

ForeSight 180 Day Outlook

October 2025 to March 2026

Issued by Senior Forecaster Roar Teigen

Issued: 25 September 2025

Next forecast: late October 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:

Seasonal model runs keep going for a wet and mild continuation of the Autumn over Nordic and mild also over Central Europe with dry October and neutral precipitation outlook for November.

However medium range outlook is supporting a dry start of October over Nordic and a moderate change to normal to slightly wet later. October mild across Europe and normal precipitation over Nordic and slightly dry over Central Europe is most likely now.

In November analog years support slightly dry to normal precipitation over Nordic and very mixed signals over Central Europe.

Winter outlook is still wide open. Models clearly support mild across Europe and wetter than normal over Nordic, but teleconnections and analog years not support that this should be the case for the whole Winter as it looks now.

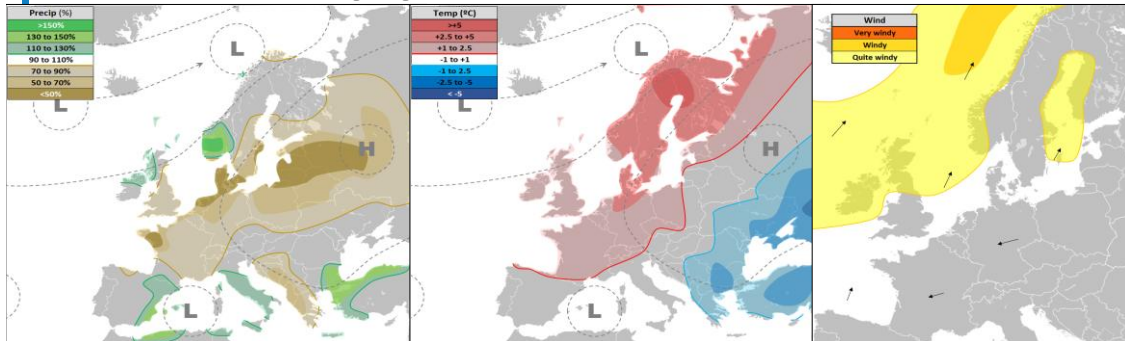
Prevailing weather regime

Region	Temperature					Precipitation						
	O	N	D	J	F	M	O	N	D	J	F	M
Nordic Continent												
Norway												
SE1												
SE2												
SE3												
SE4												
Norway												
Sweden												
Finland												
Denmark												
Germany												
France												
Switzerland												
Austria												
CE												

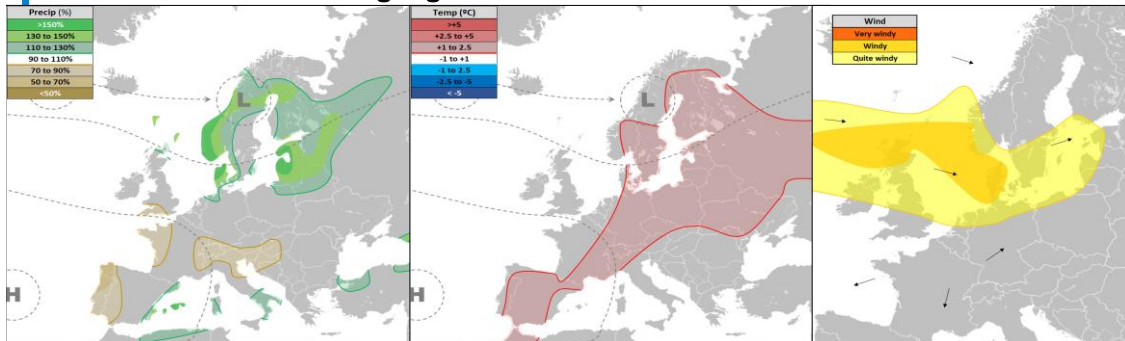
2nd most prevailing regime

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

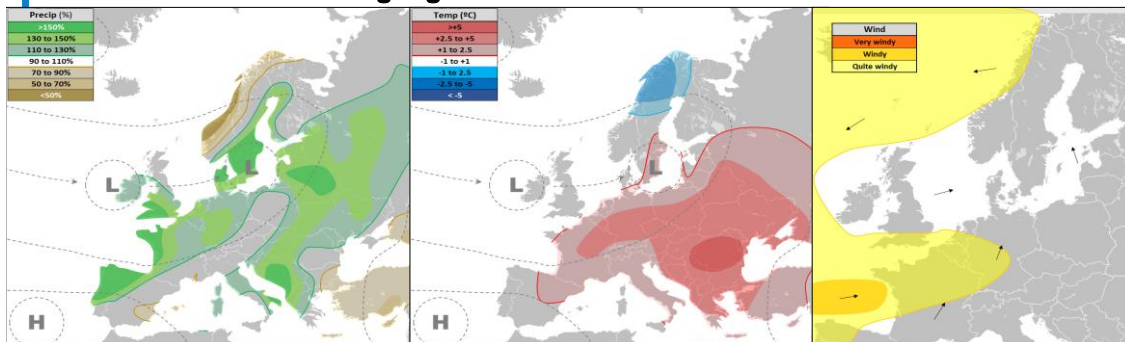
October 2025: Prevailing regime

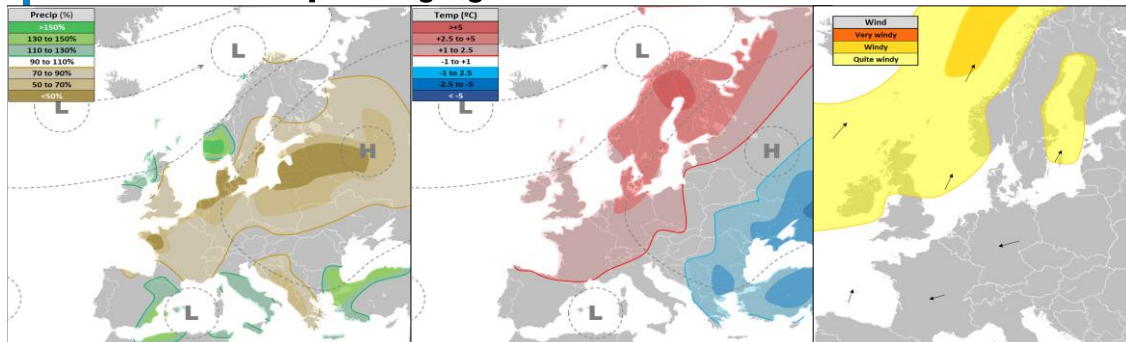


November 2025: Prevailing regime



December 2025: Prevailing regime

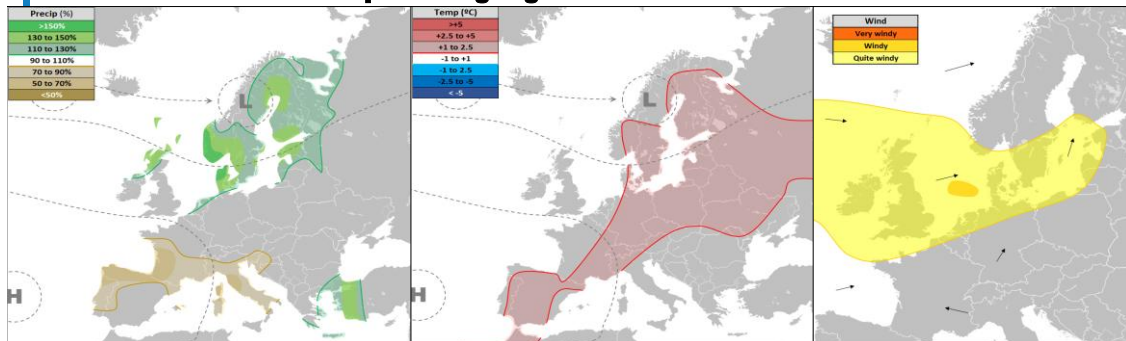


October 2025: Most prevailing regime**Frequency: 40%**

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%

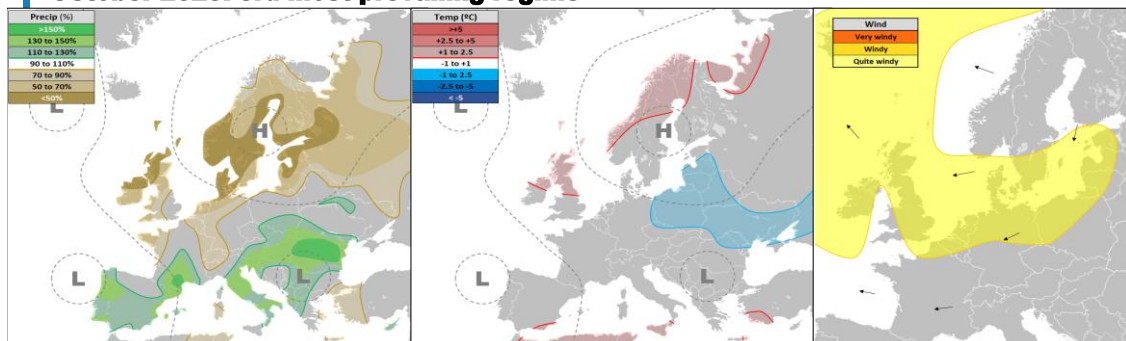
Occurrences for teleconnections			
QBO	22%	OSCE	-
Atl. Tripole	23%	AO	20%
ONI	25%	Analog	23%
Solar cycle	20%		

October 2025: 2nd 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	37%	OSCE	-
Atl. Tripole	27%	AO	32%
ONI	46%	Analog	41%
Solar cycle	31%		

October 2025: 3rd most prevailing regime**Frequency: 25%**

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

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	23%	AO	20%
ONI	25%	Analog	23%
Solar cycle	20%		

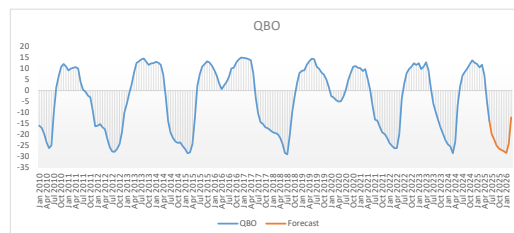
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	8%	31%	13%	22%	4%	22%	8%	44%	26%	29%
Quasi-Biennial Oscillation	strong easterly winds	N	SA	N	SB	9%	37%	13%	22%	1%	21%	5%	50%	23%	27%
Atlantic Tripole	positive	N	N	N	SA	9%	27%	16%	23%	4%	20%	10%	43%	27%	30%
Ocean Niño Index (ONI)	weak La Niña	A	A	SB	SB	9%	46%	7%	25%	1%	13%	8%	53%	26%	20%
Solar cycle	maximum period	SB	SB	N	A	7%	31%	9%	20%	7%	23%	9%	40%	27%	33%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	neutral	N	SA	N	N	11%	32%	16%	20%	3%	16%	13%	48%	23%	28%
Analog years	96,00,02,17,21	N	A	SB	N	16%	41%	9%	23%	3%	14%	10%	50%	26%	25%

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 63%

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



The observed and forecasted Quasi Biennial Oscillation

October 2025 – Discussion

MODELS

Models shows a strong mild signal over Nordic and slightly weaker mild signal over the Conti. Wetter than normal dominates over Nordic and drier than normal dominates over Central Europe.

TELECONNECTIONS

The negative **QBO** is giving a weak wet signal over Nordic and weak dry signal over Central Europe.

Atlantic Tripole is likely slightly positive and shows a weak wet signal over Central Europe.

ENSO is just within La Nina conditions, but to be an official La Nina temperature has to stay within the limits for 5 overlapping 3 months period. It give a wet and mild signal over Nordic and slightly dry and 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 weak dry and cool signal over Nordic and wet signal over Central Europe.

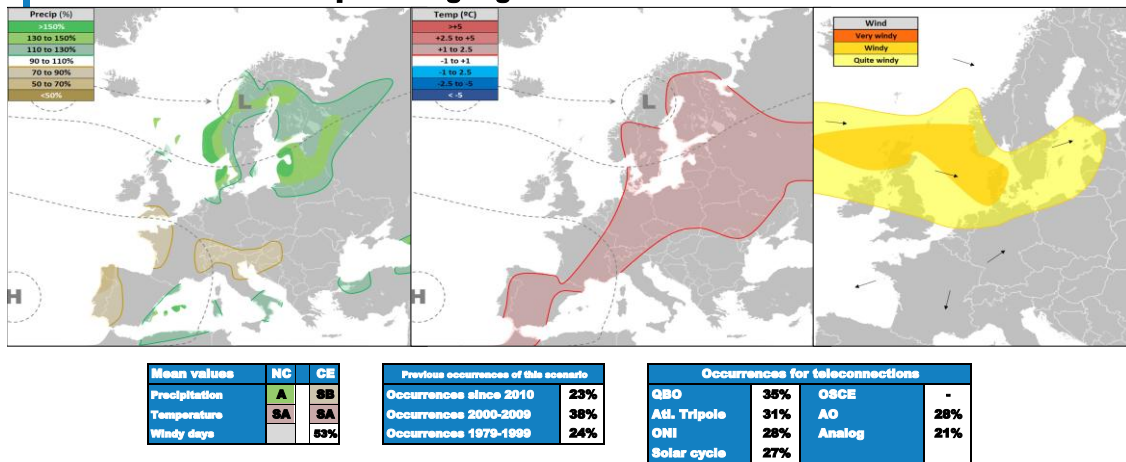
Four out of five **analog years** have been relatively wet to wet over Nordic with very variable temperatures these years. Over Central Europe the latest years have been dry and the earliest years wet, temperatures mostly near to slightly below normal.

CONCLUSION

Arrow point toward wet and mild over Nordic, but models indicate a dry first week of October ending Sunday 5th. With a potentially very dry start of the month it its quite unlikely becoming wetter than normal for the whole month. Conclusion is normal precipitation and slightly mild over Nordic and slightly dry and mild over Central Europe.

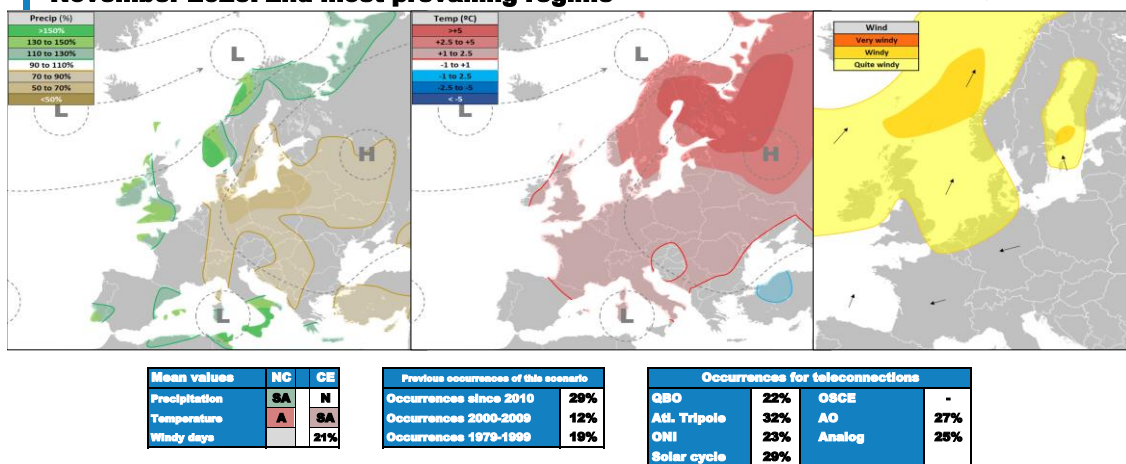
November 2025: Most prevailing regime

Frequency: 35%



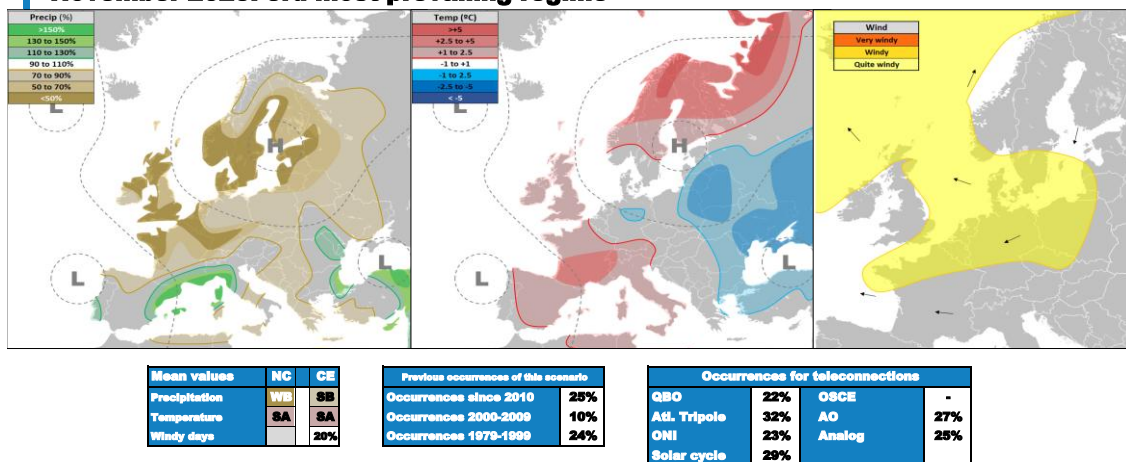
November 2025: 2nd most prevailing regime

Frequency: 25%



November 2025: 3rd most prevailing regime

Frequency: 20%



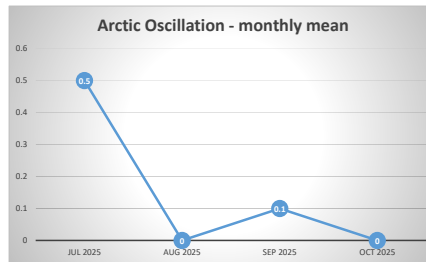
INDEX		SIGN/PHASE		NORDIC		CONTINENT			Main weather regimes									
		T	P	T	P	W	1	2	3	4	5	6	L	N	H			
Normal conditions		N	N	N	N	15%	29%	9%	29%	4%	19%	10%	38%	33%	29%			
Quasi-Biennial Oscillation		N	N	SB	SA	15%	35%	15%	22%	0%	15%	11%	51%	22%	26%			
Atlantic Tripole		N	N	N	SB	22%	31%	12%	32%	14%	0%	11%	43%	46%	11%			
Ocean Niño Index (ONI)		SA	SA	N	N	14%	28%	11%	20%	23%	7%	12%	39%	43%	19%			
Solar cycle		SB	SB	SA	A	16%	27%	13%	29%	0%	26%	4%	40%	29%	31%			
Oct snow cover extent		-	-	-	-	-	-	-	-	-	-	-	-	-	-			
AO persistence		N	N	N	N	12%	28%	7%	27%	6%	22%	11%	34%	33%	32%			
Analog years		N	SB	N	N	19%	21%	23%	25%	0%	23%	7%	44%	25%	31%			

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

Photo Voltaics Germany in % of normal 35%

Wind in Germany in % of normal 41%

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



Monthly mean values of the Arctic Oscillation (AO)

November 2025 – Discussion

MODELS

Models are mild across Europe and shows a quiet strong wet signal over Nordic while neutral precipitation signal in most of the models.

TELECONNECTIONS

QBO in easterly phase give a weak wet and cold signal over Central Europe.

Tripole might turn neutral this month and in case a weak dry signal over Central Europe.

Negative **ENSO** also support wetter and milder than normal over Nordic and no signal over Central Europe.

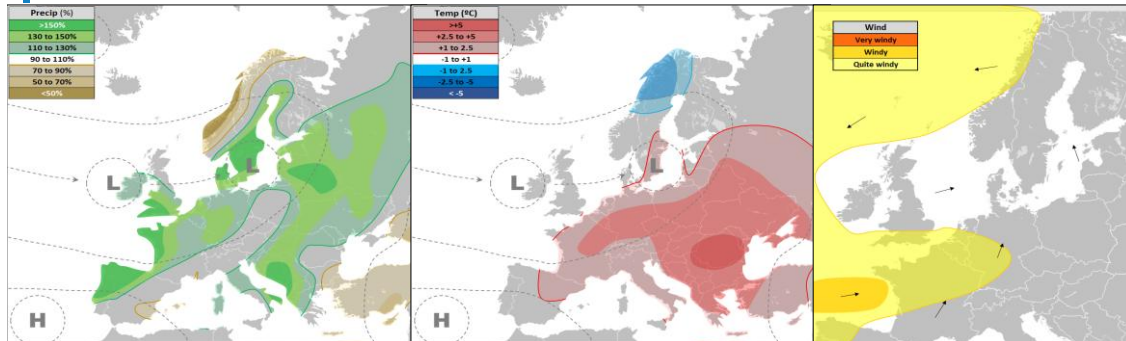
Solar cycle in maximum phase give a weak dry and cold signal over Nordic and wet and mild signal over Central Europe.

Analog years have been mostly slightly dry to near normal over Nordic with variable temperatures, over Central Europe big variation in the weather.

Three out of five years have had "Dunkelflaute" case(s), and 18 out of the last 30 so based on this the chance is just average this year.

CONCLUSION

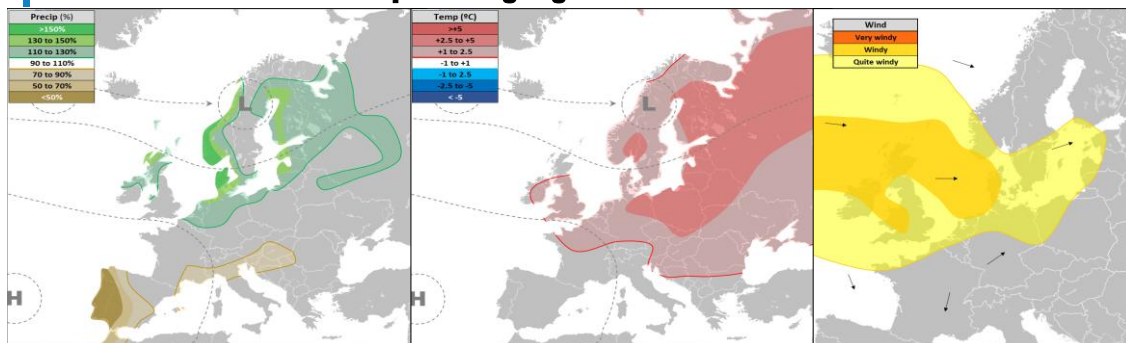
Models shows a clear wet and mild signal over Nordic, but taking teleconnections and analog years into account a more variable picture. I go for normal precipitation over Nordic and slightly mild and the same for Central Europe.

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%

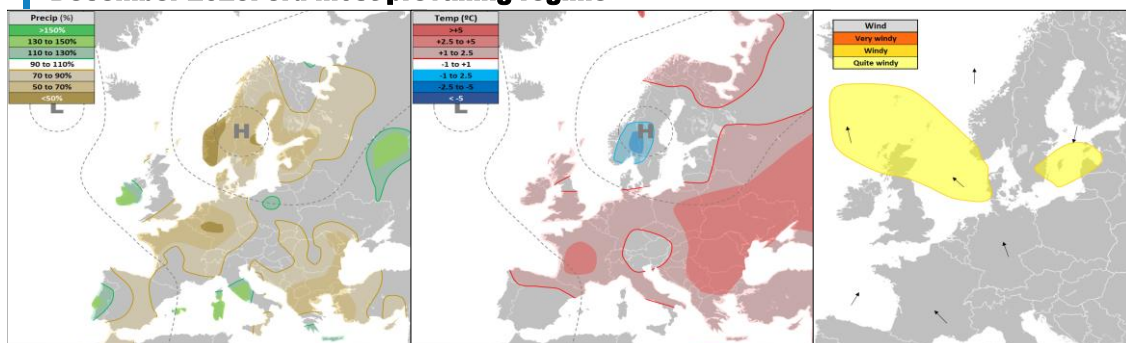
Occurrences for teleconnections			
QBO	15%	OSCE	2%
Atl. Tripole	11%	AO	12%
ONI	15%	Analog	14%
Solar cycle	9%		

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	34%	OSCE	30%
Atl. Tripole	31%	AO	29%
ONI	33%	Analog	38%
Solar cycle	38%		

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	29%	OSCE	30%
Atl. Tripole	45%	AO	35%
ONI	28%	Analog	32%
Solar cycle	29%		

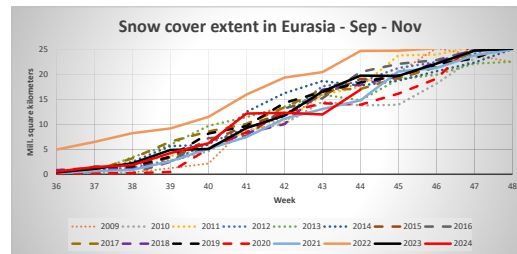
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes									
		T	P	T	P	W	1	2	3	4	5	6	L	N	H	
Normal conditions		N	N	N	N	10%	29%	11%	33%	1%	14%	11%	40%	34%	25%	
Quasi-Biennial Oscillation	strong easterly winds	SB	SB	N	SA	16%	34%	15%	29%	2%	13%	6%	49%	31%	20%	
Atlantic Tripole	negative	A	SA	SA	N	14%	31%	11%	45%	0%	7%	6%	42%	45%	13%	
Ocean Niño Index (ONI)	weak La Niña	SA	SA	SB	SB	5%	33%	15%	28%	7%	9%	8%	48%	35%	18%	
Solar cycle	maximum period	SB	SA	SA	SA	15%	38%	9%	29%	0%	13%	10%	46%	30%	24%	
Oct snow cover extent	low snow cover	SA	N	SB	SA	12%	32%	7%	34%	2%	15%	8%	38%	36%	23%	
AO persistence	neutral	N	N	SA	N	12%	29%	12%	35%	2%	15%	7%	41%	37%	22%	
Analog years	11,13,14,21,23	N	SA	SA	SA	16%	39%	14%	32%	0%	10%	6%	52%	32%	15%	

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

Photo Voltaics Germany in % of normal 59%

Wind in Germany in % of normal 61%

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



December 2025 – Discussion

MODELS

Models give a strong mild signal across Europe, especially over Nordic and also a wet signal over Nordic while most of them are neutral regarding precipitation over Central Europe.

TELECONNECTIONS

QBO in easterly phase give a weak dry and cold signal over Nordic and weak wet signal over Central Europe.

Tripole might be negative and in case give a mild and weak wet signal over Nordic, weak mild signal also over Nordic.

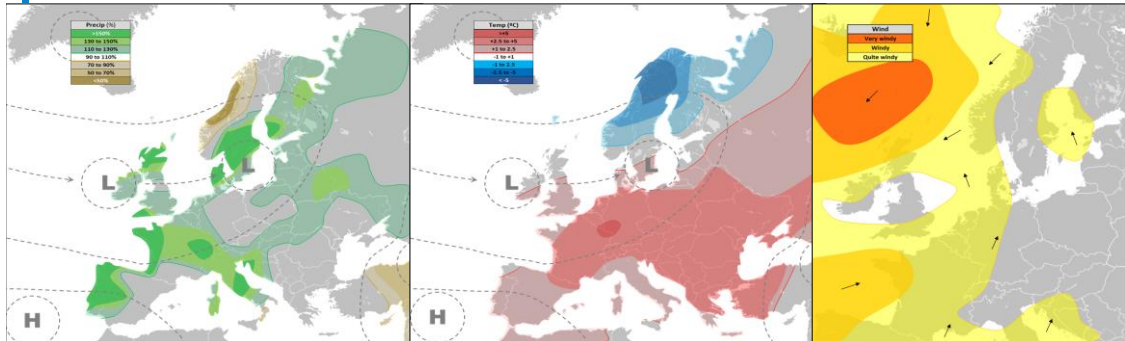
ENSO is likely negative and give a weak wet and mild signal over Nordic and weak cold and dry signal over Central Europe.

Solar Cycle in maximum phase give a weak wet and cool signal over Nordic and weak wet and mild signal over Central Europe.

Analog years have given big variation in the weather over Nordic. Both wet and mild years over Central Europe with normal to mild temperatures. Only two out of the five analog years have had "Dunkelflaute" case(s) while the average the latest 30 years is 57%

CONCLUSION

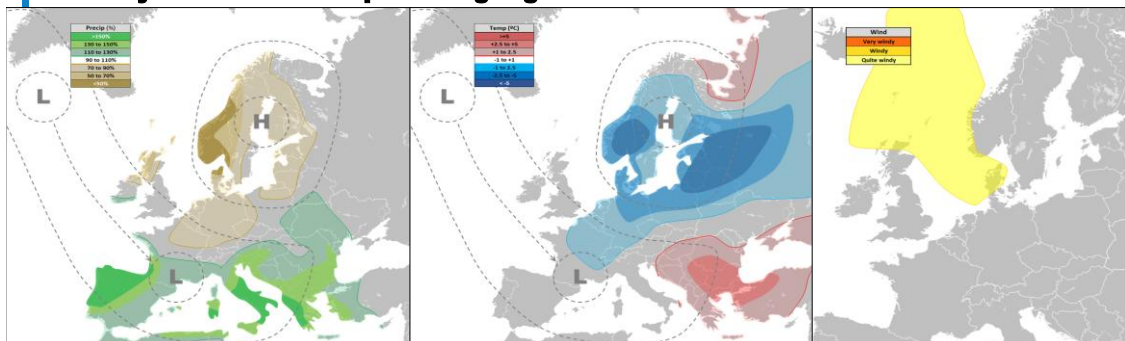
Indications of wetter than normal over Nordic and possibly over Central Europe as well with a southerly to relatively southerly low pressure path. Slightly mild to mild across Europe is most likely.

January 2026: Most prevailing regime**Frequency: 30%**

Mean values	NC	CE
Precipitation	SA	A
Temperature	N	A
Windy days		80%

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

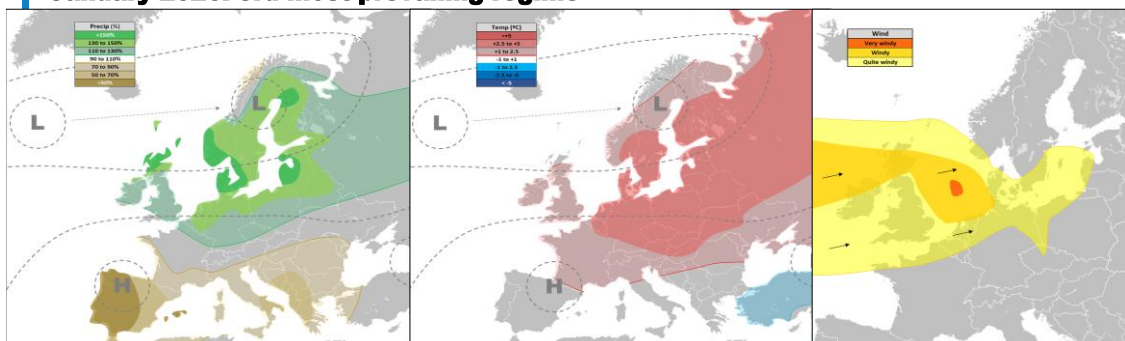
Occurrences for teleconnections			
QBO	3%	OSCE	-
Atl. Tripole	8%	AO	3%
ONI	3%	Analog	1%
Solar cycle	2%		

January 2026: 2nd most prevailing regime**Frequency: 25%**

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

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

Occurrences for teleconnections			
QBO	38%	OSCE	-
Atl. Tripole	26%	AO	37%
ONI	38%	Analog	41%
Solar cycle	33%		

January 2026: 3rd most prevailing regime**Frequency: 20%**

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%	OSCE	-
Atl. Tripole	41%	AO	27%
ONI	21%	Analog	20%
Solar cycle	33%		

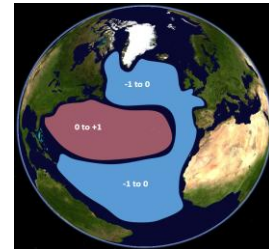
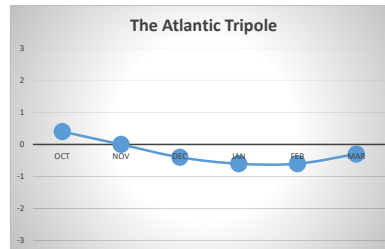
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	17%	32%	4%	35%	1%	18%	9%	36%	36%	27%
Quasi-Biennial Oscillation	strong easterly winds	N	SA	N	SA	24%	30%	3%	38%	0%	22%	7%	33%	38%	29%
Atlantic Tripole	negative	SA	SA	SA	N	23%	41%	8%	26%	0%	22%	2%	50%	26%	24%
Ocean Niño Index (ONI)	weak La Niña	SB	B	SB	SA	13%	21%	3%	38%	3%	27%	8%	23%	41%	35%
Solar cycle	maximum period	N	N	SA	SA	17%	33%	2%	33%	4%	16%	12%	35%	37%	28%
Oct snow cover extent	low snow cover	N	SA	N	N	34%	41%	1%	32%	0%	20%	6%	42%	32%	26%
AO persistence	neutral	SA	N	SA	SB	0%	27%	3%	37%	2%	22%	9%	30%	39%	31%
Analog years	01,06,12,14,15	SB	SB	N	A	11%	20%	1%	41%	7%	29%	1%	21%	48%	30%

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

Photo Voltaics Germany in % of normal 95%

Wind in Germany in % of normal 101%

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



January 2026 – Discussion

MODELS

The models shows a strong mild signal over Nordic and slightly weaker mild signal over Central Europe. Weak wet signal over Nordic and mainly neutral precipitation signal over Central Europe.

TELECONNECTIONS

QBO is likely still strong in easterly phase, giving a weak wet signal both over Nordic and Central Europe.

Most likely negative **Tripole** which give a weak wet and mild signal over Nordic and weak mild signal over Central Europe.

ENSO is likely negative and give a dry and weak cold signal over Nordic and weak wet and cold signal over Central Europe.

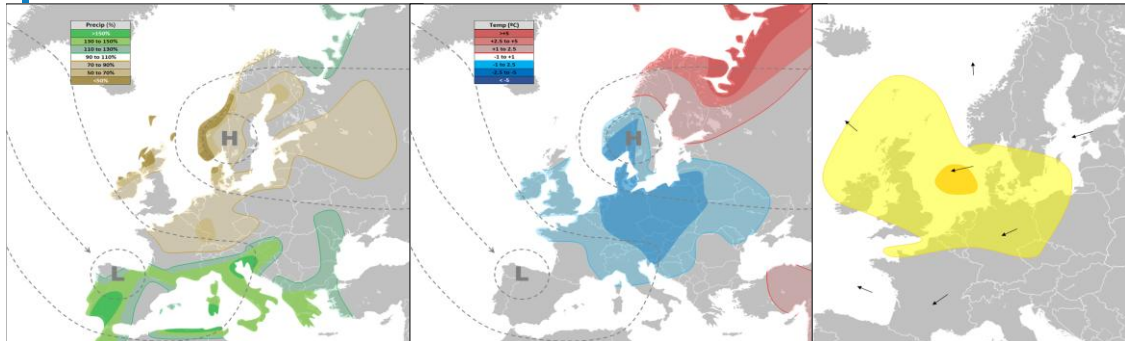
Solar Cycle in maximum phase give a weak wet and mild signal over Central Europe.

Analog years have mostly been drier and cooler than normal over Nordic and wetter than normal over Central Europe with variable temperatures.

Only one out of the five years have had "Dunkelflaute" while the normal likelihood in January is 37% for at least one case.

CONCLUSION

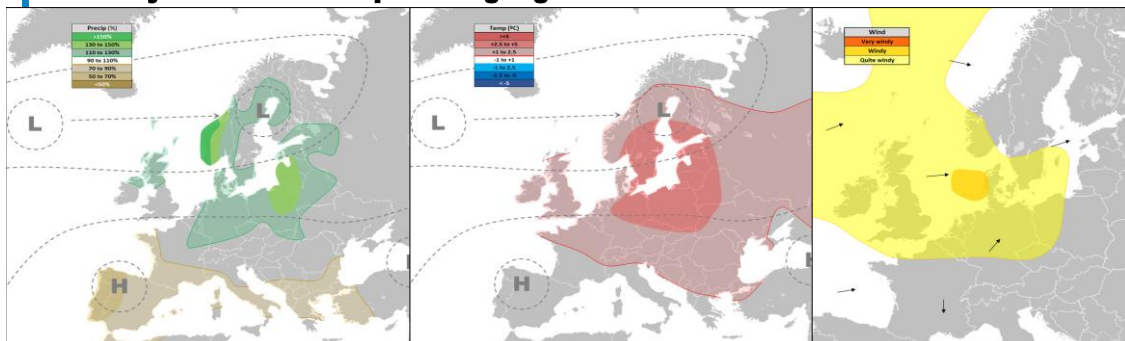
Based on ENSO teleconnections and analog years it will not necessarily become wet and mild over Nordic as models indicate, I think more neutral conditions is more likely. Over Central Europe probably wetter and milder than normal.

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%

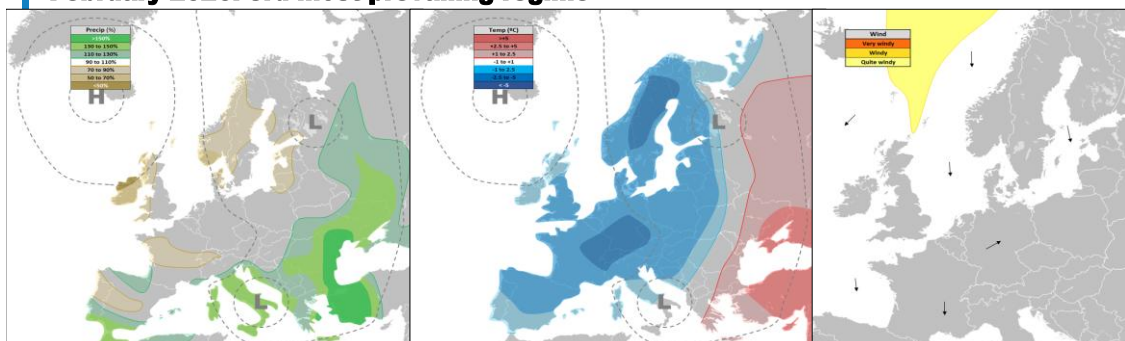
Occurrences for teleconnections			
QBO	35%	OSCE	-
Atl. Tripole	34%	Analog	26%
ONI	27%		
Solar cycle	24%		

February 2026: 2nd most prevailing regime**Frequency: 25%**

Mean values	NC	CE
Precipitation	A	N
Temperature	A	A
Windy days		50%

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

Occurrences for teleconnections			
QBO	23%	OSCE	-
Atl. Tripole	24%	Analog	20%
ONI	19%		
Solar cycle	31%		

February 2026: 3rd most prevailing regime**Frequency: 20%**

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

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

Occurrences for teleconnections			
QBO	4%	OSCE	-
Atl. Tripole	5%		
ONI	4%	Analog	5%
Solar cycle	11%		

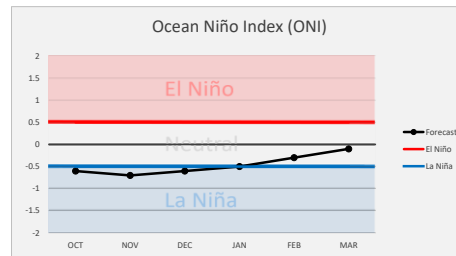
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	16%	29%	10%	30%	1%	20%	9%	39%	31%	29%
Quasi-Biennial Oscillation	strong easterly winds	N	N	SB	SB	20%	23%	15%	35%	0%	24%	4%	38%	35%	27%
Atlantic Tripole	negative	SA	N	SB	N	20%	24%	12%	34%	1%	22%	5%	37%	36%	27%
Ocean Niño Index (ONI)	neutral	N	SB	N	SA	15%	19%	13%	27%	0%	30%	9%	32%	27%	39%
Solar cycle	maximum period	N	N	SB	A	9%	31%	14%	24%	0%	17%	11%	46%	24%	28%
Oct snow cover extent	low snow cover	SB	B	SB	SB	0%	30%	-	30%	0%	29%	8%	30%	30%	37%
Analog years	84,93,01,17	SB	SB	SB	N	11%	20%	19%	26%	0%	27%	5%	40%	26%	32%

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

Photo Voltaics Germany in % of normal 94%

Wind in Germany in % of normal 107%

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



The ENSO system - Pacific equatorial sea surface temperature anomaly

February 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

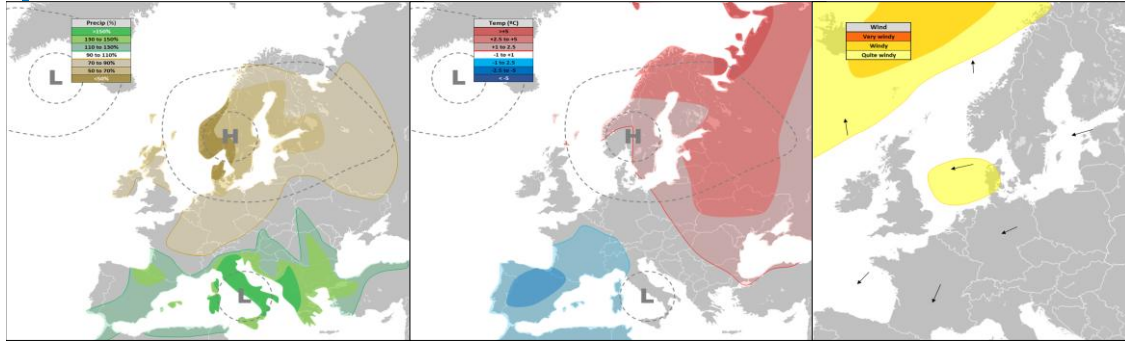
Teleconnection signals are quite uncertain both regarding phase and strength. But **QBO** likely in easterly phase which give a weak dry and cold signal over Central Europe.

Neutral negative **ENSO** give a weak dry signal over Nordic and weak wet signal over Central Europe.

Analog years have mostly been slightly dry to near normal over Nordic with variable temperatures. Most of the years drier than normal over Central Europe, latest year normal to slightly mild while 84 and 93 slightly cold, but remember temperature rise since these years. In general low chance of "Dunkelflaute" in February and none of the analog years have had cases.

CONCLUSION

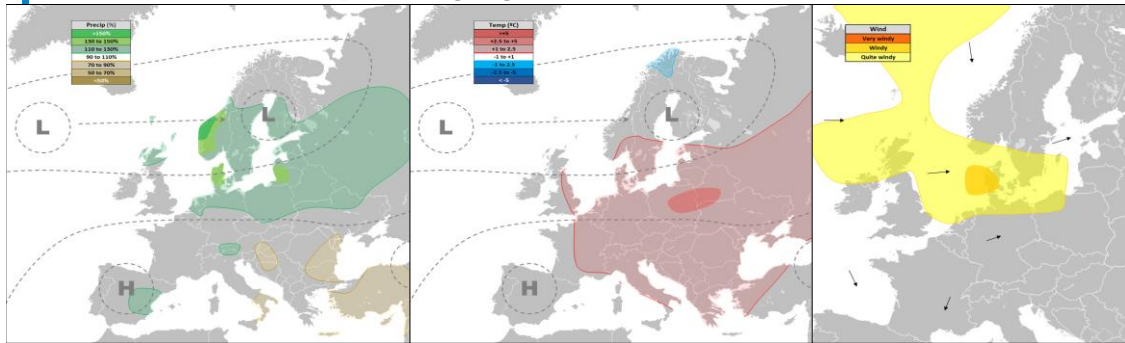
Wide open, but some indications that it could be colder and drier than models indicate over Nordic and colder also over Central Europe than models indicate.

March 2026: Most prevailing regime**Frequency: 30%**

Mean values	NC	CE
Precipitation	WB	SB
Temperature	SA	N
Windy days		28%

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

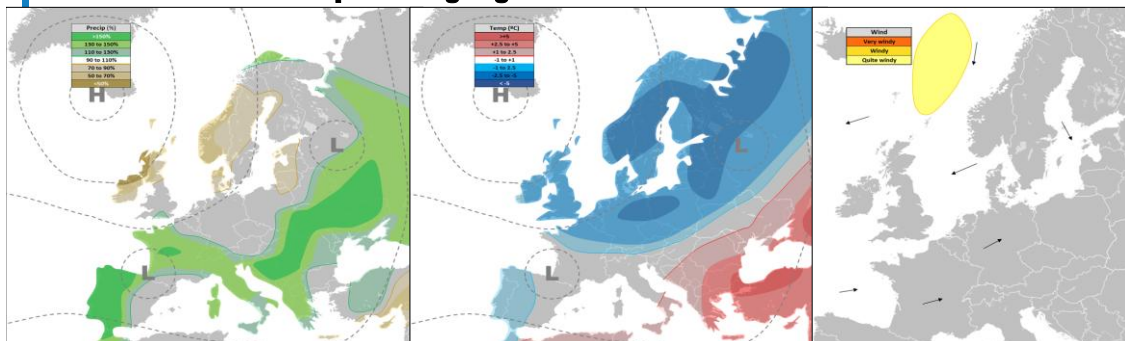
Occurrences for teleconnections	
QBO	33%
Atl. Tripole	38%
ONI	36%
Solar cycle	29%
Analog	38%

March 2026: 2nd most prevailing regime**Frequency: 25%**

Mean values	NC	CE
Precipitation	SA	N
Temperature	SA	SA
Windy days		68%

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

Occurrences for teleconnections	
QBO	24%
Atl. Tripole	23%
ONI	21%
Solar cycle	22%
Analog	17%

March 2026: 3rd most prevailing regime**Frequency: 15%**

Mean values	NC	CE
Precipitation	SB	A
Temperature	B	B
Windy days		80%

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

Occurrences for teleconnections	
QBO	6%
Atl. Tripole	4%
ONI	8%
Solar cycle	5%
Analog	0%

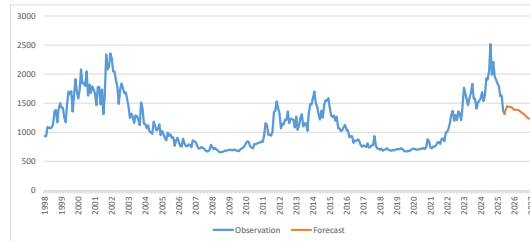
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	10%	27%	10%	31%	2%	20%	8%	37%	33%	28%
Quasi-Biennial Oscillation	easterly winds	SB	SB	N	N	10%	24%	11%	33%	2%	25%	6%	35%	34%	31%
Atlantic Tripole	negative	SA	SB	N	SA	9%	23%	11%	35%	1%	26%	4%	34%	35%	30%
Ocean Niño Index (ONI)	neutral	SA	N	N	SA	10%	21%	9%	36%	0%	24%	8%	30%	36%	32%
Solar cycle	maximum period	N	SB	SA	SB	5%	22%	12%	29%	6%	25%	5%	35%	35%	30%
Oct. snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Analog years	80,82,84,12,17	SB	SB	SB	N	8%	17%	16%	35%	0%	32%	0%	34%	35%	32%

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

Photo Voltaics Germany in % of normal **79%**

Wind in Germany in % of normal **82%**

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



The solar cycle

March 2026 – Discussion

MODELS

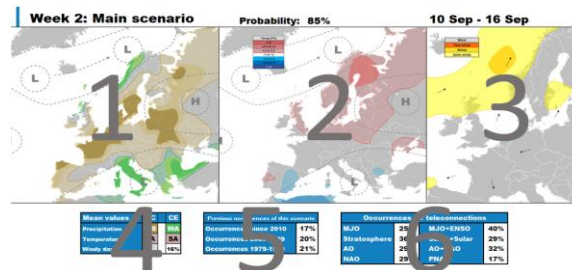
Fewer models available but mild conditions across Europe has strong support and wetter than normal over Nordic.

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 also this month chance of colder than models predict and drier over Nordic.



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.

INDEX	SIGN/PHASE	Index	Continent	Main weather regimes
North Atlantic Oscillation	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Oscillation	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Index (ASII)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Extent (ASIE)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Volume (ASIV)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Thickness (ASIT)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Area (ASIA)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Volume (ASIV)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Thickness (ASIT)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12
Arctic Sea Ice Area (ASIA)	positive	M	M	1 2 3 4 5 6 7 8 9 10 11 12

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 (-).