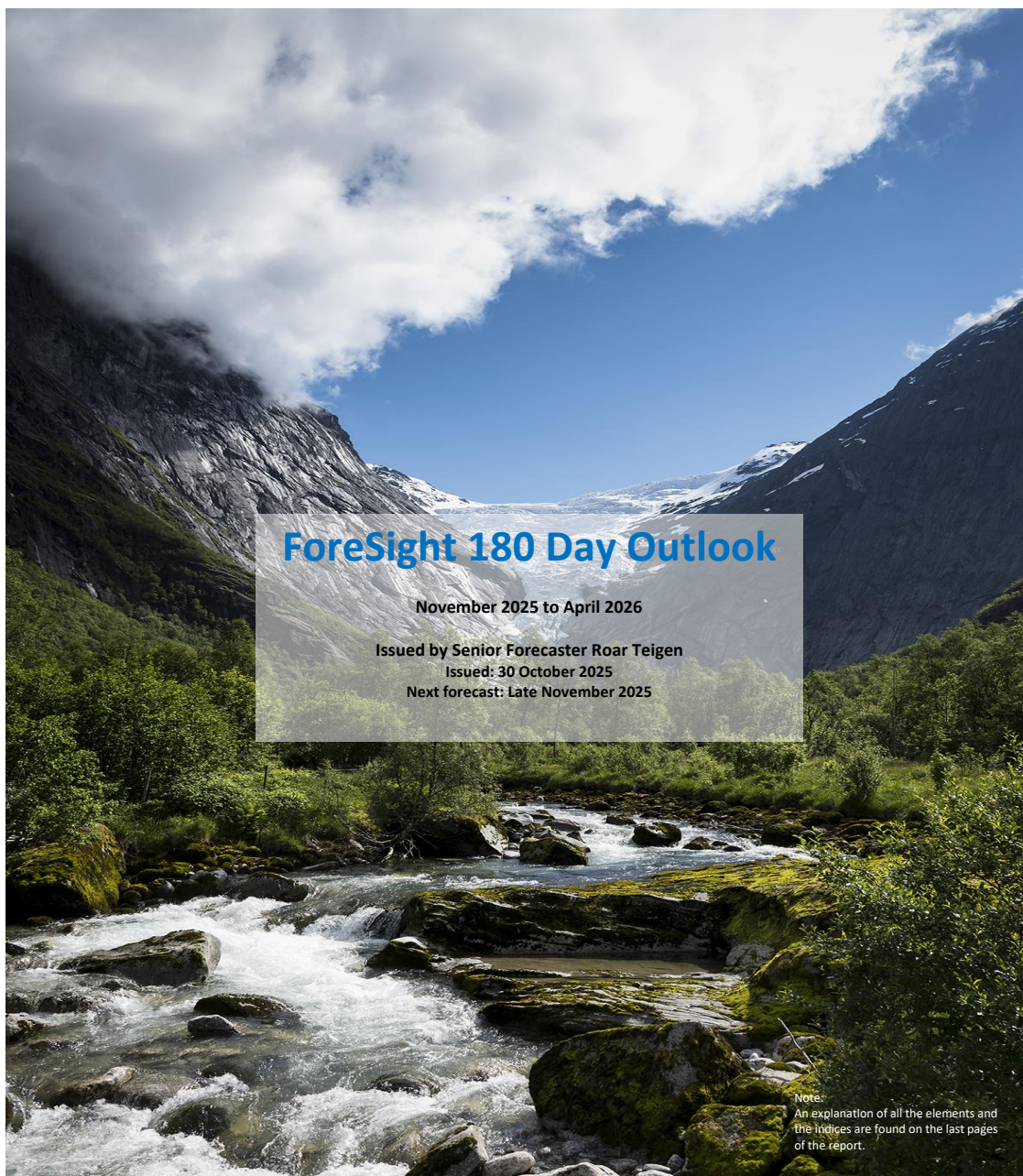




## ForeSight 180 Day Outlook

November 2025 to April 2026

Issued by Senior Forecaster Roar Teigen

Issued: 30 October 2025

Next forecast: Late November 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:

Analog years in combination with models indicate unlikely a cold November over Central and Northern Europe this year. Neither wetter than normal over Nordic and chance of slightly dry over Central Europe with dominating southerly winds.

Winter outlook indicate a wet and mild start of the Winter, but with a fair chance of becoming colder and drier from January over Nordic and in February possibly also over the Conti.

About 60% chance of an SSW during the Winter (most likely in January or February) which increase the likelihood of prevailing cold and dry period(s).

### Prevailing weather regime

| Region           | Temperature |   |   |   |   |   | Precipitation |   |   |   |   |   |
|------------------|-------------|---|---|---|---|---|---------------|---|---|---|---|---|
|                  | N           | D | J | F | M | A | N             | D | J | F | M | A |
| Nordic Continent |             |   |   |   |   |   |               |   |   |   |   |   |

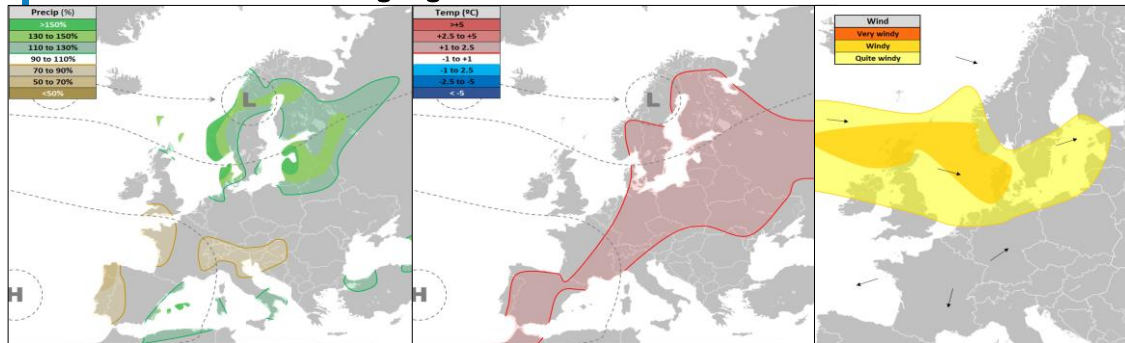
|             |          |  |  |  |  |  |  |  |  |  |  |  |
|-------------|----------|--|--|--|--|--|--|--|--|--|--|--|
| Norway      | NO1 (SE) |  |  |  |  |  |  |  |  |  |  |  |
|             | NO2 (SW) |  |  |  |  |  |  |  |  |  |  |  |
|             | NO3 (C)  |  |  |  |  |  |  |  |  |  |  |  |
|             | NO4 (O)  |  |  |  |  |  |  |  |  |  |  |  |
|             | NO5 (W)  |  |  |  |  |  |  |  |  |  |  |  |
| Sweden      | SE1      |  |  |  |  |  |  |  |  |  |  |  |
|             | SE2      |  |  |  |  |  |  |  |  |  |  |  |
|             | SE3      |  |  |  |  |  |  |  |  |  |  |  |
|             | SE4      |  |  |  |  |  |  |  |  |  |  |  |
| Norway      |          |  |  |  |  |  |  |  |  |  |  |  |
| Sweden      |          |  |  |  |  |  |  |  |  |  |  |  |
| Finland     |          |  |  |  |  |  |  |  |  |  |  |  |
| Denmark     |          |  |  |  |  |  |  |  |  |  |  |  |
| Germany     |          |  |  |  |  |  |  |  |  |  |  |  |
| France      |          |  |  |  |  |  |  |  |  |  |  |  |
| Switzerland |          |  |  |  |  |  |  |  |  |  |  |  |
| Austria     |          |  |  |  |  |  |  |  |  |  |  |  |

### 2nd most prevailing regime

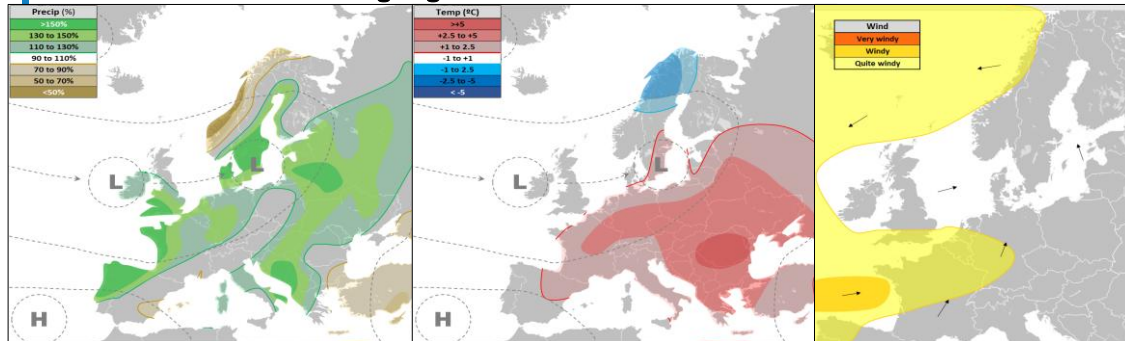
| Region              | Temperature |   |   |   |   |   | Precipitation |   |   |   |   |   |
|---------------------|-------------|---|---|---|---|---|---------------|---|---|---|---|---|
|                     | N           | D | J | F | M | A | N             | D | J | F | M | A |
| Nordic<br>Continent |             |   |   |   |   |   |               |   |   |   |   |   |

|             |          |  |  |  |  |  |  |  |  |  |  |  |
|-------------|----------|--|--|--|--|--|--|--|--|--|--|--|
| Norway      | NO1 (SE) |  |  |  |  |  |  |  |  |  |  |  |
|             | NO2 (SW) |  |  |  |  |  |  |  |  |  |  |  |
|             | NO3 (C)  |  |  |  |  |  |  |  |  |  |  |  |
|             | NO4 (O)  |  |  |  |  |  |  |  |  |  |  |  |
|             | NO5 (W)  |  |  |  |  |  |  |  |  |  |  |  |
| Sweden      | SE1      |  |  |  |  |  |  |  |  |  |  |  |
|             | SE2      |  |  |  |  |  |  |  |  |  |  |  |
|             | SE3      |  |  |  |  |  |  |  |  |  |  |  |
|             | SE4      |  |  |  |  |  |  |  |  |  |  |  |
| Norway      |          |  |  |  |  |  |  |  |  |  |  |  |
| Sweden      |          |  |  |  |  |  |  |  |  |  |  |  |
| Finland     |          |  |  |  |  |  |  |  |  |  |  |  |
| Denmark     |          |  |  |  |  |  |  |  |  |  |  |  |
| Germany     |          |  |  |  |  |  |  |  |  |  |  |  |
| France      |          |  |  |  |  |  |  |  |  |  |  |  |
| Switzerland |          |  |  |  |  |  |  |  |  |  |  |  |
| Austria     |          |  |  |  |  |  |  |  |  |  |  |  |

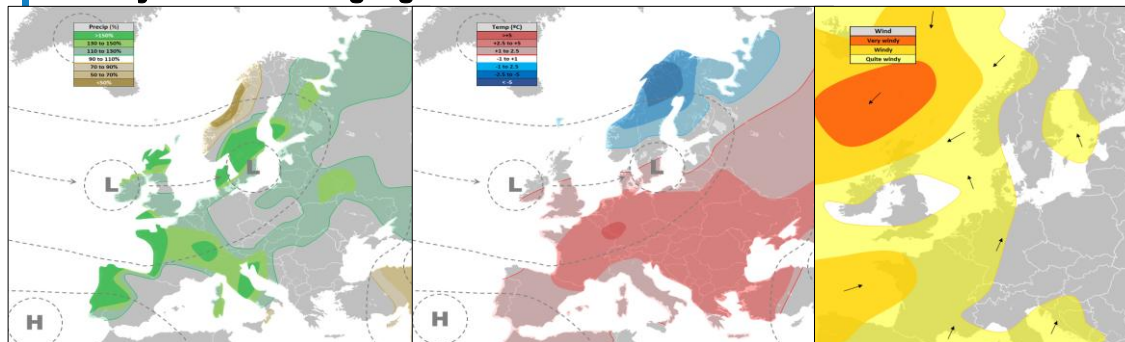
## November 2025: Prevailing regime

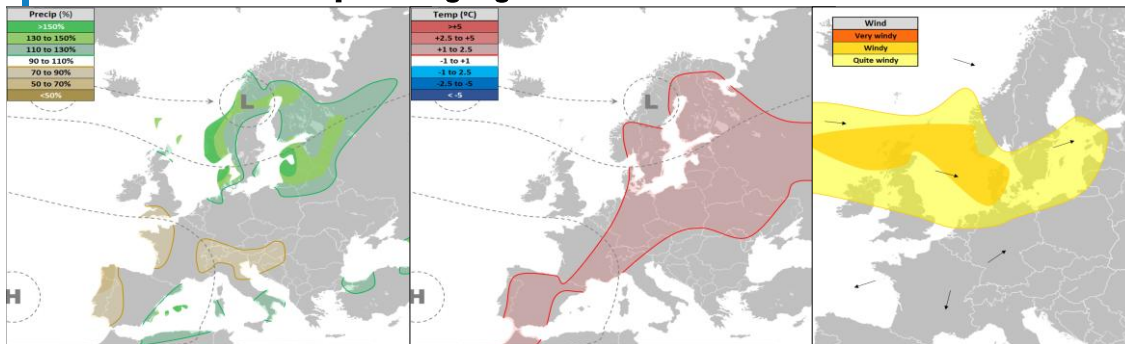


## December 2025: Prevailing regime



## January 2026: Prevailing regime

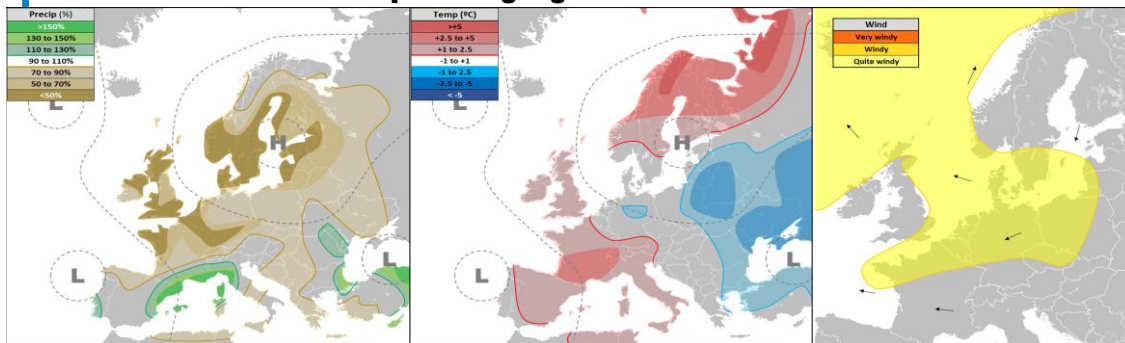


**November 2025: Most prevailing regime****Frequency: 40%**

| Mean values   | NC | CE  |
|---------------|----|-----|
| Precipitation | A  | SB  |
| Temperature   | SA | SA  |
| Windy days    |    | 83% |

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

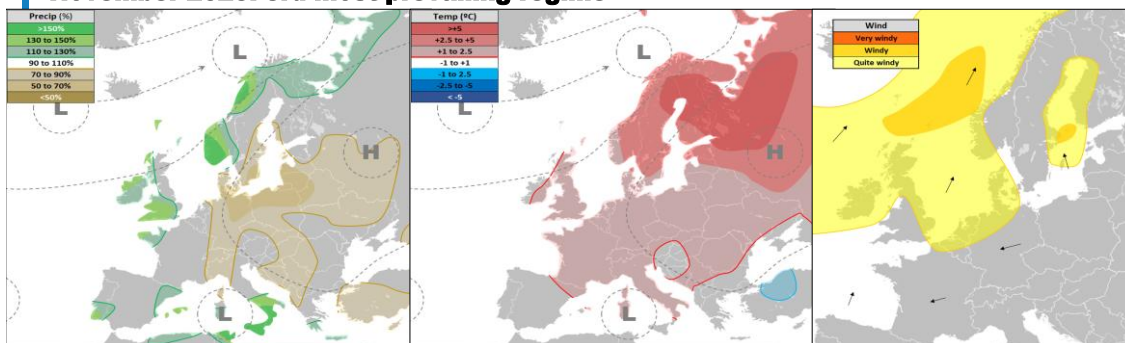
| Occurrences for teleconnections |     |        |     |
|---------------------------------|-----|--------|-----|
| QBO                             | 35% | OSCE   | -   |
| Atl. Tripole                    | 32% | AO     | 28% |
| ONI                             | 26% | Analog | 22% |
| Solar cycle                     | 27% |        |     |

**November 2025: 2nd most prevailing regime****Frequency: 30%**

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

| 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                    | 32% | AO     | 27% |
| ONI                             | 24% | Analog | 32% |
| Solar cycle                     | 31% |        |     |

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

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

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

| Occurrences for teleconnections |     |        |     |
|---------------------------------|-----|--------|-----|
| QBO                             | 22% | OSCE   | -   |
| Atl. Tripole                    | 32% | AO     | 27% |
| ONI                             | 24% | Analog | 32% |
| Solar cycle                     | 31% |        |     |

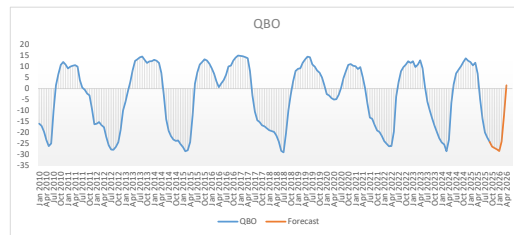
| INDEX                      | SIGN/PHASE            | NORDIC |    | CONTINENT |    |     | Main weather regimes |     |     |    |     |     |     |     |     |
|----------------------------|-----------------------|--------|----|-----------|----|-----|----------------------|-----|-----|----|-----|-----|-----|-----|-----|
|                            |                       | T      | P  | T         | P  | W   | 1                    | 2   | 3   | 4  | 5   | 6   | L   | N   | H   |
| Normal conditions          |                       | N      | N  | N         | N  | 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)     | weak La Niña          | SA     | SA | N         | N  | 13% | 26%                  | 11% | 24% | 7% | 18% | 12% | 37% | 31% | 30% |
| 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               | 11,14,17,21           | SA     | N  | N         | SB | 12% | 22%                  | 10% | 32% | 0% | 28% | 9%  | 32% | 32% | 37% |

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

Photo Voltaics Germany in % of normal 51%

Wind in Germany in % of normal 49%

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



The observed and forecasted Quasi Biennial Oscillation

## November 2025 – Discussion

### MODELS

Models shows a strong mild signal over Nordic and slightly weaker mild signal over the Conti. Wetter than normal dominates both over Nordic and Central Europe, but not a strong signal.

### TELECONNECTIONS

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

**Atlantic Tripole** is expected to become negative the following weeks and give a weak dry and cold 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 weak wet and mild signal over Nordic.

The **solar cycle** is still in its maximum phase, but weaker solar activity than earlier this year. It give a weak dry signal over Nordic.

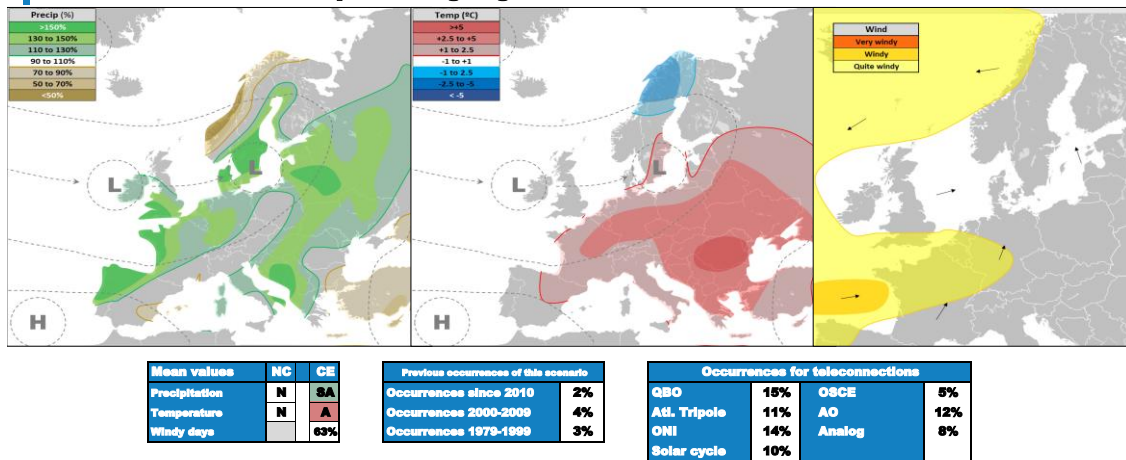
Analog year 2011 is the most important with 4 out 5 teleconnections in same phase. That year was slightly dry over Nordic with temperatures above normal due to dominating southerly winds. Dry and slightly mild over Central Europe. 3 out of 4 years have been slightly dry over Nordic and normal to mild. 3 out of 4 years have also been dry to slightly dry over Central Europe and variable temperatures these years.

### CONCLUSION

Based on analog years and teleconnections its no signs of a cold November over Nordic this year and also rather weak support for a wet. My conclusion is that near normal precipitation and slightly mild to mild is the most likely outcome with dominating southerly winds. Slightly dry is the most likely outcome of over Central Europe with temperatures slightly above normal.

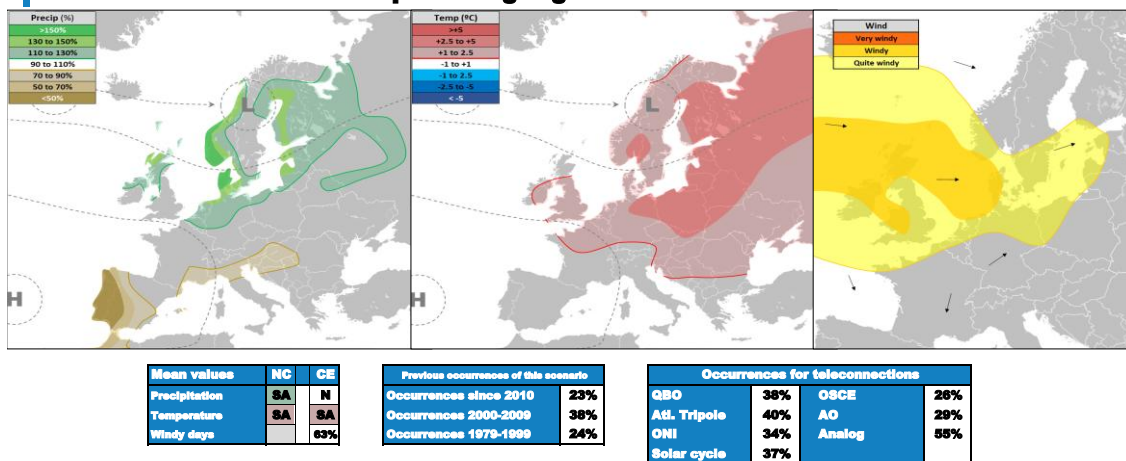
## December 2025: Most prevailing regime

Frequency: 35%



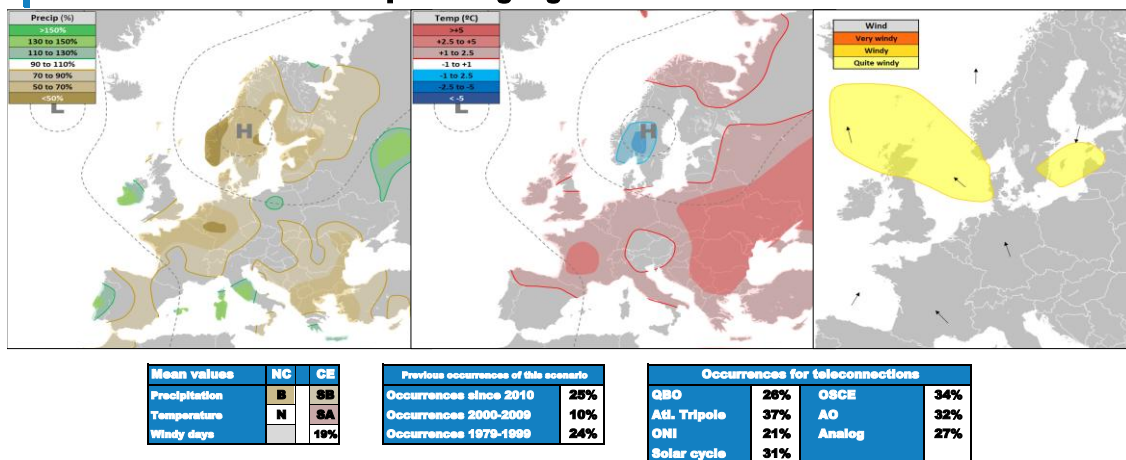
## December 2025: 2nd most prevailing regime

Frequency: 25%



## December 2025: 3rd most prevailing regime

Frequency: 20%



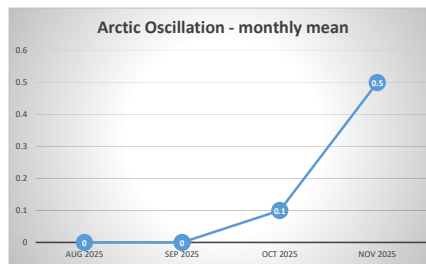
| INDEX                      |  | SIGN/PHASE            | NORDIC |    | CONTINENT |    |     | Main weather regimes |     |     |     |     |     |     |     |     |     |     |
|----------------------------|--|-----------------------|--------|----|-----------|----|-----|----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|                            |  |                       | T      | P  | T         | P  | W   | 1                    | 2   | 3   | 4   | 5   | 6   | L   | N   | H   |     |     |
| Normal conditions          |  |                       | N      | N  | N         | N  | 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      | A  | SA        | SB | 12% | 40%                  | 11% | 37% | 5%  | 1%  | 6%  |     | 52% | 42% | 6%  |     |
| Ocean Niño Index (ONI)     |  | weak La Niña          | N      | SB | SB        | N  | 7%  | 34%                  | 14% | 11% | 21% | 6%  | 15% |     | 48% | 32% | 20% |     |
| 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        | SB     | N  | SA        | WA | 26% | 31%                  | 10% | 31% | 0%  | 14% | 15% |     | 41% | 31% | 28% |     |
| AO persistence             |  | neutral               | N      | N  | SA        | N  | 15% | 29%                  | 12% | 32% | 2%  | 16% | 8%  |     | 41% | 34% | 24% |     |
| Analog years               |  | 2011,2014             | SA     | A  | SA        | A  | 15% | 55%                  | 8%  | 27% | 0%  | 2%  | 8%  |     | 63% | 27% | 10% |     |

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

Photo Voltaics Germany in % of normal 87%

Wind in Germany in % of normal 102%

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



Monthly mean values of the Arctic Oscillation (AO)

## December 2025 – Discussion

### MODELS

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

### TELECONNECTIONS

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

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

Negative **ENSO** give a weak dry signal over Nordic and weak cold signal over Central Europe.

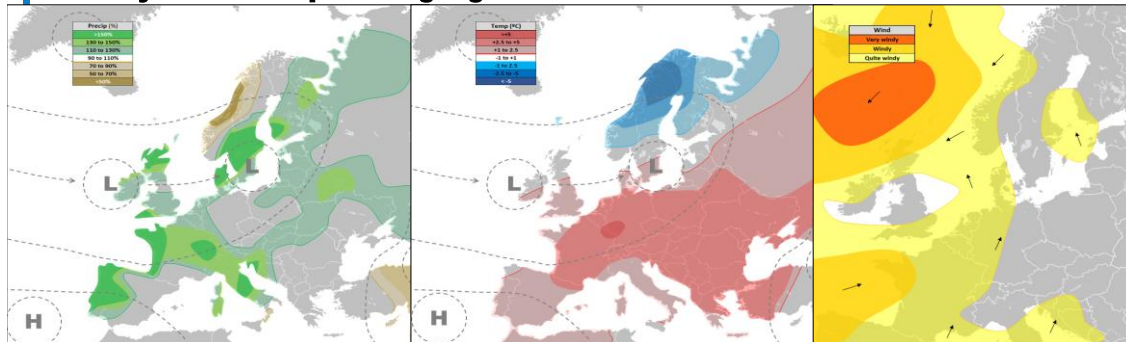
**Solar cycle** in maximum phase give a weak mild signal over Central Europe.

**Low Siberian snow cover** in the end of October give weak cold signal over Nordic and wet and mild signal over Central Europe.

**Analog year** 2011 was wet and mild both over Nordic and Central Europe with lows in a steady flow into Central and S-Scandinavia with fronts crossing Central Europe as well. 2014 was near normal conditions over Nordic and slightly dry with near normal temperatures over Central Europe. No SSW in December these years and two Dunkelflaute episodes in 2014.

### CONCLUSION

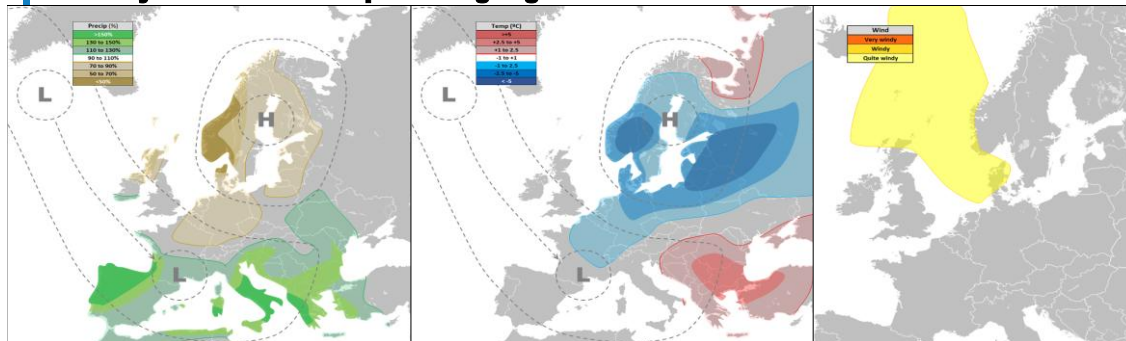
I'm leaning toward the analog year 2011 and negative tripole outlook and go for wetter and milder than normal over Nordic and slightly wet and mild over Central Europe. But bear in mind that in years with the combination of easterly QBO with negative ENSO we often have got a SSW event during the Winter, 8 out of 11, however not in the latest one 2021-2022 and not in two years with ENSO near -0.5 as this year. My conclusion is about 60% chance of a SSW this year.

**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% |

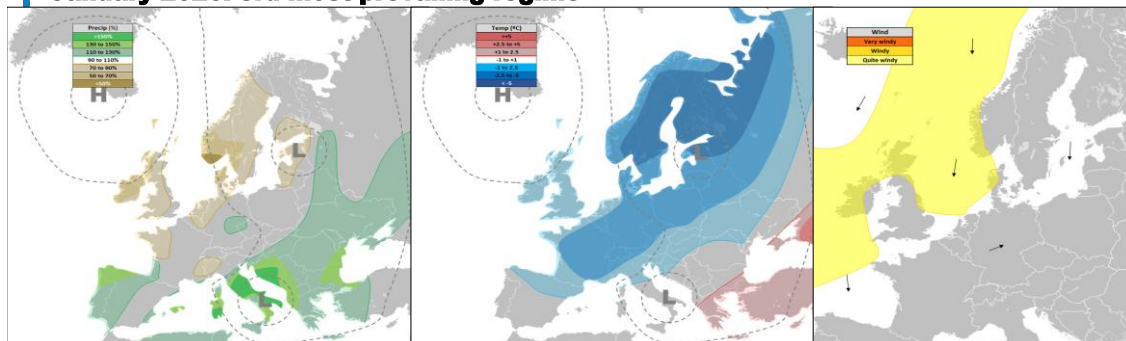
| Occurrences for teleconnections |    |        |     |
|---------------------------------|----|--------|-----|
| QBO                             | 3% | OSCE   | 17% |
| Atl. Tripole                    | 4% | AO     | 5%  |
| ONI                             | 3% | Analog | 1%  |
| Solar cycle                     | 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   | 35% |
| Atl. Tripole                    | 30% | AO     | 38% |
| ONI                             | 38% | Analog | 38% |
| Solar cycle                     | 28% |        |     |

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

| Mean values   | NC | CE  |
|---------------|----|-----|
| Precipitation | SB | N   |
| Temperature   | B  | B   |
| Windy days    |    | 32% |

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

| Occurrences for teleconnections |     |        |    |
|---------------------------------|-----|--------|----|
| QBO                             | 7%  | OSCE   | 1% |
| Atl. Tripole                    | 9%  | AO     | 9% |
| ONI                             | 8%  | Analog | 2% |
| Solar cycle                     | 11% |        |    |

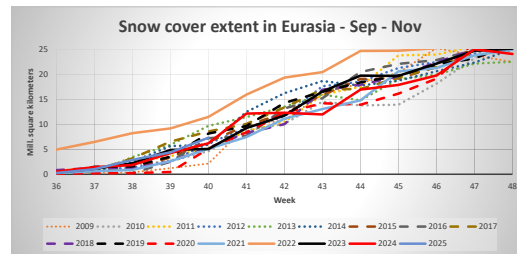
| INDEXSIGN/PHASE            |                       | NORDIC |    | CONTINENT |    |     | Main weather regimes |    |     |    |     |     |   |     |     |     |
|----------------------------|-----------------------|--------|----|-----------|----|-----|----------------------|----|-----|----|-----|-----|---|-----|-----|-----|
|                            |                       | 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              | B      | N  | SB        | A  | 20% | 27%                  | 4% | 30% | 1% | 29% | 9%  |   | 31% | 31% | 38% |
| 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        | SA     | SA | SA        | SA | 22% | 43%                  | 2% | 28% | 0% | 16% | 11% |   | 45% | 28% | 27% |
| Oct snow cover extent      | low snow cover        | SA     | N  | SA        | B  | 10% | 26%                  | 5% | 34% | 6% | 19% | 10% |   | 31% | 40% | 30% |
| AO persistence             | neutral               | SA     | N  | N         | N  | 15% | 25%                  | 5% | 38% | 2% | 21% | 9%  |   | 30% | 40% | 30% |
| Analog years               | 06,12,14,15           | SB     | N  | N         | A  | 14% | 25%                  | 1% | 36% | 2% | 34% | 2%  |   | 26% | 39% | 35% |

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

Photo Voltaics Germany in % of normal 96%

Wind in Germany in % of normal 103%

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



## January 2026 – Discussion

### MODELS

Models give a strong mild signal over Nordic and neutral to mild signal over Central Europe. A weak tendency of wetter than normal over Nordic while no precipitation anomaly over Central Europe.

### TELECONNECTIONS

**QBO** in easterly phase give a weak wet signal both over Nordic and Central Europe.

**Tripole** is probably negative and in case give a cold signal over Nordic and a wet and slightly cold 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.

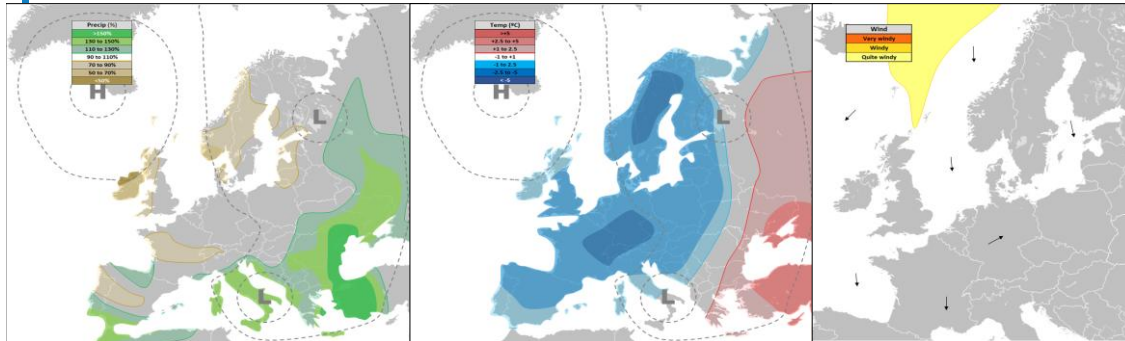
**Solar Cycle** in maximum phase give a weak wet and mild signal across Central and Northern Europe.

**Low Siberian snow cover** is giving a weak mild signal across Central and Northern Europe and dry signal over Central Europe.

**Analog years** 2006, 2012 and 2014 have been quite dry to near normal precipitation over Nordic and slightly cold to cold, 2015 was wet and mild, but fewer teleconnections in same phase and strenght this year. Over Central Europe most of the years have been wet and variable temperatures. 2 out of 4 with SSW. Displacement in January 2006 and Displacement in January 2012 as well. Only one Dunkelflaute episode these years, in January 2014

### CONCLUSION

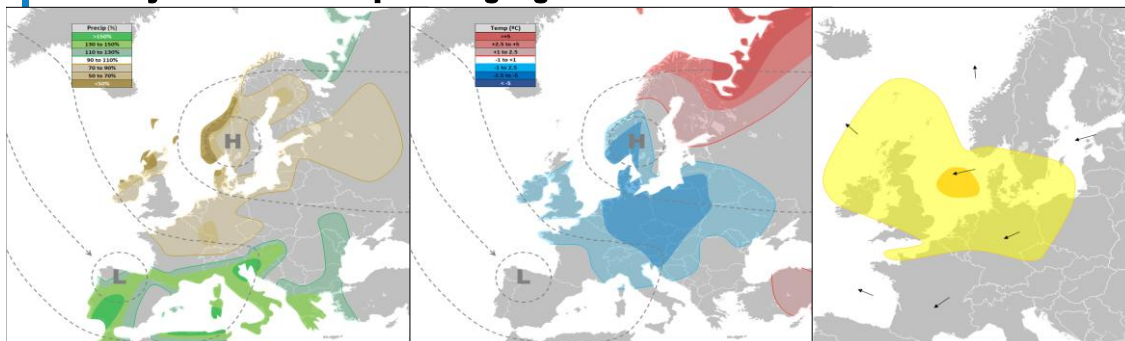
Analog years indicate that January might end up drier and possibly colder than normal over Nordic and wetter than normal over Central Europe and I think in case also milder than normal. As discussed for December about 60% chance of SSW this Winter which eventually can happen in January. I go for a southerly low pressure path and slightly dry and cold over Nordic while wetter and milder than normal over Central Europe.

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

| 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%  |

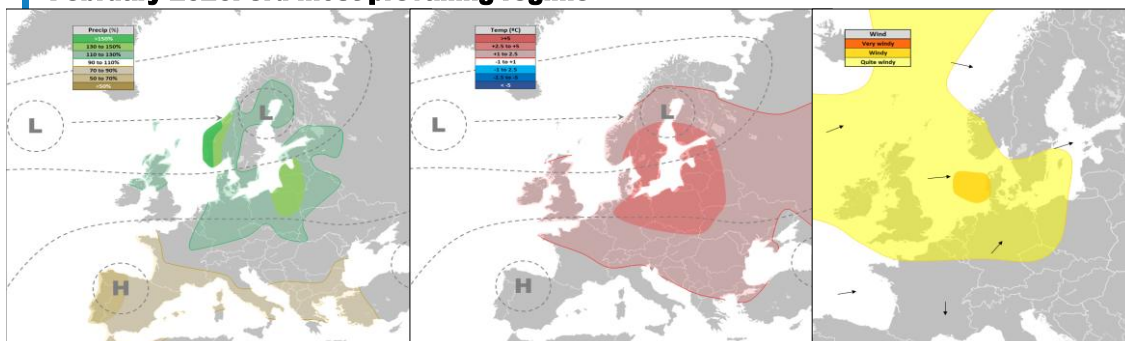
| Occurrences for teleconnections |     |        |     |
|---------------------------------|-----|--------|-----|
| QBO                             | 4%  | OSCE   | -   |
| Atl. Tripole                    | 12% | AO     | 11% |
| ONI                             | 9%  | Analog | 11% |
| Solar cycle                     | 15% |        |     |

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

| 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                    | 31% | AO     | 37% |
| ONI                             | 27% | Analog | 32% |
| Solar cycle                     | 43% |        |     |

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

| 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                             | 23% | OSCE   | -   |
| Atl. Tripole                    | 11% | AO     | 22% |
| ONI                             | 19% | Analog | 26% |
| Solar cycle                     | 16% |        |     |

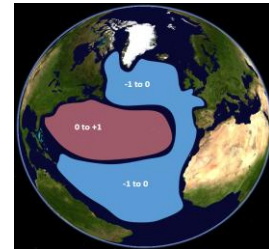
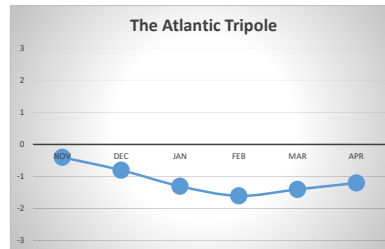
| INDEX                      | SIGN/PHASE            | NORDIC |    | CONTINENT |    |     | Main weather regimes |     |     |    |     |     |     |     |     |
|----------------------------|-----------------------|--------|----|-----------|----|-----|----------------------|-----|-----|----|-----|-----|-----|-----|-----|
|                            |                       | 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           | strong negative       | N      | B  | SB        | SA | 10% | 11%                  | 15% | 31% | 0% | 27% | 12% | 26% | 31% | 40% |
| Ocean Niño Index (ONI)     | neutral               | N      | SB | N         | SA | 15% | 19%                  | 13% | 27% | 0% | 30% | 9%  | 32% | 27% | 39% |
| Solar cycle                | maximum period        | N      | B  | B         | SA | 6%  | 18%                  | 8%  | 43% | 0% | 14% | 15% | 26% | 43% | 29% |
| Oct snow cover extent      | low snow cover        | A      | N  | SA        | SB | 0%  | 18%                  | 17% | 35% | 4% | 27% | 1%  | 35% | 38% | 27% |
| AO persistence             | neutral               | N      | SB | N         | SB | 0%  | 22%                  | 9%  | 37% | 2% | 19% | 11% | 31% | 38% | 30% |
| Analog years               | 2001,2012,2015        | B      | N  | B         | B  | 0%  | 26%                  | 9%  | 32% | 0% | 22% | 11% | 35% | 32% | 33% |

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

Photo Voltaics Germany in % of normal 91%

Wind in Germany in % of normal 106%

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



## February 2026 – Discussion

### MODELS

The models shows a strong mild signal across Central and Northern Europe also a weak wet signal in the same regions.

### TELECONNECTIONS

**QBO** is likely still strong in easterly phase, giving a weak dry and cold signal over Central Europe.

Most likely negative **Tripole** which give a dry signal over Nordic this month and weak wet and cold signal over Central Europe.

**ENSO** is probably neutral to slightly negative and give a weak dry signal over Nordic while weak wet signal over Central Europe.

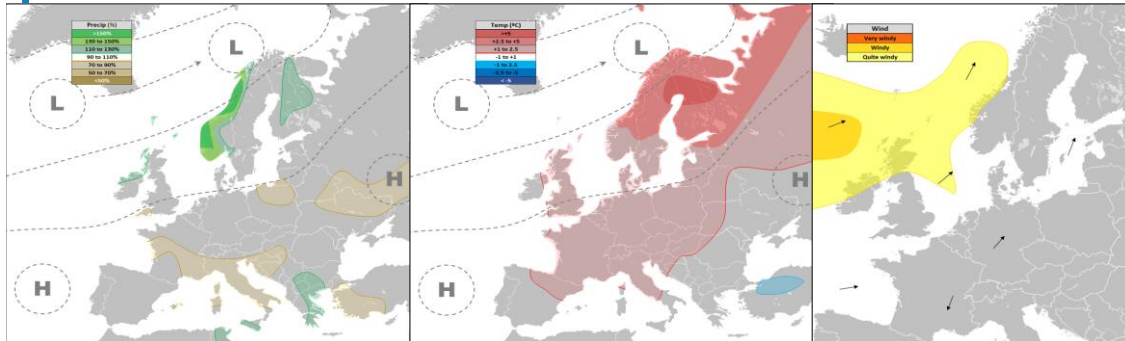
**Solar Cycle** in maximum phase give a dry signal over Nordic and cold and weak wet signal over Central Europe.

**Low snow cover** give a mild signal over Nordic and weak dry and mild signal over Central Europe.

**Analog year** 2012 is the most important and was cold over Nordic with near normal precipitation, remember we had and SSW in January this year. Dry and cold over Central Europe. In 2001 there was an SSW (displacement) in early February. 2015 had one Dunkelflaute episode.

### CONCLUSION

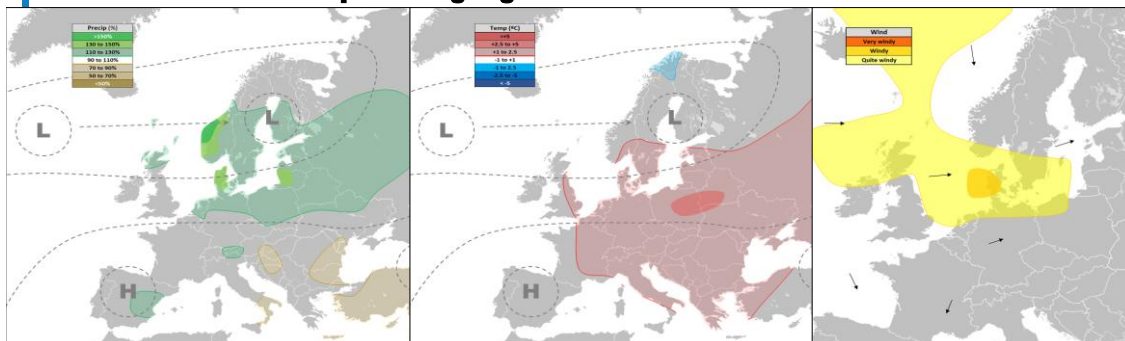
Based on teleconnections and analog years and the possibility for influence of SSW I go for slightly drier and colder than normal over Central and Northern Europe this month with North Atlantic ridge dominating.

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

| Mean values   | NC | CE  |
|---------------|----|-----|
| Precipitation | SA | N   |
| Temperature   | SA | SA  |
| Windy days    |    | 30% |

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

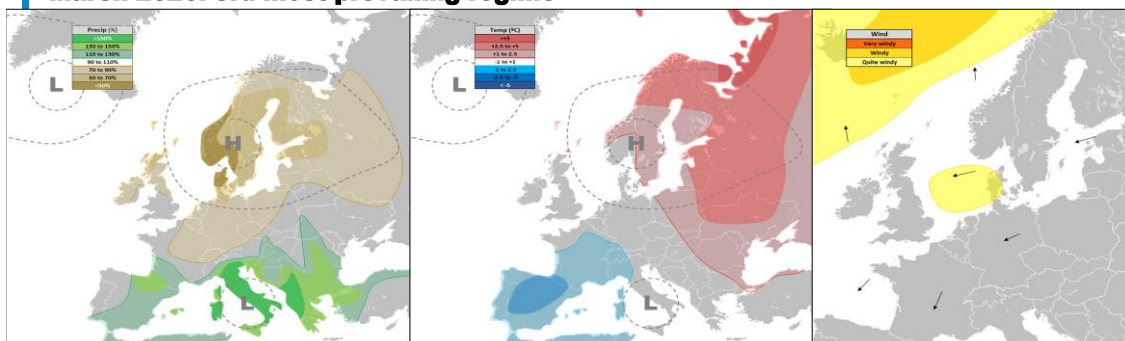
| Occurrences for teleconnections |     |        |
|---------------------------------|-----|--------|
| QBO                             | 31% | OSCE   |
| Atl. Tripole                    | 33% | -      |
| ONI                             | 36% | Analog |
| Solar cycle                     | 26% | 36%    |

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

| Mean values   | NC | CE  |
|---------------|----|-----|
| Precipitation | SA | N   |
| Temperature   | SA | SA  |
| Windy days    |    | 30% |

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

| Occurrences for teleconnections |     |        |
|---------------------------------|-----|--------|
| QBO                             | 26% | OSCE   |
| Atl. Tripole                    | 26% | -      |
| ONI                             | 21% | Analog |
| Solar cycle                     | 28% | 28%    |

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

| Mean values   | NC | CE  |
|---------------|----|-----|
| Precipitation | WB | SB  |
| Temperature   | SA | N   |
| Windy days    |    | 26% |

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

| Occurrences for teleconnections |     |        |
|---------------------------------|-----|--------|
| QBO                             | 31% | OSCE   |
| Atl. Tripole                    | 33% | -      |
| ONI                             | 31% | Analog |
| Solar cycle                     | 26% | 36%    |

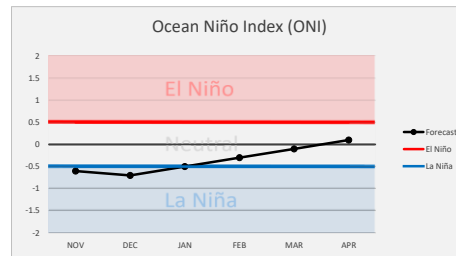
| INDEX                      | SIGN/PHASE     | NORDIC |    | CONTINENT |    |     | Main weather regimes |     |     |    |     |    |     |     |     |
|----------------------------|----------------|--------|----|-----------|----|-----|----------------------|-----|-----|----|-----|----|-----|-----|-----|
|                            |                | 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 | N      | SB | N         | SA | 10% | 26%                  | 10% | 31% | 6% | 22% | 5% | 36% | 36% | 27% |
| Atlantic Tripole           | negative       | SA     | A  | N         | SB | 14% | 28%                  | 12% | 33% | 4% | 19% | 4% | 40% | 37% | 23% |
| Ocean Niño Index (ONI)     | neutral        | SA     | N  | N         | SA | 10% | 21%                  | 9%  | 36% | 0% | 24% | 8% | 30% | 36% | 32% |
| Solar cycle                | maximum period | SA     | N  | SA        | SB | 5%  | 28%                  | 9%  | 26% | 4% | 29% | 4% | 37% | 30% | 33% |
| Oct snow cover extent      | -              | -      | -  | -         | -  | -   | -                    | -   | -   | -  | -   | -  | -   | -   | -   |
| Analog years               | 12,14,15,18    | SA     | N  | N         | SB | 7%  | 28%                  | 4%  | 36% | 4% | 27% | 0% | 32% | 40% | 27% |

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

Photo Voltaics Germany in % of normal 101%

Wind in Germany in % of normal 91%

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



The ENSO system - Pacific equatorial sea surface temperature anomaly

## March 2026 – Discussion

### MODELS

The models shows a strong mild signal across Europe and wet signal dominates over Nordic while no clear precipitation signal over Central Europe.

### TELECONNECTIONS

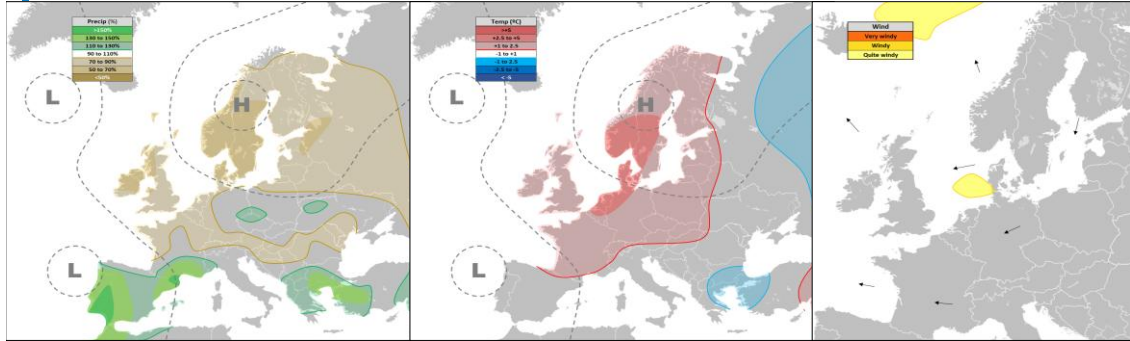
Teleconnection signals are quite uncertain both regarding phase and strength. But **QBO** likely in easterly phase which give a weak dry signal over Nordic and weak wet signal over Central Europe.

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

**Analog year** 2012 is likely still the one with most teleconnections in the same phase and strenght and March that year was mild and slightly wet in Nordic, over the Conti dry and slighly mild. 2018 we had a very significant SSW (split) which lead to a dry and very cold March over Nordic and cold over Central Europe as well. All the other years were mild over Nordic and normal to slightly mild over Central Europe

### CONCLUSION

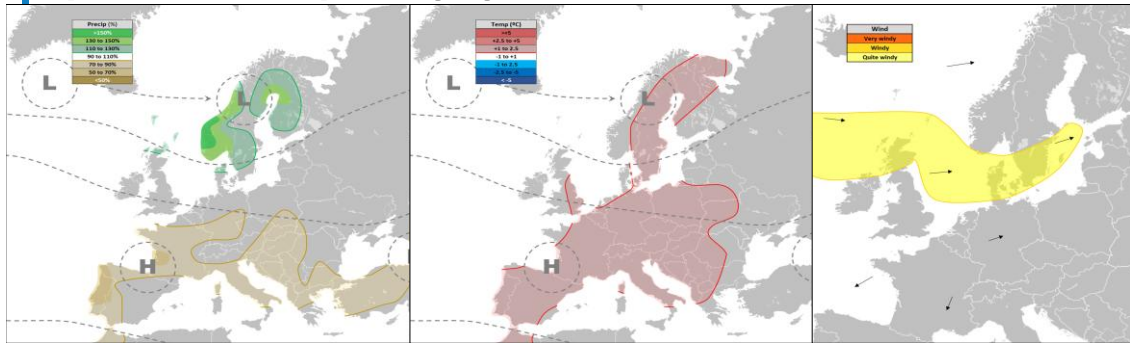
Wide open, but most likely mild and slightly wet over Nordic and slightly dry and mild over Central Europe.

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

| Mean values   | NC | CE  |
|---------------|----|-----|
| Precipitation | B  | SB  |
| Temperature   | A  | SA  |
| Windy days    |    | 28% |

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

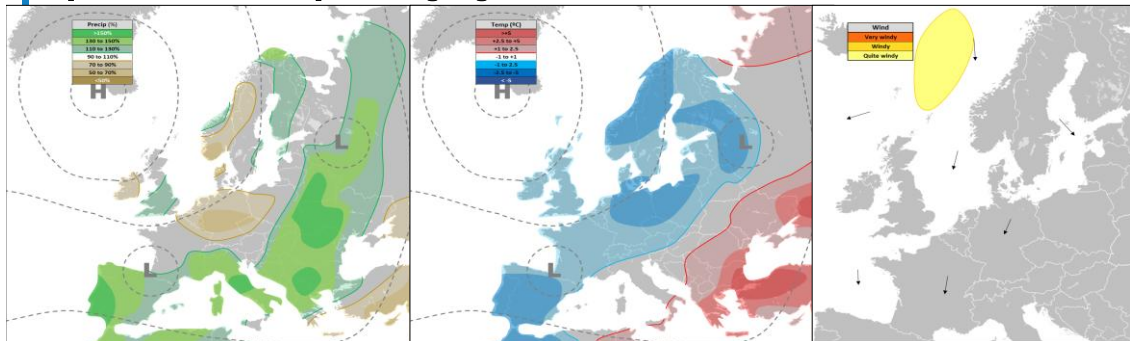
| Occurrences for teleconnections |     |
|---------------------------------|-----|
| QBO                             | 19% |
| Atl. Tripole                    | 20% |
| ONI                             | 23% |
| Solar cycle                     | 14% |
| Analog                          | 3%  |

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

| Mean values   | NC | CE  |
|---------------|----|-----|
| Precipitation | A  | N   |
| Temperature   | SA | SA  |
| Windy days    |    | 38% |

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

| Occurrences for teleconnections |     |
|---------------------------------|-----|
| QBO                             | 27% |
| Atl. Tripole                    | 33% |
| ONI                             | 27% |
| Solar cycle                     | 32% |
| Analog                          | 25% |

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

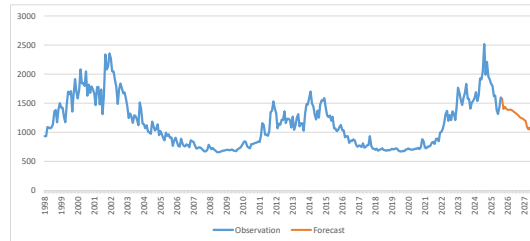
| INDEX                      | SIGN/PHASE       | NORDIC |    | CONTINENT |   |     | Main weather regimes |     |     |    |     |     |     |     |     |
|----------------------------|------------------|--------|----|-----------|---|-----|----------------------|-----|-----|----|-----|-----|-----|-----|-----|
|                            |                  | T      | P  | T         | P | W   | 1                    | 2   | 3   | 4  | 5   | 6   | L   | N   | H   |
| Normal conditions          |                  | N      | N  | N         | N | 6%  | 30%                  | 8%  | 18% | 4% | 28% | 11% | 39% | 22% | 39% |
| Quasi-Biennial Oscillation | transition phase | N      | N  | N         | N | 5%  | 27%                  | 8%  | 19% | 6% | 25% | 13% | 35% | 25% | 39% |
| Atlantic Tripole           | negative         | N      | N  | SB        | N | 12% | 33%                  | 5%  | 20% | 3% | 24% | 15% | 38% | 22% | 39% |
| Ocean Niño Index (ONI)     | neutral          | N      | N  | N         | N | 9%  | 27%                  | 6%  | 23% | 4% | 30% | 8%  | 33% | 27% | 38% |
| Solar cycle                | maximum period   | SB     | N  | SB        | B | 8%  | 32%                  | 8%  | 14% | 1% | 35% | 10% | 39% | 16% | 45% |
| Oct. snow cover extent     | -                | -      | -  | -         | - | -   | -                    | -   | -   | -  | -   | -   | -   | -   | -   |
| Analog years               | 2003,2014        | N      | SB | SA        | B | 3%  | 25%                  | 12% | 3%  | 0% | 55% | 5%  | 37% | 3%  | 60% |

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

Photo Voltaics Germany in % of normal 53%

Wind in Germany in % of normal 45%

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



The solar cycle

## April 2026 – Discussion

### MODELS

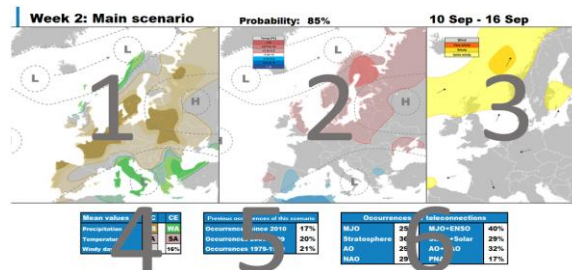
Fewer models available but mild conditions across Europe has strong support and wetter than normal over Nordic.

### 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 most likely milder than normal.



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 | NAO | WAO | AO | RAO | Main weather regimes |
|-------|------------|-----|-----|----|-----|----------------------|
| NAO   | 1          | 1   | 1   | 1  | 1   | 1                    |
| WAO   | 1          | 1   | 1   | 1  | 1   | 1                    |
| AO    | 1          | 1   | 1   | 1  | 1   | 1                    |
| RAO   | 1          | 1   | 1   | 1  | 1   | 1                    |
| NAO   | 2          | 2   | 2   | 2  | 2   | 2                    |
| WAO   | 2          | 2   | 2   | 2  | 2   | 2                    |
| AO    | 2          | 2   | 2   | 2  | 2   | 2                    |
| RAO   | 2          | 2   | 2   | 2  | 2   | 2                    |
| NAO   | 3          | 3   | 3   | 3  | 3   | 3                    |
| WAO   | 3          | 3   | 3   | 3  | 3   | 3                    |
| AO    | 3          | 3   | 3   | 3  | 3   | 3                    |
| RAO   | 3          | 3   | 3   | 3  | 3   | 3                    |
| NAO   | 4          | 4   | 4   | 4  | 4   | 4                    |
| WAO   | 4          | 4   | 4   | 4  | 4   | 4                    |
| AO    | 4          | 4   | 4   | 4  | 4   | 4                    |
| RAO   | 4          | 4   | 4   | 4  | 4   | 4                    |

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 (-).