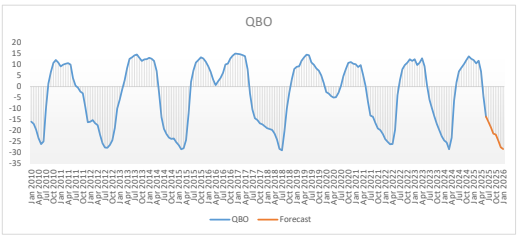
Main weather regimes									
1	2	3	4	5	6	L	N	H
40%	19%	13%	1%	23%	3%	59%	15%	26%
43%	11%	13%	1%	25%	6%	54%	15%	31%
41%	15%	15%	3%	25%	1%	56%	18%	26%
45%	9%	18%	1%	24%	2%	54%	19%	26%
56%	16%	8%	0%	16%	4%	72%	8%	21%
-	-	-	-	-	-	-	-	-
49%	16%	15%	1%	14%	5%	65%	16%	19%
61%	15%	9%	0%	11%	5%	75%	9%	15%

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

Photo Voltaics Germany in % of normal	62%

Wind in Germany in % of normal	58%

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



The observed and forecasted Quasi Biennial Oscillation

August 2025 – Discussion

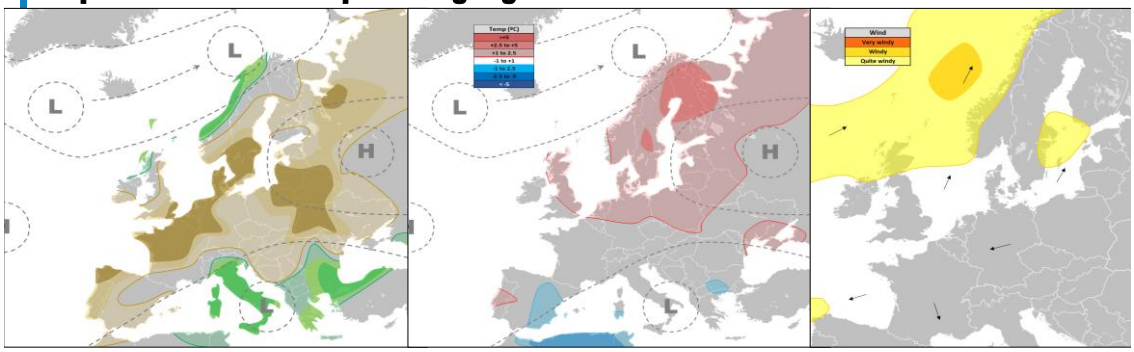
MODELS
Models shows a strong warm signal across Europe, dry signal dominates over Central Europe, while neutral to a weak wet signal over Nordic, but EC has as trong dry signal over SE-Norway

TELECONNECTIONS
The negative **QBO** is not giving any signals in August.
Atlantic Tripole is likely positive and give a weak dry and warm signal over Nordic while a weak wet signal over Central Europe.
ENSO is neutral and only give a weak cool signal over Central Europe.
The **solar cycle** is still in its maximum phase, but weaker solar activity than earlier this year. It give a wet and cool signal over Nordic and slightly wet and cool over Central Europe.
Analog years have all been wetter than normal over Nordic and most of them near normal temperatures. Over Central Europe near normal precipitaiton most of the years and normal to slightly cool.

CONCLUSION
Analog years are giving a strong wet signal over Nordic and based on this I think it should end at least slightly wet. Temperatures slightly above normal, that is likely based on the very warm July and warm seas surrounding. Over Central Europe a few teleconnections are hinting of wetter than normal while models and also latest monthly forecast is supporting drier than normal. I think it will be slightly dry and warm.

September 2025: Most prevailing regime

Frequency: 35%



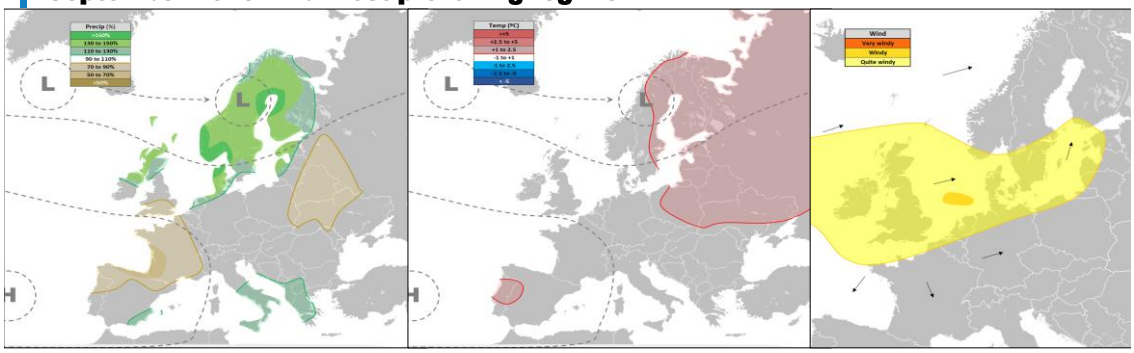
Mean values	NC	CE
Precipitation	SB	SB
Temperature	SA	SA
Windy days		10%

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	20%	AO	20%
ONI	28%	Analog	13%
Solar cycle	17%		

September 2025: 2nd most prevailing regime

Frequency: 25%



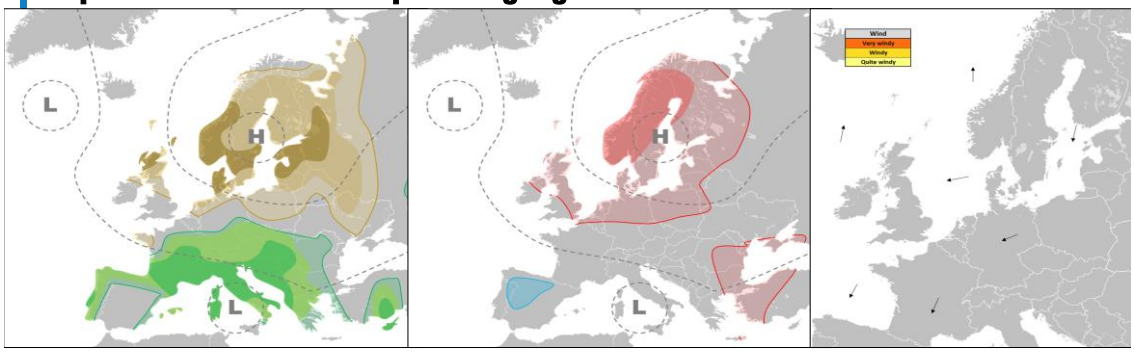
Mean values	NC	CE
Precipitation	WA	N
Temperature	N	N
Windy days		38%

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	35%	AO	31%
ONI	20%	Analog	36%
Solar cycle	42%		

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	20%	AO	20%
ONI	28%	Analog	13%
Solar cycle	17%		

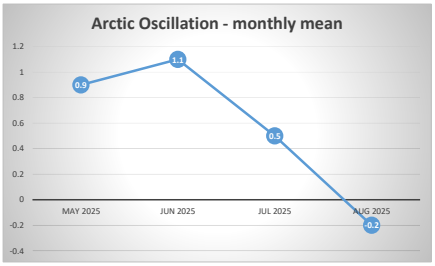
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	9%	37%	8%	25%	2%	24%	4%	46%	27%	28%
Quasi-Biennial Oscillation	strong easterly winds	N	N	N	N	9%	40%	12%	26%	0%	18%	5%	51%	26%	23%
Atlantic Tripole	negative	N	SA	N	N	14%	35%	13%	20%	23%	1%	8%	48%	43%	9%
Ocean Niño Index (ONI)	neutral	N	N	N	SA	11%	20%	16%	29%	28%	3%	4%	36%	57%	7%
Solar cycle	maximum period	SA	SA	SA	N	11%	42%	5%	17%	7%	27%	2%	47%	23%	29%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	positive	A	N	A	SB	11%	31%	8%	20%	16%	23%	3%	38%	36%	26%
Analog years	11,14,17,21	N	N	N	SB	13%	36%	13%	13%	0%	31%	8%	48%	13%	38%

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

Photo Voltaics Germany in % of normal	44%

Wind in Germany in % of normal	51%

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



Monthly mean values of the Arctic Oscillation (AO)

September 2025 – Discussion

MODELS

Models shows a very strong warm signal over Central Europe and a solid warm signal also over Nordic. Weak wet signal dominates over Nordic while most models give no precipitation anomalies over Central Europe.

TELECONNECTIONS

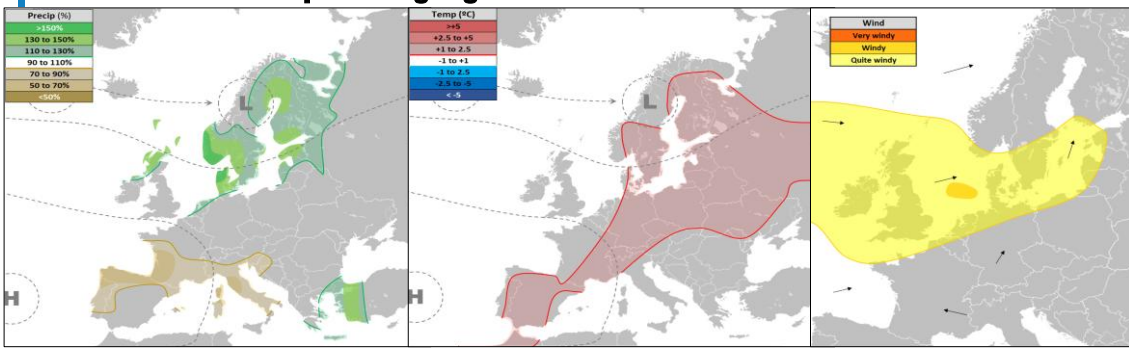
QBO in easterly phase give no signals across Europe this month.
Tripole might turn slightly negative and in case give a weak wet signal over Nordic.
Neutral **ENSO** give a weak wet signal over Central Europe.
Solar cycle in maximum phase give a weak wet signal over Nordic and weak mild signal both over Nordic and Central Europe.
Analog year 2011 was very wet over Nordic, but the other years dry to near normal. Temperatures mostly near normal these years. Over Central Europe most of the years have been slightly dry with variable temperatures.

CONCLUSION

No clear signals for this month. Normal precipitation and slightly warm over Nordic and warm and slightly dry over Central Europe is what I find most likely.

October 2025: Most prevailing regime

Frequency: 30%



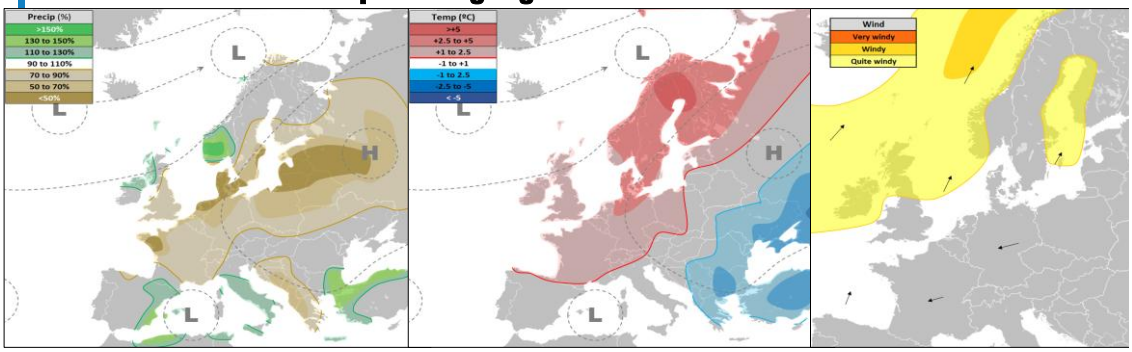
Mean values	NC	CE
Precipitation	A	N
Temperature	SA	SA
Windy days		40%

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	28%	AO	32%
ONI	36%	Analog	30%
Solar cycle	33%		

October 2025: 2nd most prevailing regime

Frequency: 25%



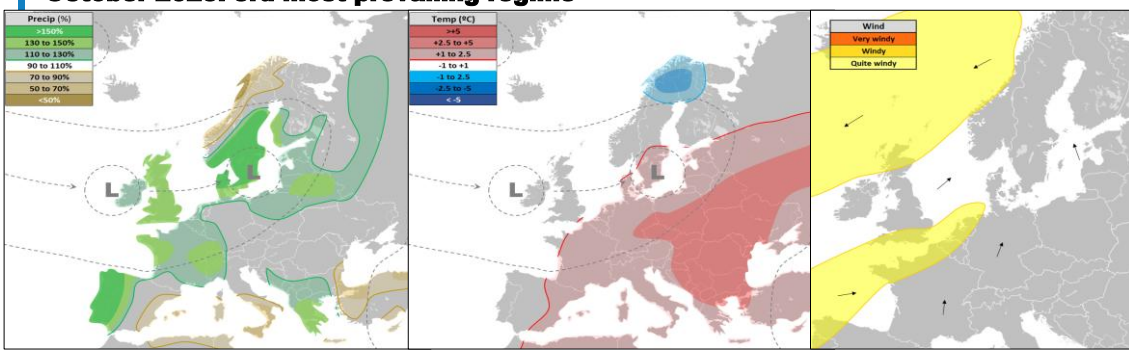
Mean values	NC	CE
Precipitation	SA	SB
Temperature	A	SA
Windy days		16%

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	23%	AO	20%
ONI	27%	Analog	30%
Solar cycle	18%		

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%	AO	16%
ONI	11%	Analog	12%
Solar cycle	10%		

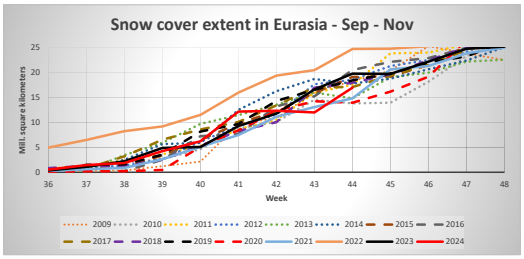
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	8%	31%	13%	22%	4%	22%	8%	44%	26%	29%
Quasi-Biennial Oscillation	strong easterly winds	N	SA	N	N	9%	35%	12%	24%	2%	22%	4%	47%	26%	27%
Atlantic Tripole	negative	N	N	N	A	10%	28%	12%	23%	3%	26%	8%	40%	26%	34%
Ocean Niño Index (ONI)	neutral	SA	SA	SA	N	8%	36%	11%	27%	1%	16%	9%	47%	28%	24%
Solar cycle	maximum period	SB	SB	N	A	5%	33%	10%	18%	6%	24%	8%	44%	24%	32%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	neutral	N	SA	N	N	11%	32%	16%	20%	3%	16%	13%	48%	23%	28%
Analog years	92,05,11,14,21	N	SA	SB	N	5%	30%	12%	30%	0%	18%	9%	43%	30%	27%

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

Photo Voltaics Germany in % of normal	77%

Wind in Germany in % of normal	86%

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



October 2025 – Discussion

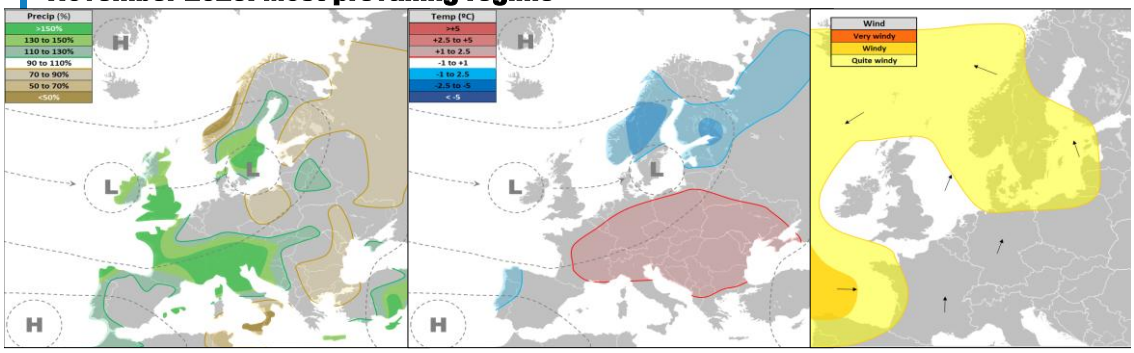
MODELS
Models give a strong wet and mild signal over Nordic and mild signal also over Central Europe.

TELECONNECTIONS
QBO in easterly phase give a weak wet signal over Nordic.
Tripole might be negative and in case support wet over Central Europe.
ENSO is likely neutral and give a weak wet and mild signal over Nordic. Weak mild signal also over Central Europe.
Solar Cycle in maximum phase give a weak cool and dry signal over Nordic and wet signal over Central Europe.
Latest **analog years** have all been wetter and milder than normal over Nordic and drier than normal over Central Europe with variable temperatures.

CONCLUSION
Arrow is pointing toward wet and mild over Nordic and drier than normal over Central Europe and at least slightly mild.

November 2025: Most prevailing regime

Frequency: 30%



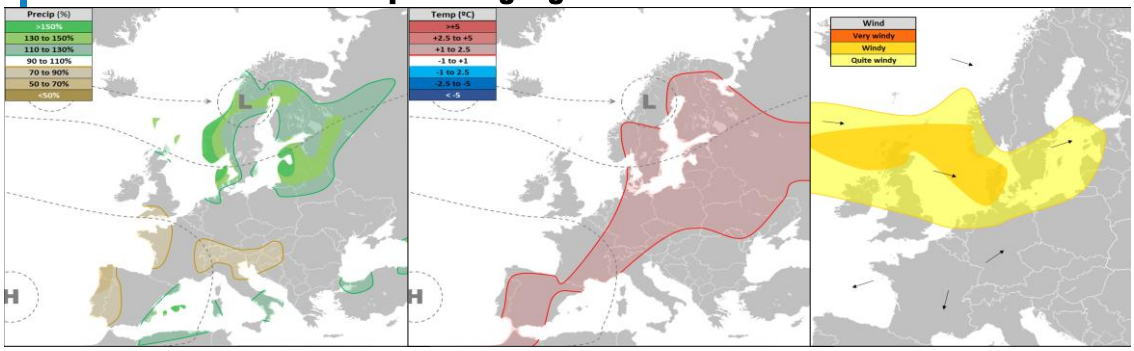
Mean values	NC	CE
Precipitation	SA	WA
Temperature	SB	SA
Windy days		44%

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

Occurrences for teleconnections			
QBO	13%	OSCE	-
Atl. Tripole	12%	AO	8%
ONI	8%	Analog	5%
Solar cycle	13%		

November 2025: 2nd most prevailing regime

Frequency: 25%



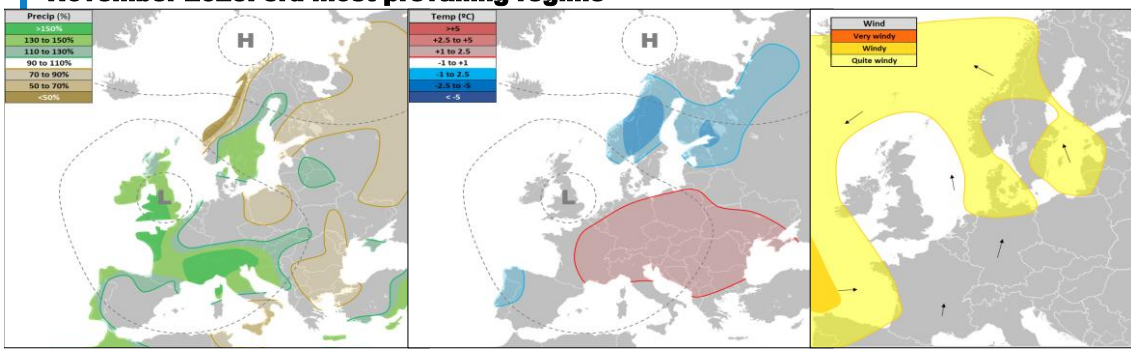
Mean values	NC	CE
Precipitation	A	SB
Temperature	SA	SA
Windy days		53%

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

Occurrences for teleconnections			
QBO	31%	OSCE	-
Atl. Tripole	39%	AO	27%
ONI	44%	Analog	43%
Solar cycle	27%		

November 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	N	WA
Temperature	SB	SA
Windy days		48%

Previous occurrences of this scenario	
Occurrences since 2010	1%
Occurrences 2000-2009	3%
Occurrences 1979-1999	1%

Occurrences for teleconnections			
QBO	4%	OSCE	-
Atl. Tripole	1%	AO	7%
ONI	0%	Analog	0%
Solar cycle	0%		

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	SA	N	N	SA	16%
Atlantic Tripole	negative	N	SA	N	SA	17%
Ocean Niño Index (ONI)	neutral	N	SA	SB	SA	20%
Solar cycle	maximum period	SB	B	N	SA	17%
Oct snow cover extent	-	-	-	-	-	-
AO persistence	neutral	N	N	N	SA	0%
Analog years	96,07,12,13,14	N	SA	SB	WA	12%

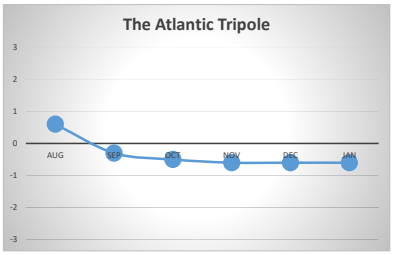
Explanation of each index and the legend are found on the last page.

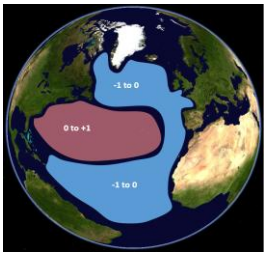
Main weather regimes									
1	2	3	4	5	6	L	N	H
29%	9%	29%	4%	19%	10%	38%	33%	29%
31%	13%	23%	4%	18%	10%	44%	27%	28%
39%	12%	24%	1%	17%	8%	51%	24%	25%
44%	8%	17%	0%	14%	15%	52%	17%	29%
27%	13%	31%	0%	24%	5%	40%	31%	29%
-	-	-	-	-	-	-	-	-
27%	8%	24%	7%	23%	11%	35%	30%	34%
43%	5%	27%	0%	21%	4%	48%	27%	25%

Photo Voltaics Germany in % of normal	93%

Wind in Germany in % of normal	101%

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





November 2025 – Discussion

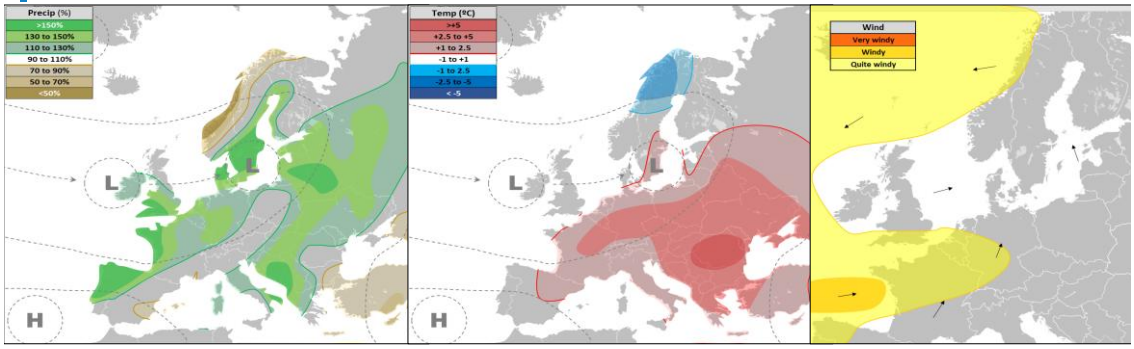
MODELS
The models shows a strong mild signal across Europe. Wet signal dominates over Nordic, while no clear precipitation anomalies over Central Europe.

TELECONNECTIONS
QBO is likely strong in easterly phase, giving a weak wet signal over Central Europe.
Most likely negative **Tripole** which give a weak wet signal both over Nordic and Central Europe.
ENSO is probably neutral and also give a weak wet signal both over Nordic and Central Europe.
Solar Cycle in maximum phase give a dry and cold signal over Nordic and weak wet signal over Central Europe.
Analog years do not give any clear signals over Nordic, but the latest years have been slightly wet over Central Europe, 96 very wet. Variable temperatures these years.

CONCLUSION
There is some weak signals for wetter than normal both over Nordic and Central Europe and in case a southerly low pressure path is likely to dominate.

December 2025: Most prevailing regime

Frequency: 30%



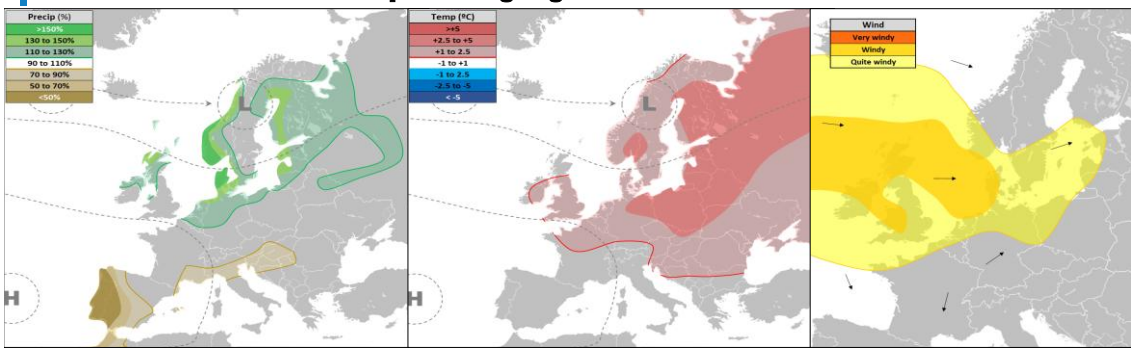
Mean values	NC	CE
Precipitation	N	SA
Temperature	N	A
Windy days		63%

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

Occurrences for teleconnections			
QBO	15%	OSCE	-
Atl. Tripole	4%		
ONI	13%	Analog	8%
Solar cycle	10%		

December 2025: 2nd most prevailing regime

Frequency: 25%



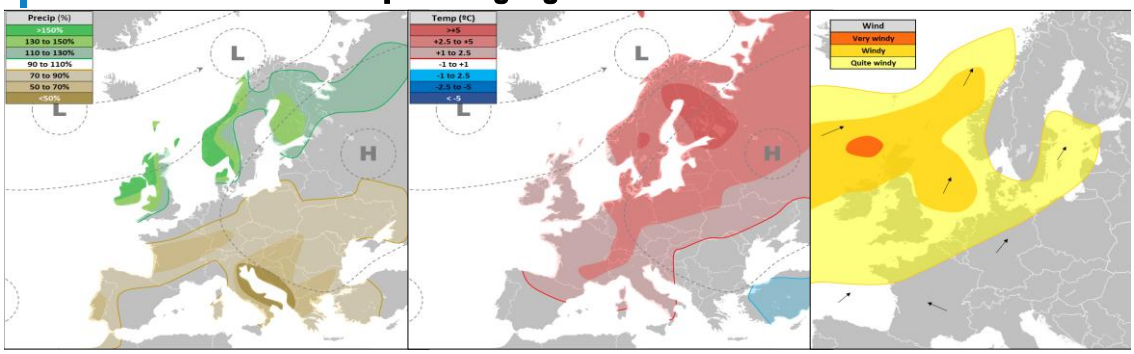
Mean values	NC	CE
Precipitation	SA	N
Temperature	SA	SA
Windy days		63%

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

Occurrences for teleconnections			
QBO	36%	OSCE	-
Atl. Tripole	29%	Analog	29%
ONI	19%		
Solar cycle	37%		

December 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	A	SB
Temperature	A	A
Windy days		37%

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

Occurrences for teleconnections			
QBO	25%	OSCE	-
Atl. Tripole	56%		
ONI	25%	Analog	63%
Solar cycle	31%		

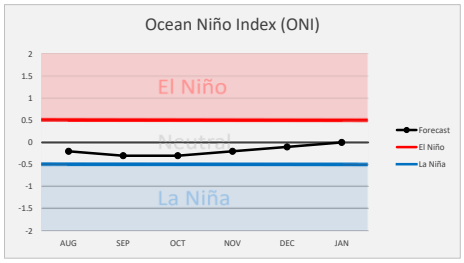
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	10%	29%	11%	33%	1%	14%	11%	40%	34%	25%
Quasi-Biennial Oscillation	strong easterly winds	SB	N	N	A	15%	36%	15%	25%	2%	12%	9%	51%	27%	21%
Atlantic Tripole	negative	A	SA	N	SB	14%	29%	4%	56%	0%	5%	6%	33%	56%	11%
Ocean Niño Index (ONI)	neutral	B	N	SA	SA	8%	19%	13%	32%	0%	12%	24%	32%	32%	35%
Solar cycle	maximum period	N	N	SA	N	13%	37%	10%	31%	0%	12%	10%	47%	31%	22%
Oct snow cover extent	low snow cover	SA	N	SB	SA	30%	0%	-	0%	0%	0%	0%	-	0%	-
Analog years	1992,2013	A	WA	N	SB	10%	29%	8%	63%	0%	0%	0%	37%	63%	0%

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

Photo Voltaics Germany in % of normal	86%

Wind in Germany in % of normal	103%

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



The ENSO system - Pacific equatorial sea surface temperature anomaly

December 2025 – Discussion

MODELS
The models shows a strong mild signal over Nordic and only slightly weaker over Central Europe. Wetter than normal dominates over Nordic while weak precipitation signals over Central Europe.

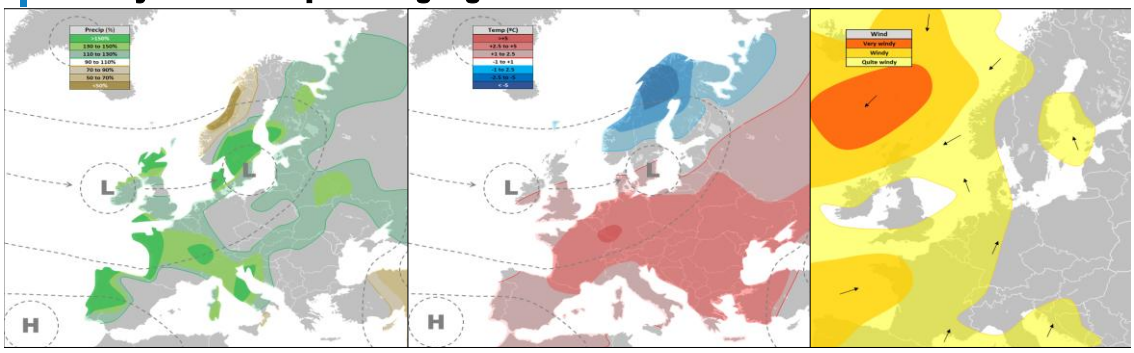
TELECONNECTIONS
Teleconnection signals are quite uncertain both regarding phase and strength. But **QBO** likely in easterly phase which give a weak cold signal over Nordic and wet signal over Central Europe.
Neutral **ENSO** give a cold signal over Nordic and weak wet and mild signal over Central Europe.

Analog years were wet to very wet and mild over Nordic, but with uncertain phase and strenght of teleconnections analog years are also very uncertain and not weighted heighly this month.

CONCLUSION
Wide open, but QBO and ENSO give some hints of possibly southerly low pressure path also this month and in case possibly near normal precipitation over Nordic and not far above normal temperatures , while mild and at least slightly wet over Central Europe.

January 2026: Most prevailing regime

Frequency: 30%



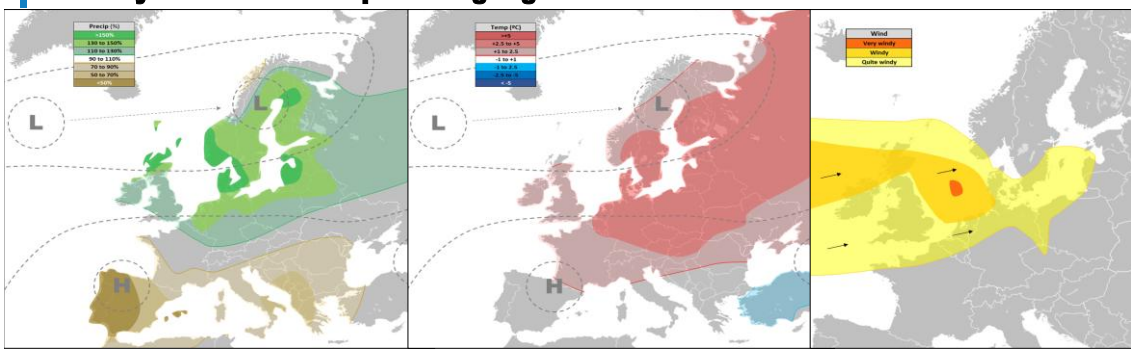
Mean values	NC	CE
Precipitation	SA	A
Temperature	N	A
Windy days		60%

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

Occurrences for teleconnections			
QBO	3%	Solar cycle	1%
Atl. Tripole	8%		
ONI	7%	Analog	5%

January 2026: 2nd most prevailing regime

Frequency: 25%



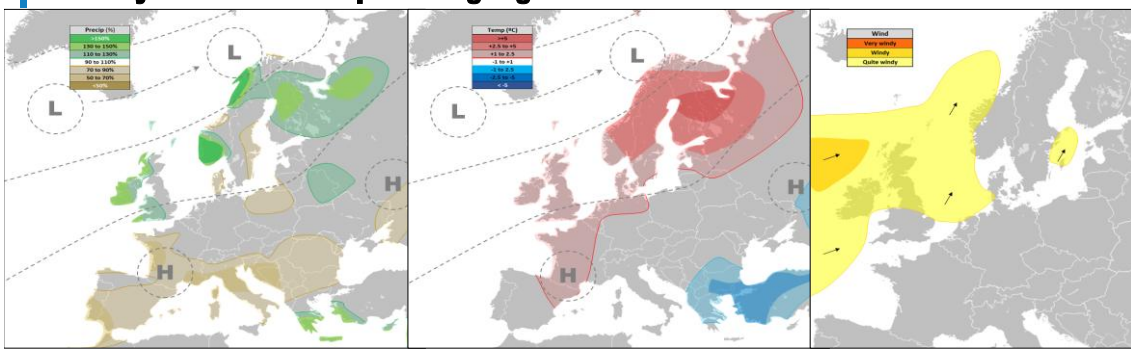
Mean values	NC	CE
Precipitation	A	N
Temperature	A	A
Windy days		78%

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

Occurrences for teleconnections			
QBO	30%	Solar cycle	35%
Atl. Tripole	41%		
ONI	30%	Analog	47%

January 2026: 3rd most prevailing regime

Frequency: 15%



Mean values	NC	CE
Precipitation	SA	SB
Temperature	SA	N
Windy days		27%

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

Occurrences for teleconnections			
QBO	38%	Solar cycle	31%
Atl. Tripole	26%		
ONI	31%	Analog	29%

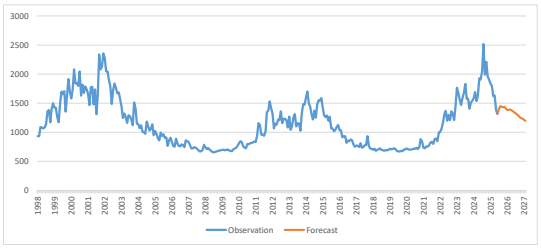
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	17%	32%	4%	35%	1%	18%	9%	36%	36%	27%
Quasi-Biennial Oscillation	strong easterly winds	N	SA	N	SA	24%	30%	3%	38%	0%	22%	7%	33%	38%	29%
Atlantic Tripole	negative	SA	SA	SA	N	23%	41%	8%	26%	0%	22%	2%	50%	26%	24%
Ocean Niño Index (ONI)	neutral	SB	N	N	A	20%	30%	7%	31%	2%	22%	8%	38%	33%	29%
Solar cycle	maximum period	SB	N	SA	SA	17%	35%	1%	31%	1%	20%	12%	37%	32%	32%
Oct. snow cover extent	low snow cover	N	SA	N	N	36%	41%	-	32%	0%	20%	6%	41%	32%	26%
Analog years	2015,2018	SA	A	A	WA	33%	47%	5%	29%	0%	16%	3%	52%	29%	19%

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

Photo Voltaics Germany in % of normal	54%

Wind in Germany in % of normal	48%

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



The solar cycle

January 2026 – Discussion

MODELS

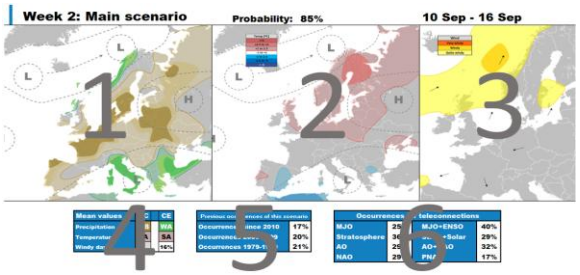
Fewer models available but mild conditions across Europe has strong support and wetter than normal over Nordic.

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 reliable.

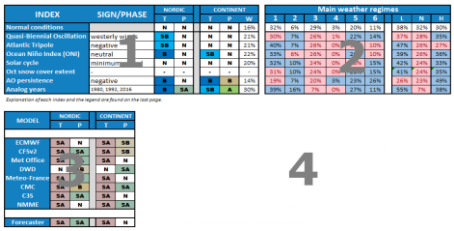
CONCLUSION

Highly uncertain outlook so many months but we might get a southerly low pressure path with slightly mild and wet over Nordic and wet and mild and slightly wet over Central 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 (-).