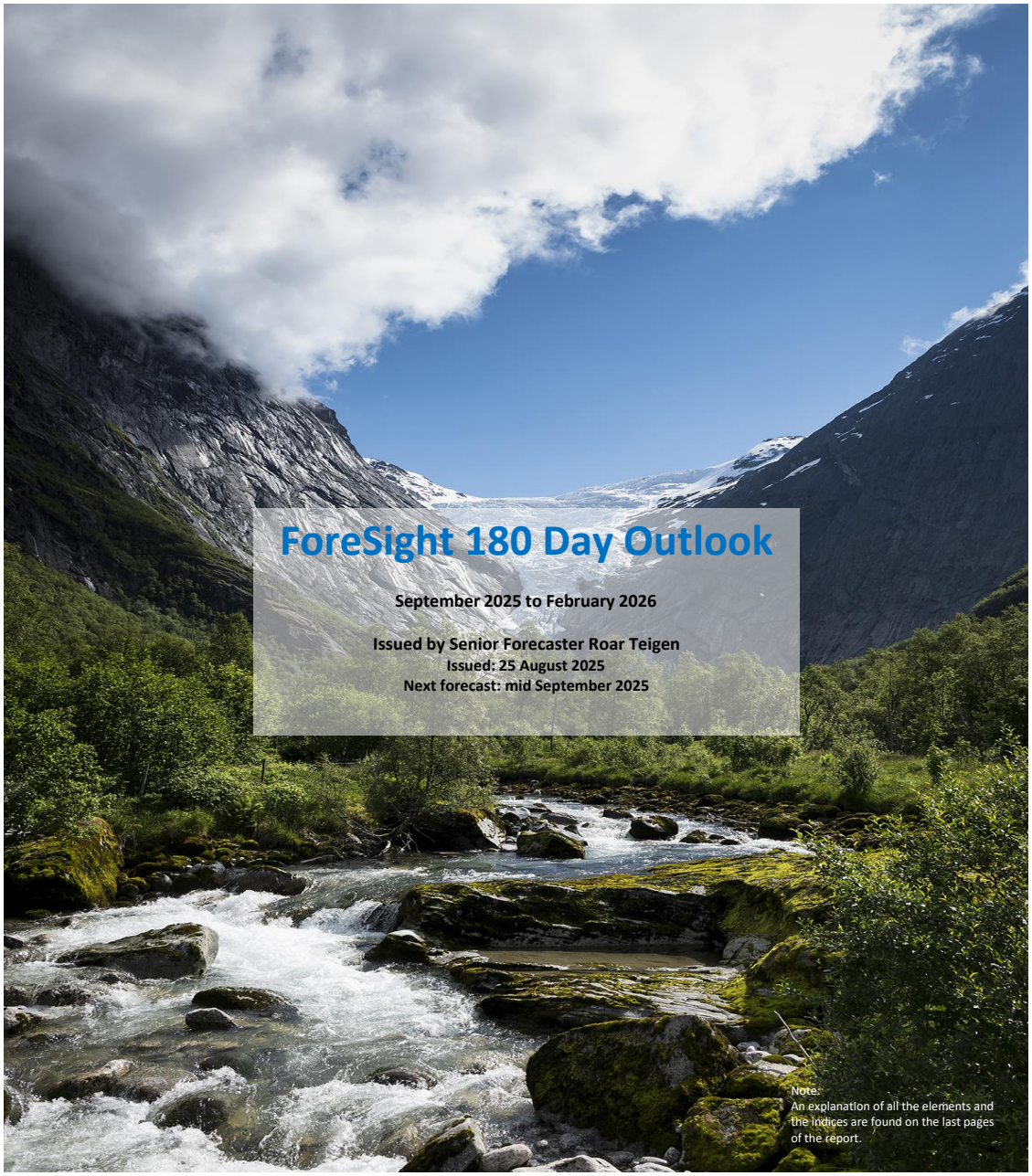

ForeSight 180 Day Outlook

September 2025 to February 2026

Issued by Senior Forecaster Roar Teigen
Issued: 25 August 2025
Next forecast: mid September 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:

There is indication of a dry start of the Autumn over Nordic based on teleconnection and analog years while potentially normal to wet over Central Europe. Temperatures in general above normal. Support for a wet October over Nordic while drier than normal over Central Europe. Wetter than normal over Nordic not a surprise in November and wetter than normal over Central Europe as well.

The Winter is wide open at this time.

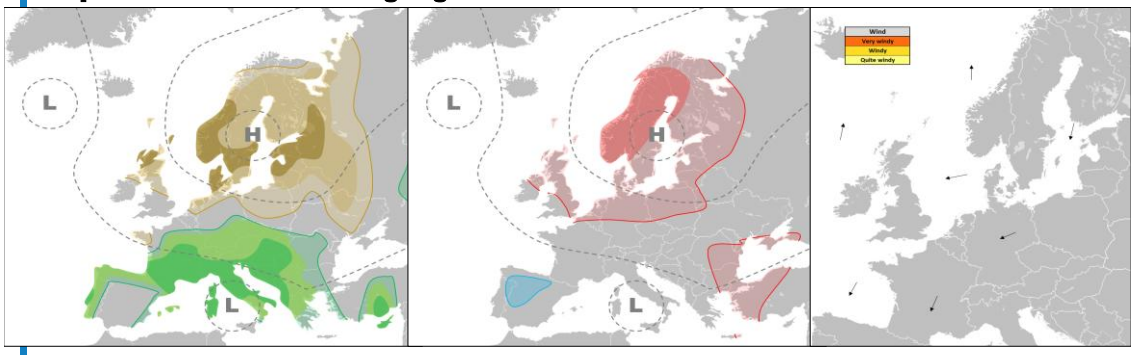
Prevailing weather regime

Region	Temperature						Precipitation					
	S	O	N	D	J	F	S	O	N	D	J	F
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											

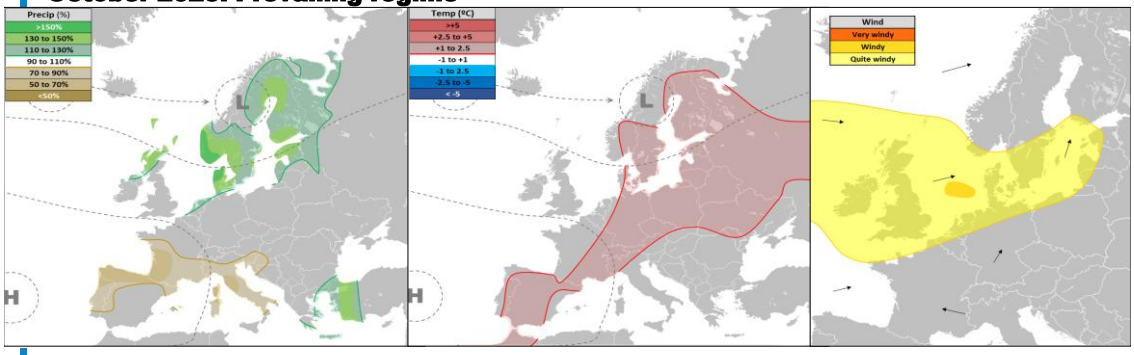
2nd most prevailing regime

Region	Temperature						Precipitation					
	S	O	N	D	J	F	S	O	N	D	J	F
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											

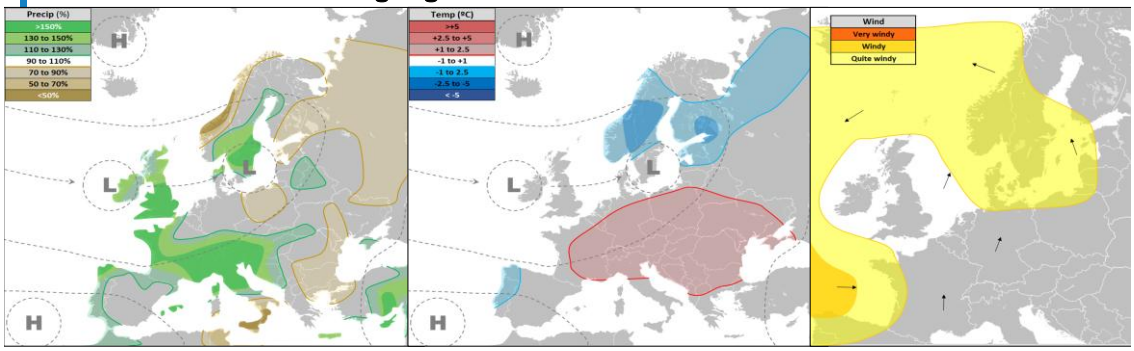
September 2025: Prevailing regime



October 2025: Prevailing regime



November 2025: Prevailing regime



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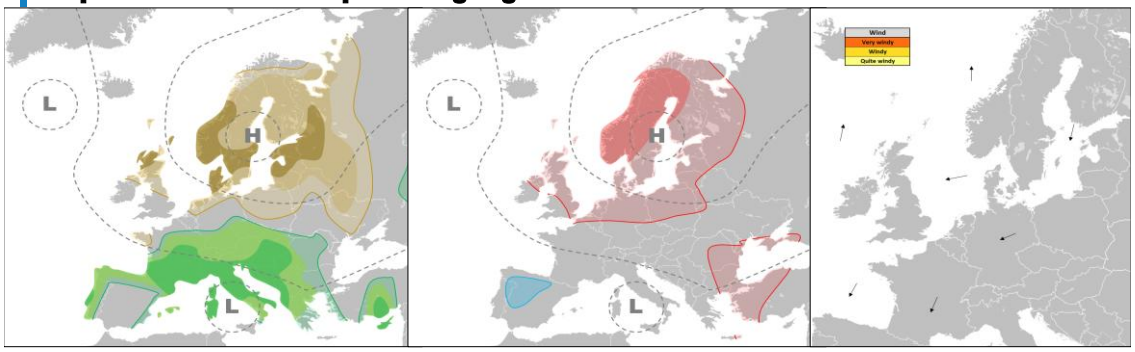
September 2025: Most prevailing regime

Frequency: 40%



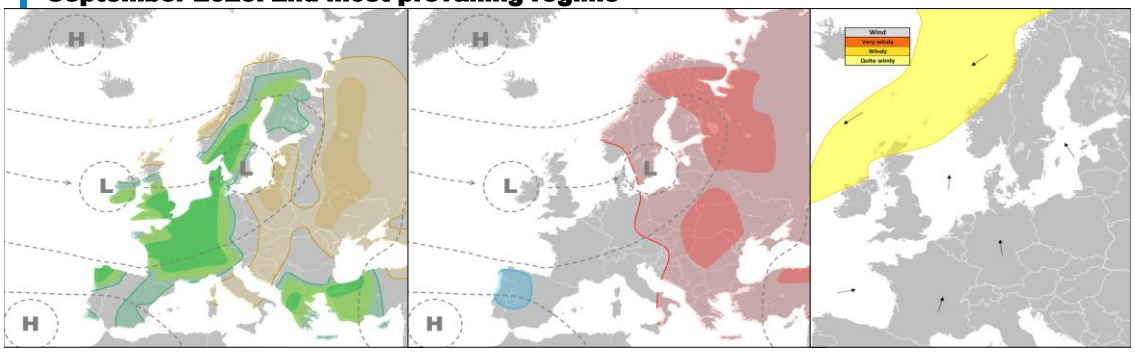
Mean values	NC	CE
Precipitation	WB	WA
Temperature	SA	SA
Windy days		16%

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

Occurrences for teleconnections			
QBO	29%	OSCE	-
Atl. Tripole	22%	AO	20%
ONI	28%	Analog	22%
Solar cycle	18%		

September 2025: 2nd most prevailing regime

Frequency: 30%



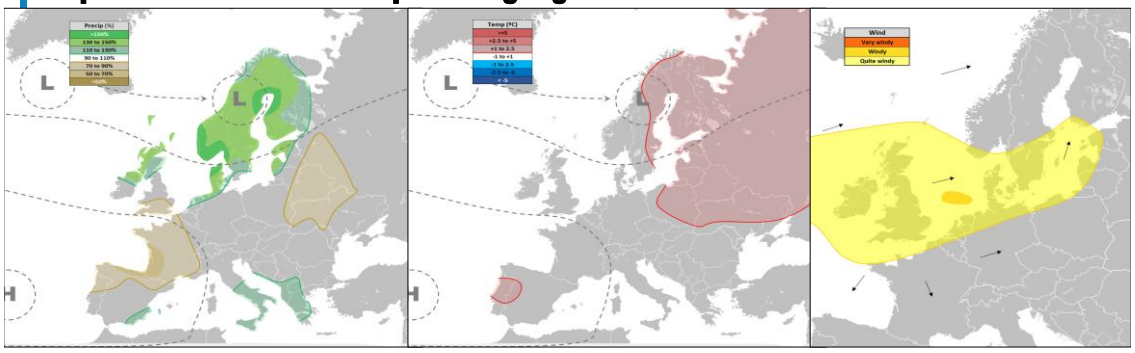
Mean values	NC	CE
Precipitation	SA	A
Temperature	SA	N
Windy days		84%

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

Occurrences for teleconnections			
QBO	14%	OSCE	-
Atl. Tripole	2%	AO	8%
ONI	16%	Analog	7%
Solar cycle	6%		

September 2025: 3rd most prevailing regime

Frequency: 25%



Mean values	NC	CE
Precipitation	WA	N
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	30%	OSCE	-
Atl. Tripole	33%	AO	31%
ONI	20%	Analog	17%
Solar cycle	44%		

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INDEX	SIGN/PHASE	NORDIC		CONTINENT		
		T	P	T	P	W
Normal conditions		N	N	N	N	9%
Quasi-Biennial Oscillation	strong easterly winds	N	SB	SB	N	8%
Atlantic Tripole	positive	N	SB	SA	A	7%
Ocean Niño Index (ONI)	neutral	N	N	N	SA	11%
Solar cycle	maximum period	SA	SA	SA	N	10%
Oct snow cover extent	-	-	-	-	-	-
AO persistence	positive	A	N	A	SB	8%
Analog years	1996,1999,2021	SB	B	N	N	6%

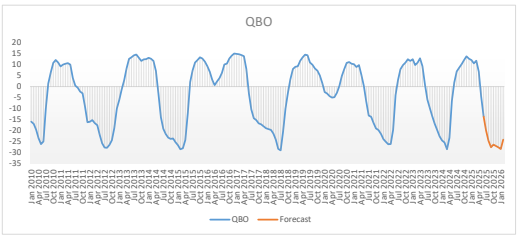
Main weather regimes									
1	2	3	4	5	6	L	N	H
37%	8%	25%	2%	24%	4%	46%	27%	28%
30%	14%	29%	0%	25%	3%	44%	29%	28%
33%	2%	22%	9%	32%	3%	35%	31%	34%
20%	16%	28%	3%	29%	4%	36%	31%	33%
44%	6%	18%	6%	23%	2%	50%	24%	26%
-	-	-	-	-	-	-	-	-
31%	8%	20%	16%	23%	3%	38%	36%	26%
17%	7%	22%	11%	40%	3%	23%	33%	43%

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

Photo Voltaics Germany in % of normal	64%

Wind in Germany in % of normal	64%

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



The observed and forecasted Quasi Biennial Oscillation

September 2025 – Discussion

MODELS
Models clearly shows a warm signal for the first Autumn month across Europe. Weak wet signal dominates over Nordic and a weak dry signal over Central Europe.

TELECONNECTIONS
The negative **QBO** is giving a weak dry signal over Nordic and weak cool signal over Central Europe.
Atlantic Tripole is likely slightly positive and also give a weak dry signal over Nordic while a wet and weak warm signal over Central Europe.
ENSO is neutral negative and give a weak wet signal over Central Europe.
The **solar cycle** is still in its maximum phase, but weaker solar activity than earlier this year. It give a weak warm signal across Europe and weak wet signal over Nordic.
Analog years have all been drier than normal over Nordic with variable temperatures while to latest years warmer than normal over Central Europe variable precipitation outcome of these years over Central Europe.

CONCLUSION
Models support wetter than normal over Nordic while teleconnections and analog support drier than normal, and based on that I think it will be at least slightly dry and mild. Over Central Europe I go for normal temperatures and slightly wet based on a few teleconnections.

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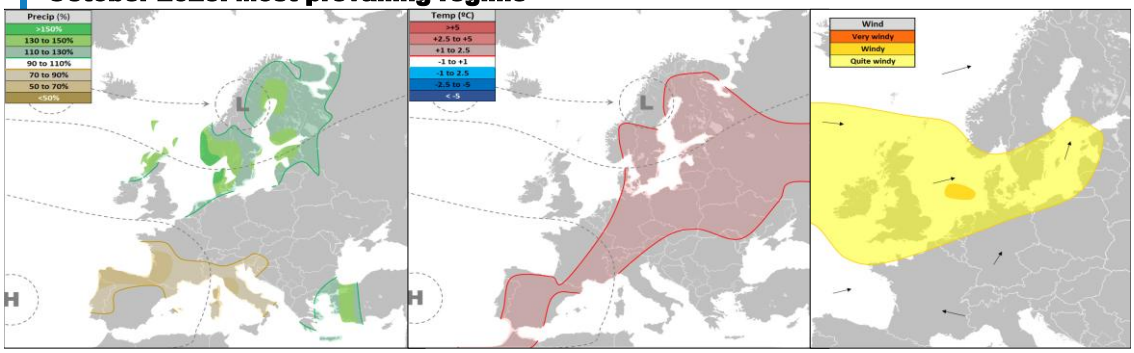
October 2025: Most prevailing regime

Frequency: 35%



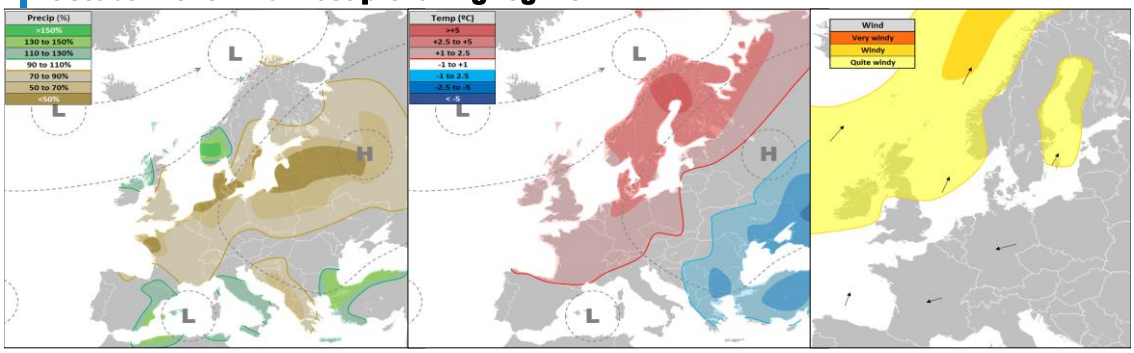
Mean values	NC	CE
Precipitation	A	N
Temperature	SA	SA
Windy days		40%

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

Occurrences for teleconnections			
QBO	33%	OSCE	-
Atl. Tripole	33%	AO	32%
ONI	37%	Analog	46%
Solar cycle	35%		

October 2025: 2nd most prevailing regime

Frequency: 25%



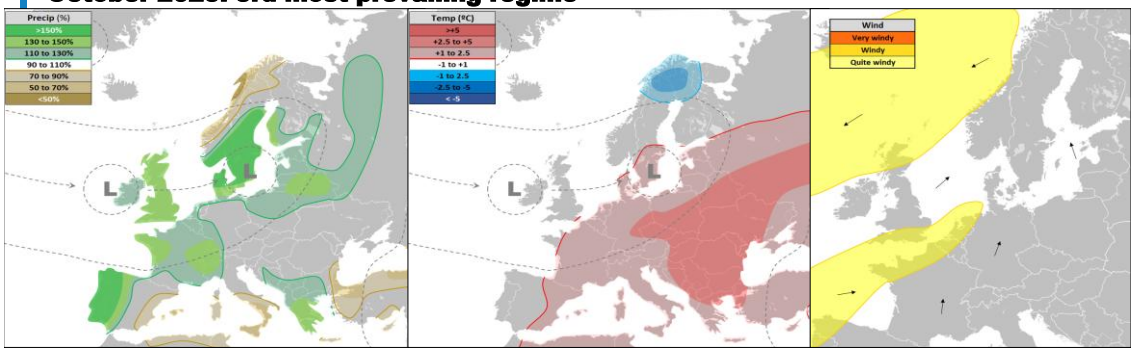
Mean values	NC	CE
Precipitation	SA	SB
Temperature	A	SA
Windy days		16%

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

Occurrences for teleconnections			
QBO	26%	OSCE	-
Atl. Tripole	25%	AO	20%
ONI	26%	Analog	15%
Solar cycle	16%		

October 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	SA	SA
Temperature	SA	SA
Windy days		64%

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	8%	AO	16%
ONI	10%	Analog	12%
Solar cycle	12%		

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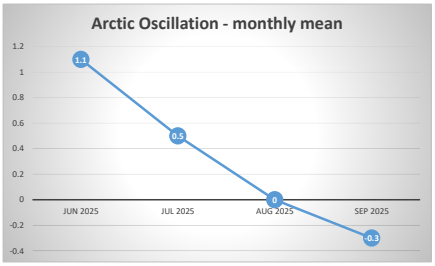
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	8%	31%	13%	22%	4%	22%	8%	44%	26%	29%
Quasi-Biennial Oscillation	strong easterly winds	SA	SA	N	N	6%	33%	15%	26%	2%	20%	5%	48%	27%	25%
Atlantic Tripole	neutral	SA	A	N	N	15%	33%	8%	25%	18%	7%	9%	41%	43%	16%
Ocean Niño Index (ONI)	neutral	SA	A	N	SA	8%	37%	10%	17%	26%	2%	9%	47%	42%	11%
Solar cycle	maximum period	SB	N	N	SA	5%	35%	12%	16%	5%	21%	10%	47%	21%	32%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	neutral	N	SA	N	N	16%	32%	16%	20%	3%	16%	13%	48%	23%	28%
Analog years	05,12,17,21	N	A	N	B	13%	46%	12%	15%	0%	16%	10%	58%	15%	27%

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

Photo Voltaics Germany in % of normal	47%

Wind in Germany in % of normal	50%

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



Monthly mean values of the Arctic Oscillation (AO)

October 2025 – Discussion

MODELS
Models are mild across Europe and shows a quiet strong wet signal over Nordic while a weak dry signal over Central Europe.

TELECONNECTIONS
QBO in easterly phase give a weak wet and mild signal over Nordic.
Tripole might turn neutral this month and in case a wet and mild signal over Nordic.
Neutral negative **ENSO** also support wet and milder than normal over Nordic, and wetter than normal over Central Europe as well.
Solar cycle in maximum phase give a weak cool signal over Nordic and weak wet signal over Central Europe.
Three out of four **analog years** have been wetter than normal over Nordic, but with variable temperatures. Over Central Europe most of these years have been clearly dry but with variable temperatures.

CONCLUSION
Analog years agree with the models regarding precipitation anomalies, and also several teleconnections support wet over Nordic. I find wet and mild October over Nordic the most likely outcome and dry and slightly mild over Central Europe.

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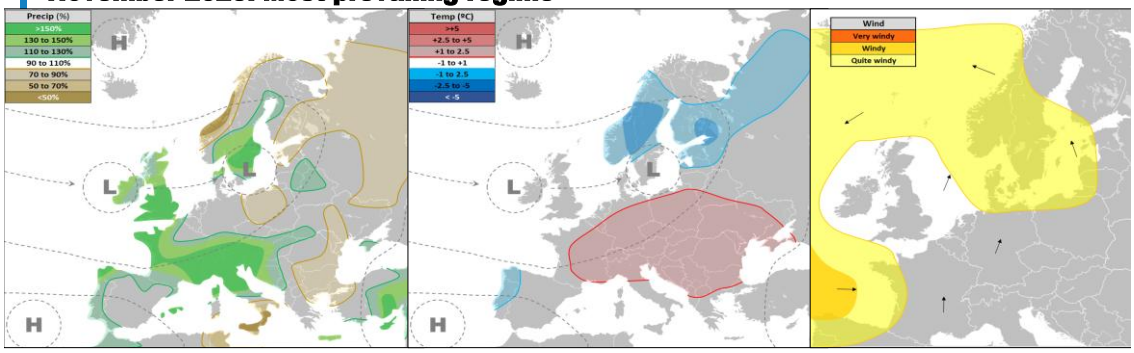
November 2025: Most prevailing regime

Frequency: 30%



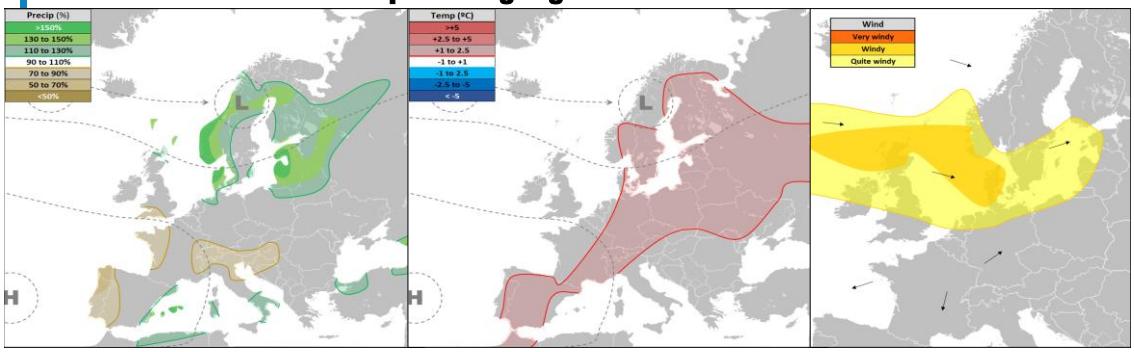
Mean values	NC	CE
Precipitation	SA	WA
Temperature	SB	SA
Windy days		44%

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

Occurrences for teleconnections			
QBO	15%	OSCE	-
Atl. Tripole	11%	AO	7%
ONI	8%	Analog	0%
Solar cycle	10%		

November 2025: 2nd most prevailing regime

Frequency: 25%



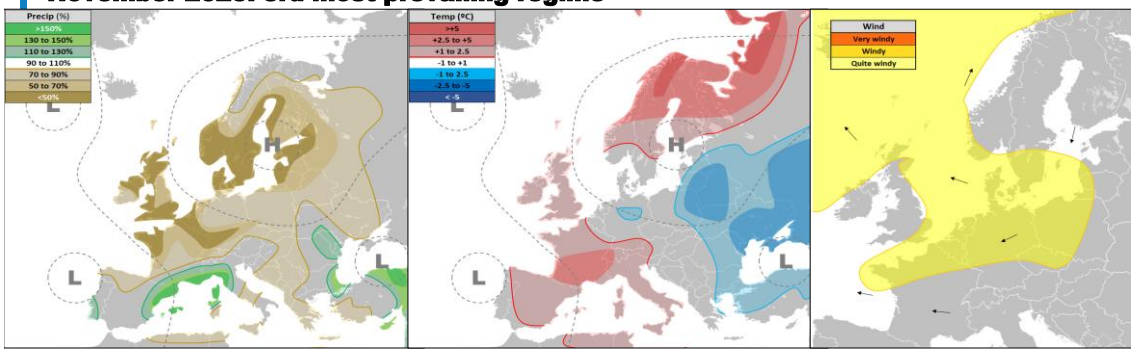
Mean values	NC	CE
Precipitation	A	SB
Temperature	SA	SA
Windy days		63%

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

Occurrences for teleconnections			
QBO	35%	OSCE	-
Atl. Tripole	32%	AO	28%
ONI	44%	Analog	24%
Solar cycle	27%		

November 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	WB	SB
Temperature	SA	SA
Windy days		20%

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

Occurrences for teleconnections			
QBO	22%	OSCE	-
Atl. Tripole	32%	AO	27%
ONI	17%	Analog	43%
Solar cycle	31%		

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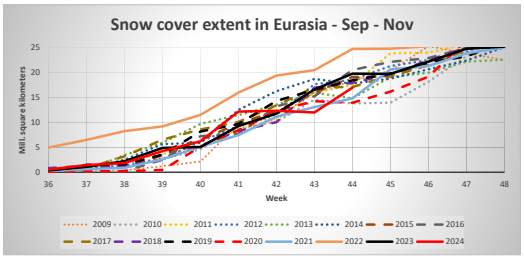
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	15%	29%	9%	29%	4%	19%	10%	38%	33%	29%
Quasi-Biennial Oscillation	strong easterly winds	N	N	SB	SA	15%	35%	15%	22%	0%	15%	11%	51%	22%	26%
Atlantic Tripole	negative	N	N	SB	SB	16%	32%	11%	32%	1%	13%	11%	43%	33%	24%
Ocean Niño Index (ONI)	neutral	N	SA	SB	SA	20%	44%	8%	17%	0%	14%	15%	52%	17%	29%
Solar cycle	maximum period	N	SB	N	N	15%	27%	10%	31%	4%	24%	4%	37%	35%	28%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	neutral	N	N	N	N	16%	28%	7%	27%	6%	22%	11%	34%	33%	32%
Analog years	05,12,13,14	SA	SA	N	SA	5%	24%	0%	43%	0%	20%	9%	24%	43%	29%

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	100%

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



November 2025 – Discussion

MODELS
Models give a strong mild signal across Europe. Wet signal dominates over Nordic while weak precipitation signals over the Conti.

TELECONNECTIONS
QBO in easterly phase give a weak wet and cool signal over Central Europe.
Tripole might be negative and in case support drier and cooler than normal over Central Europe.
ENSO is likely neutral negative and give a weak wet signal both over Nordic and Central Europe, also a weak cool signal over Central Europe.
Solar Cycle in maximum phase give a weak dry signal over Nordic.
Latest **analog years** have been normal to slightly dry over Nordic with temperatures near normall while 2005 was very wet and mild. Over Central Europe 2005 was dry and cool, while the others wet and with variying temperatures.

CONCLUSION
Weak signals pointing toward wetter than normal both over Nordic and Central Europe and in case possibly a dominating southerly low pressure path with temperatures slightly above normal.

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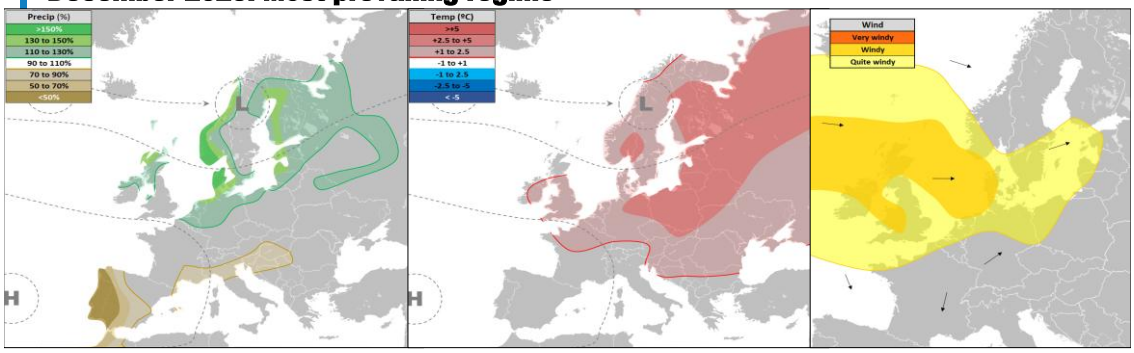
December 2025: Most prevailing regime

Frequency: 30%



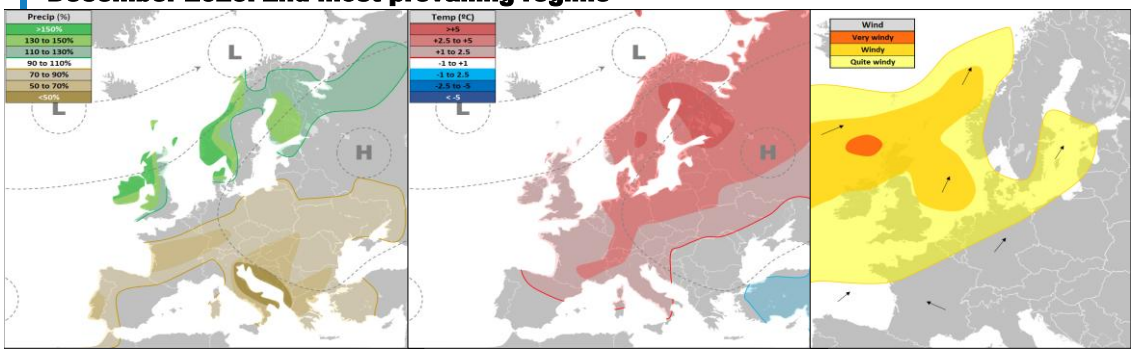
Mean values	NC	CE
Precipitation	SA	N
Temperature	SA	SA
Windy days		63%

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

Occurrences for teleconnections			
QBO	38%	OSCE	-
Atl. Tripole	29%	AO	26%
ONI	16%	Analog	35%
Solar cycle	37%		

December 2025: 2nd most prevailing regime

Frequency: 25%



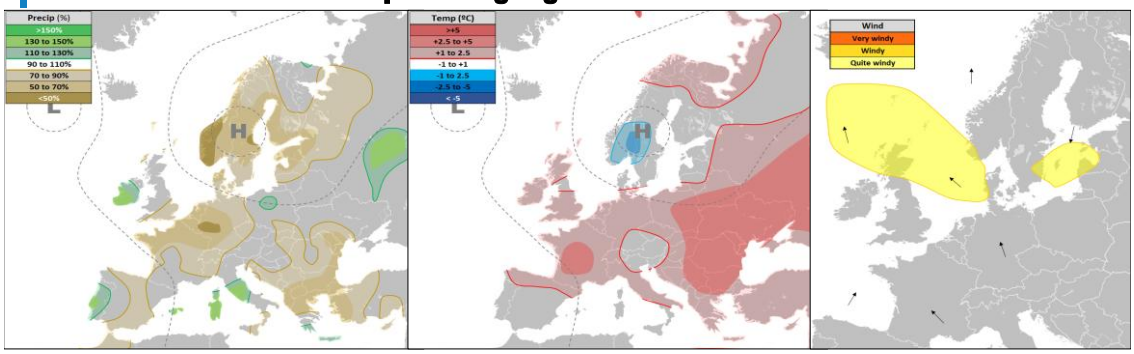
Mean values	NC	CE
Precipitation	A	SB
Temperature	A	A
Windy days		37%

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

Occurrences for teleconnections			
QBO	26%	OSCE	-
Atl. Tripole	56%	AO	38%
ONI	34%	Analog	42%
Solar cycle	31%		

December 2025: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	B	SB
Temperature	N	SA
Windy days		19%

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	56%	AO	38%
ONI	34%	Analog	42%
Solar cycle	31%		

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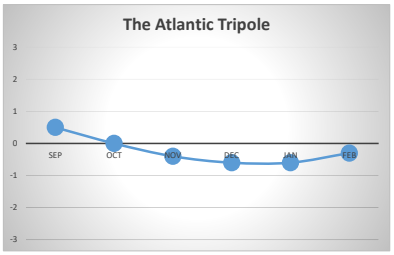
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	10%	29%	11%	33%	1%	14%	11%	40%	34%	25%
Quasi-Biennial Oscillation	strong easterly winds	SB	N	SB	SA	15%	38%	15%	26%	3%	12%	6%	53%	29%	18%
Atlantic Tripole	negative	A	SA	N	SB	14%	29%	4%	56%	0%	5%	6%	33%	56%	11%
Ocean Niño Index (ONI)	neutral	B	SB	N	N	6%	16%	15%	34%	0%	10%	25%	31%	34%	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	23%	0%	0%	0%	0%	0%	0%	-	0%	-
AO persistence	neutral	SA	N	SA	SA	0%	26%	6%	38%	0%	19%	10%	33%	39%	29%
Analog years	1992,2013,2022	SA	A	SB	B	11%	35%	5%	42%	1%	4%	12%	41%	43%	16%

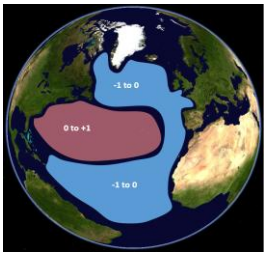
Explanation of each index and the legend are found on the last page.

Photo Voltaics Germany in % of normal	63%

Wind in Germany in % of normal	68%

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





December 2025 – Discussion

MODELS
The models shows a strong mild signal across Europe for the first Winter month, also a strong wet signal over Nordic. While mostly neutral precipitation signals over Central Europe.

TELECONNECTIONS
QBO is likely still strong in easterly phase, giving a weak cold signal over Nordic and weak wet and cold signal over Central Europe.
Most likely negative **Tripole** which give a weak wet and mild signal over Nordic and weak dry signal over Central Europe.
ENSO is probably neutral negative and give a cold and weak dry signal over Nordic.
Solar Cycle in maximum phase give a weak mild signal over Central Europe.
Analog years 1995 and 2013 were both wet and mild over Nordic while 2022 drier and colder than normal. Over Central Europe these years have been normal to dry and temperatures near normal.

CONCLUSION
Very uncertain outlook for the Winter at this time, but I'm leaning toward wet and mild over Nordic and slightly mild with normal precipitation over Central Europe.

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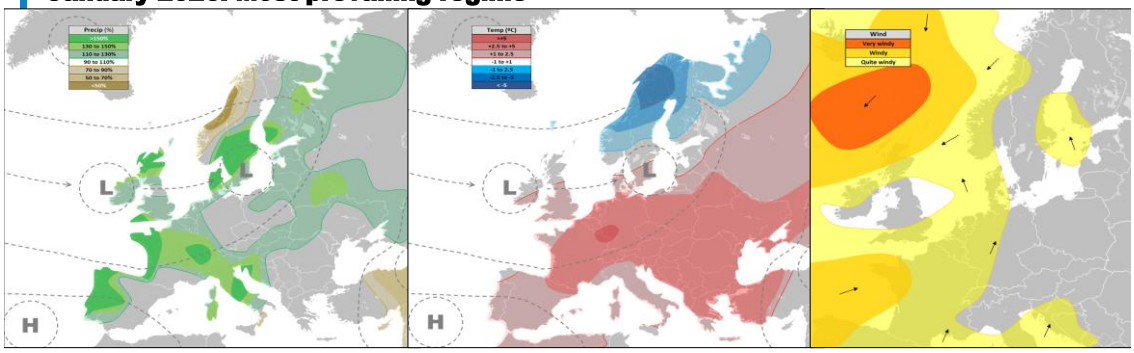
January 2026: Most prevailing regime

Frequency: 30%



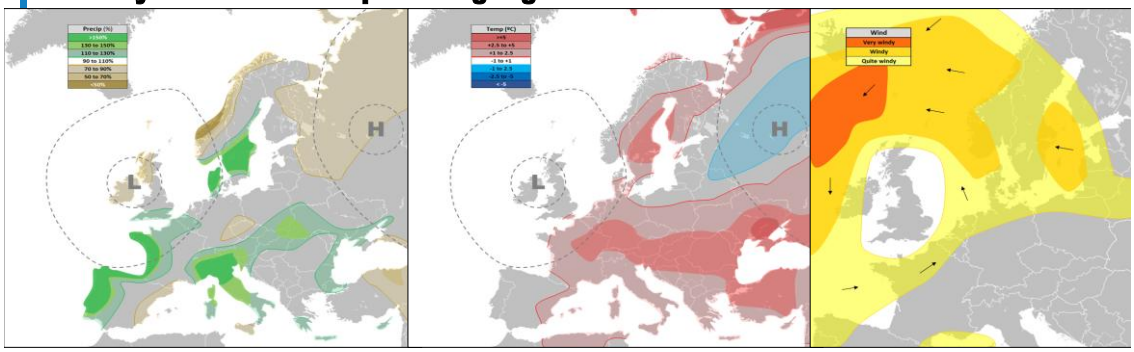
Mean values	NC	CE
Precipitation	SA	A
Temperature	N	A
Windy days		60%

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

Occurrences for teleconnections			
QBO	3%	OSCE	-
Atl. Tripole	8%		
ONI	5%	Analog	2%
Solar cycle	2%		

January 2026: 2nd most prevailing regime

Frequency: 25%



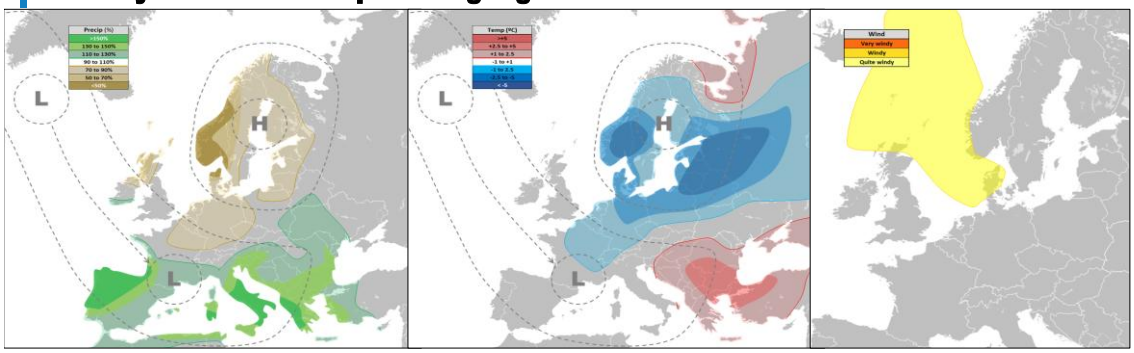
Mean values	NC	CE
Precipitation	N	A
Temperature	SA	A
Windy days		60%

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

Occurrences for teleconnections			
QBO	0%	OSCE	-
Atl. Tripole	0%	Analog	0%
ONI	2%		
Solar cycle	0%		

January 2026: 3rd most prevailing regime

Frequency: 20%



Mean values	NC	CE
Precipitation	B	SA
Temperature	B	SB
Windy days		21%

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

Occurrences for teleconnections			
QBO	38%	OSCE	-
Atl. Tripole	26%		
ONI	38%	Analog	27%
Solar cycle	28%		

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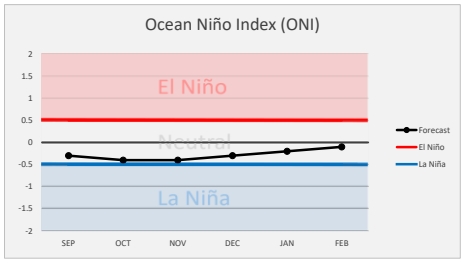
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	17%	32%	4%	35%	1%	18%	9%	36%	36%	27%
Quasi-Biennial Oscillation	strong easterly winds	N	SA	N	SA	24%	30%	3%	38%	0%	22%	7%	33%	38%	29%
Atlantic Tripole	negative	SA	SA	SA	N	23%	41%	8%	26%	0%	22%	2%	50%	26%	24%
Ocean Niño Index (ONI)	neutral	B	B	SB	WA	18%	23%	5%	26%	2%	35%	9%	28%	28%	44%
Solar cycle	maximum period	SA	SA	SA	SA	22%	43%	2%	28%	0%	16%	11%	45%	28%	27%
Oct snow cover extent	low snow cover	N	SA	N	N	22%	41%	-	32%	0%	20%	6%	41%	32%	26%
Analog years	12,13,15,18	SB	N	SA	WA	23%	41%	2%	27%	0%	27%	2%	44%	27%	29%

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

Photo Voltaics Germany in % of normal	100%

Wind in Germany in % of normal	94%

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



The ENSO system - Pacific equatorial sea surface temperature anomaly

January 2026 – 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 wet signal both over Nordic and Central Europe.
Neutral negative **ENSO** give a cold and dry signal over Nordic and wet and cold signal over Central Europe.

Analog years shows mixed signal over Nordic but mostly normal to slightly cold temperatures. Over Central Europe wet and mild dominates these years.

CONCLUSION
Wide open, but some hints of potenially southerly low pressure path to dominate with the chance of near normal precipitatin and temperatures over Nordic and wet and mild over Central Europe.

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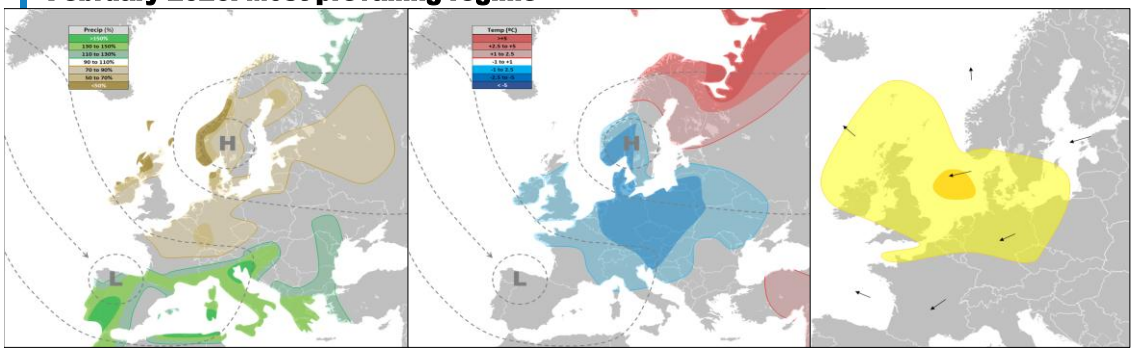
February 2026: Most prevailing regime

Frequency: 30%



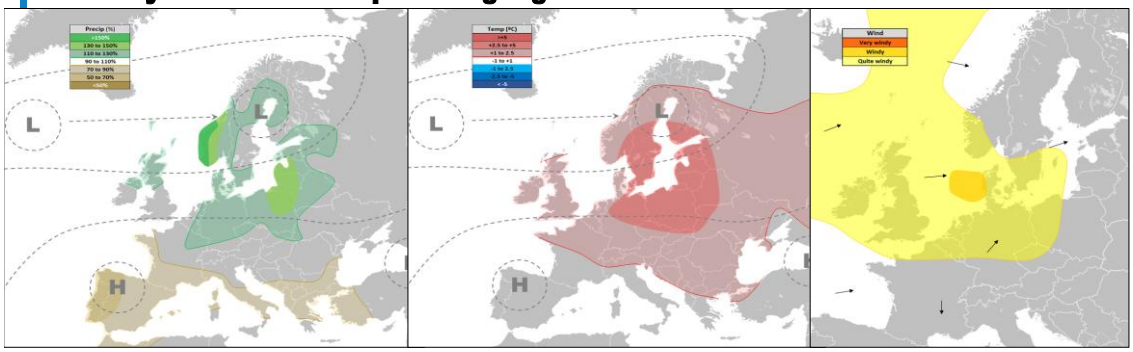
Mean values	NC	CE
Precipitation	B	N
Temperature	SB	B
Windy days		10%

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

Occurrences for teleconnections			
QBO	28%	Solar cycle	43%
Atl. Tripole	32%		
ONI	26%	Analog	31%

February 2026: 2nd most prevailing regime

Frequency: 25%



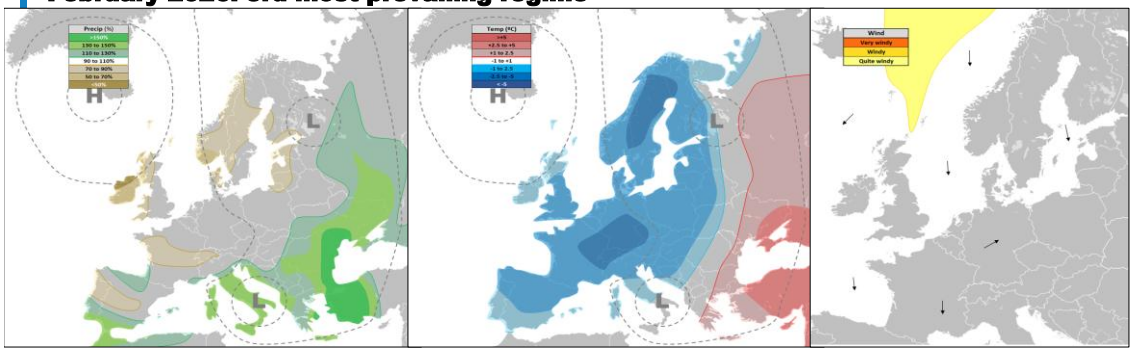
Mean values	NC	CE
Precipitation	A	N
Temperature	A	A
Windy days		58%

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

Occurrences for teleconnections			
QBO	22%	Solar cycle	18%
Atl. Tripole	23%		
ONI	21%	Analog	31%

February 2026: 3rd most prevailing regime

Frequency: 15%



Mean values	NC	CE
Precipitation	SB	SB
Temperature	B	WB
Windy days		29%

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

Occurrences for teleconnections			
QBO	7%	Solar cycle	15%
Atl. Tripole	5%		
ONI	13%	Analog	4%

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INDEX	SIGN/PHASE	NORDIC T	NORDIC P	CONTINENT T	CONTINENT P	CONTINENT W
Normal conditions		N	N	N	N	16%
Quasi-Biennial Oscillation	strong easterly winds	SB	SB	SB	B	10%
Atlantic Tripole	negative	SA	N	SB	N	21%
Ocean Niño Index (ONI)	neutral	N	B	SA	A	16%
Solar cycle	maximum period	N	B	B	SA	6%
Oct. snow cover extent	low snow cover	SB	B	SB	SB	0%
Analog years	12,15,17,22	SA	N	SB	B	20%

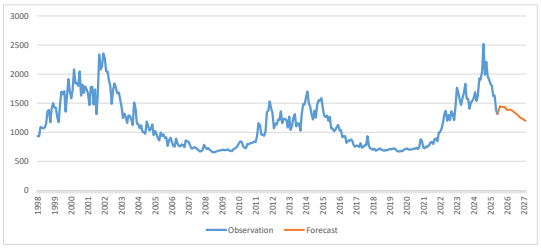
Main weather regimes									
1	2	3	4	5	6	L	N	H
29%	10%	30%	1%	20%	9%	39%	31%	29%
22%	20%	28%	0%	22%	7%	42%	28%	29%
23%	16%	32%	1%	21%	5%	39%	33%	26%
21%	8%	26%	0%	30%	13%	29%	26%	43%
18%	8%	43%	0%	14%	15%	26%	43%	29%
30%	-	30%	0%	29%	8%	30%	30%	37%
31%	11%	31%	0%	24%	4%	42%	31%	27%

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	54%

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



The solar cycle

February 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 ahead, but at least a chance of a dry and cold February over Nordic and rather dry with normal temperatures over Central Europe.

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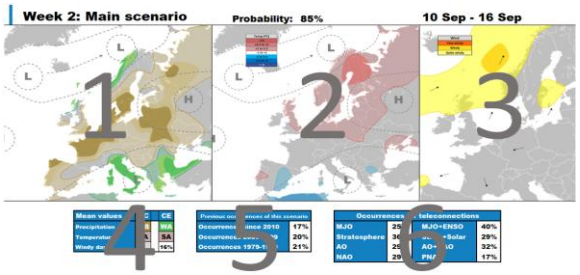
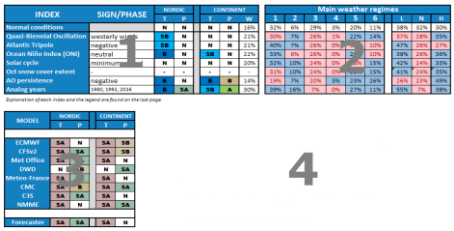


For each month, the forecaster pick three weather regimes that the forecaster think is going to be the most prevailing that month. How likely each of these are, or how often we anticipate these to occur that week, is given by the "Frequency" above the charts. All the charts are based on the average conditions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

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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 (-).

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