

ForeSight 180 Day Outlook

December 2025 to May 2026

Issued by Senior Forecaster Roar Teigen

Issued: 30 November 2025

Next forecast: Mid/Late December 2025

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

StormGeo AS

Universitetsgata 8

N-0164 Oslo, Norway

Forecasting desk Bergen: +47 55 70 61 73

E-mail: E-mets@stormgeo.com

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Executive Summary:

Winter outlook indicate not a wet start of the Winter, but neither a cold with low pressures focused over the UK.

However a fair chance of becoming colder and drier from January over Nordic and in February possibly also over the Conti.

About 60-70% 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				
	D	J	F	M	A	M	J	J	A	M
Nordic										
Continent										

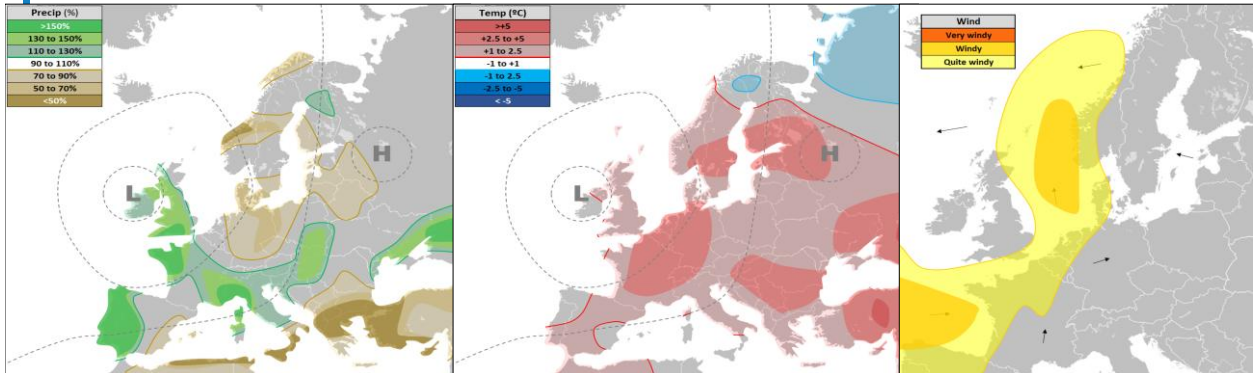
NO1 (SE)										
NO2 (SW)										
NO3 (C)										
NO4 (O)										
NO5 (W)										
SE1										
SE2										
SE3										
SE4										
Norway										
Sweden										
Finland										
Denmark										
Germany										
France										
Switzerland										
Austria										

2nd most prevailing regime

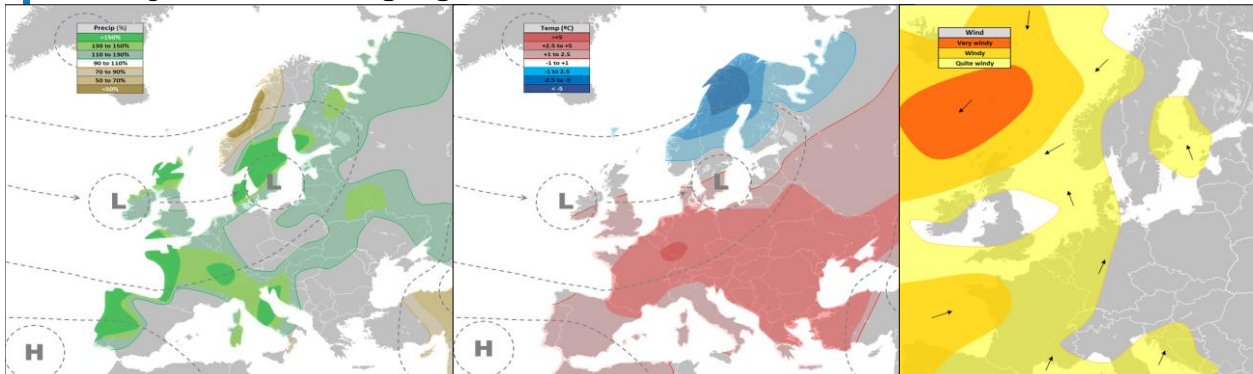
Region	Temperature					Precipitation				
	D	J	F	M	A	M	J	J	A	M
Nordic										
Continent										

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

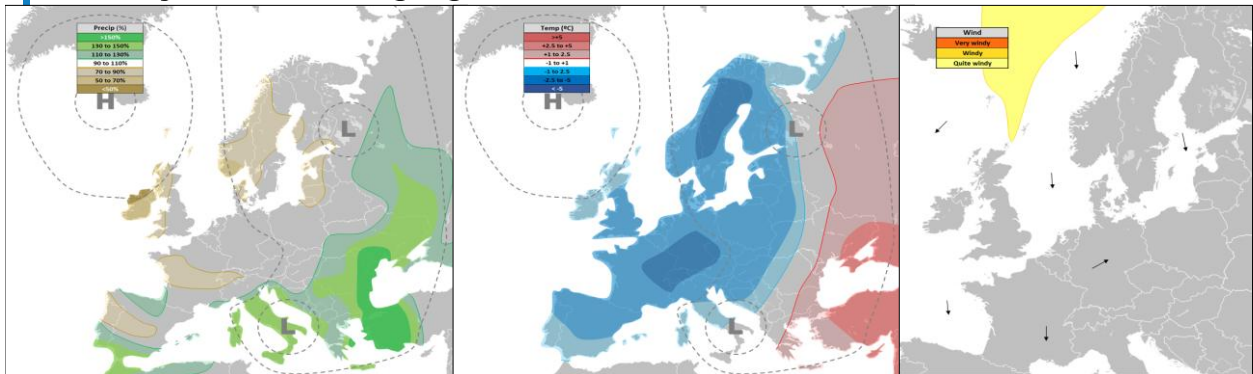
December 2025: Prevailing regime

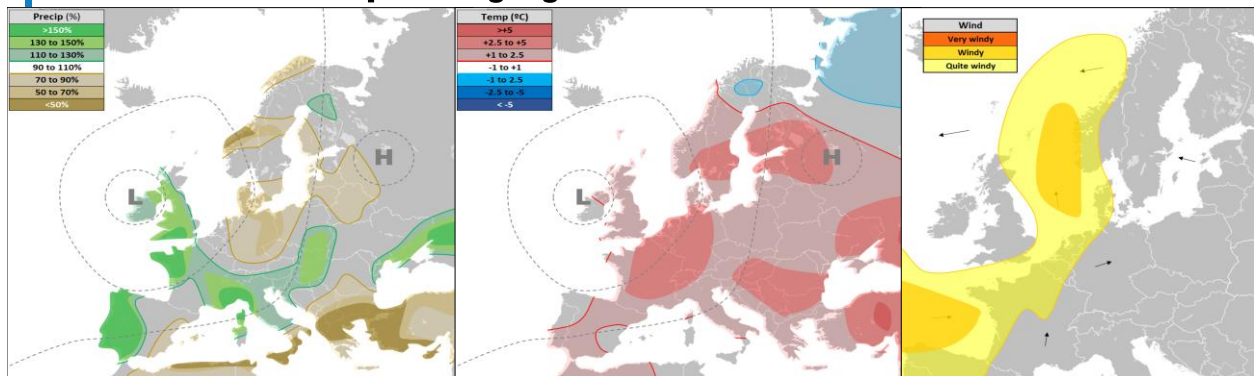


January 2026: Prevailing regime



February 2026: Prevailing regime

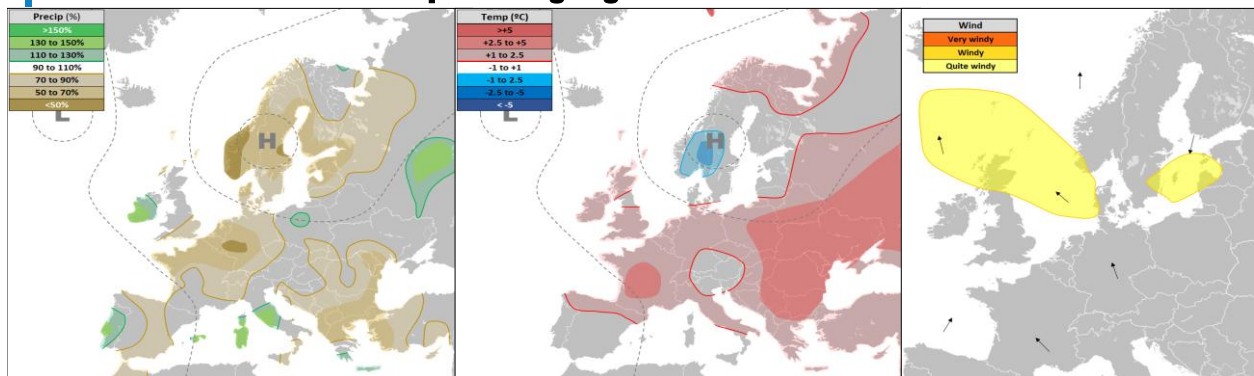


December 2025: Most prevailing regime**Frequency: 40%**

Mean values	NC	CE
Precipitation	SB	A
Temperature	SA	A
Windy days		18%

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

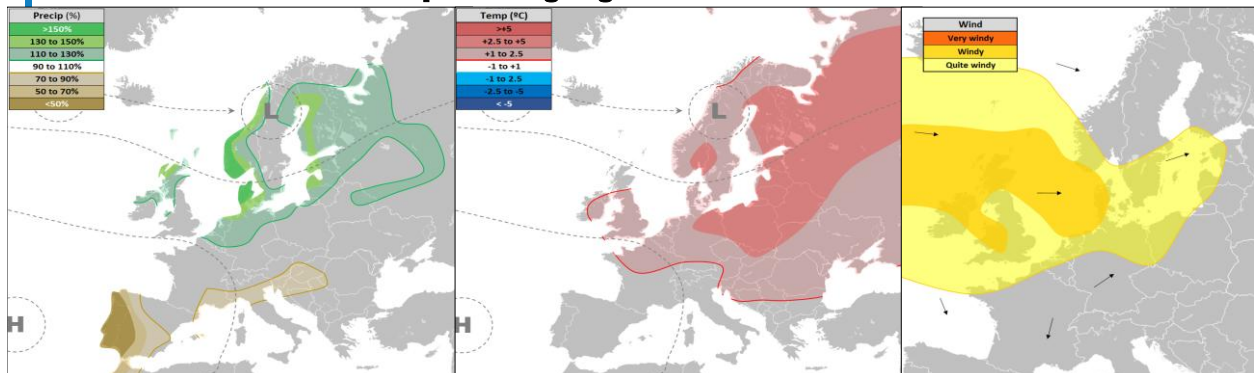
Occurrences for teleconnections	
QBO	2%
Atl. Tripole	0%
ONI	6%
Solar cycle	0%
OSCE	0%
AO	2%
Analog	0%

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

Mean values	NC	CE
Precipitation	B	SB
Temperature	N	SA
Windy days		18%

Previous occurrences of this scenario	
Occurrences since 2010	29%
Occurrences 2000-2009	12%
Occurrences 1979-1999	18%

Occurrences for teleconnections	
QBO	25%
Atl. Tripole	41%
ONI	21%
Solar cycle	31%
OSCE	31%
AO	32%
Analog	27%

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

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

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

Occurrences for teleconnections	
QBO	36%
Atl. Tripole	39%
ONI	34%
Solar cycle	37%
OSCE	31%
AO	29%
Analog	55%

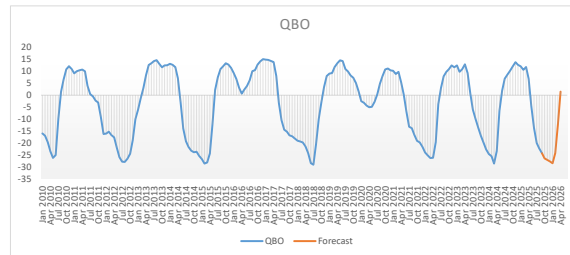
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	10%	29%	11%	33%	1%	14%	11%	40%	34%	25%
Quasi-Biennial Oscillation	strong easterly winds	SB	N	N	A	15%	36%	15%	25%	2%	12%	9%	51%	27%	21%
Atlantic Tripole	negative	A	A	N	SB	13%	39%	10%	41%	0%	5%	5%	48%	42%	10%
Ocean Niño Index (ONI)	weak La Niña	N	SB	SB	N	7%	34%	14%	21%	6%	11%	15%	48%	27%	25%
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	13%	31%	10%	31%	0%	14%	15%	41%	31%	28%
AO persistence	neutral	N	N	SA	N	12%	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 103%

Wind in Germany in % of normal 99%

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



The observed and forecasted Quasi Biennial Oscillation

December 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, while no clear precipitation signal over Central Europe.

TELECONNECTIONS

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

Atlantic Tripole is expected weak negative to negative and support wetter and milder than normal over Nordic and drier than normal over Central Europe, opposite to the QBO.

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 dry signal over Nordic and weak cold signal over Central Europe.

The **solar cycle** is still in its maximum phase, but weaker solar activity than earlier this year. It give neutral signals.

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

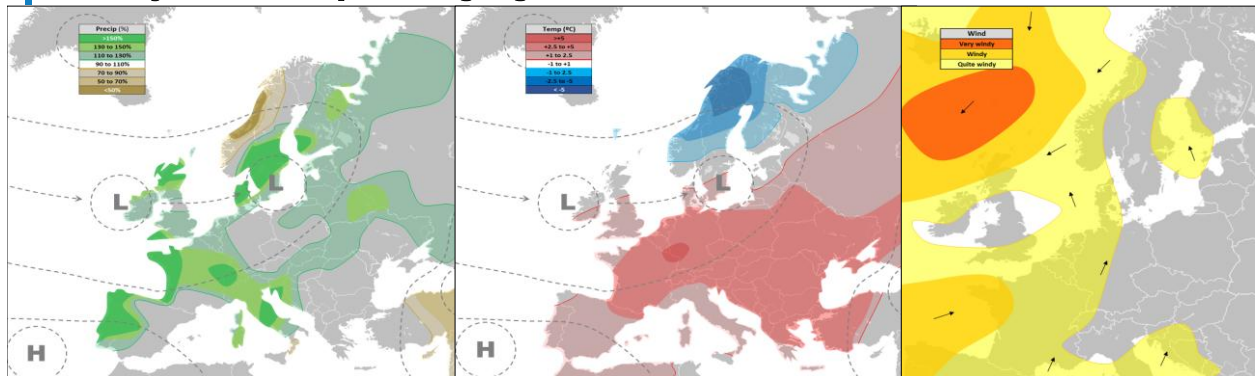
Teleconnections above give signals in different directions and analog years were also quite different. MJO is very strong over the Western Pacific now in late November and will remain over the Pacific into December, supporting high pressure dominated weather over North Atlantic and N-Europe. Polar vortex stretched and very displaced with a warming event over North America these days. The warming event will likely end during next week with the polar vortex become more normalized 7-10th December, but still slightly displaced toward Europe. It may become quite weak again during second half of December.

Hard to conclude, but based on MJO and the disrupted polar vortex a wet December over Nordic is unlikely. A dominating southerly path for the lows this month have some support from the teleconnections and also polar vortex first half of the month. The polar vortex center might move westward to Greenland mid December and this might change the low pressure path northerly

Near normal to slightly dry over Nordic with temperatures at least slightly above normal is the most likely outcome.

January 2026: Most prevailing regime

Frequency: 35%



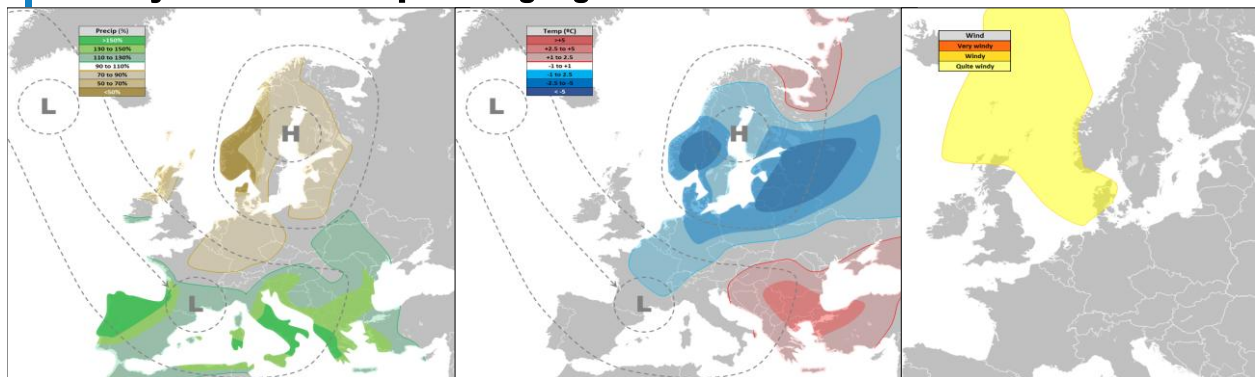
Mean values	NC	CE
Precipitation	SA	A
Temperature	N	A
Windy days		80%

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

Occurrences for teleconnections	
QBO	3%
Atl. Tripole	4%
ONI	3%
Solar cycle	2%
OSCE	5%
AO	5%
Analog	1%

January 2026: 2nd most prevailing regime

Frequency: 25%



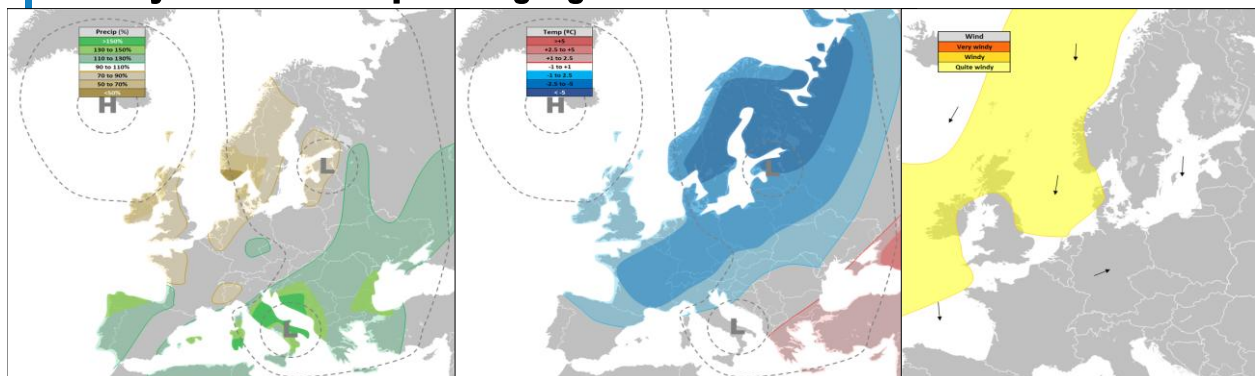
Mean values	NC	CE
Precipitation	B	SA
Temperature	B	SB
Windy days		21%

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

Occurrences for teleconnections	
QBO	38%
Atl. Tripole	33%
ONI	38%
Solar cycle	28%
OSCE	34%
AO	38%
Analog	36%

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%
Atl. Tripole	9%
ONI	8%
Solar cycle	11%
OSCE	10%
AO	9%
Analog	2%

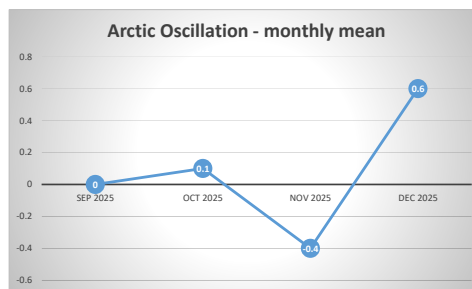
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes									
		T	P	T	P	W	1	2	3	4	5	6	L	N	H	
Normal conditions		N	N	N	N	N	17%	32%	4%	35%	1%	18%	9%	36%	36%	27%
Quasi-Biennial Oscillation	strong easterly winds	N	SA	N	SA	N	24%	30%	3%	38%	0%	22%	7%	33%	38%	29%
Atlantic Tripole	negative	SB	N	SB	SA	N	19%	26%	4%	33%	27%	1%	9%	30%	61%	10%
Ocean Niño Index (ONI)	weak La Niña	SB	B	SB	SA	N	13%	21%	3%	27%	38%	3%	8%	23%	65%	11%
Solar cycle	maximum period	SA	SA	SA	SA	N	22%	43%	2%	28%	0%	16%	11%	45%	28%	27%
Oct snow cover extent	low snow cover	SA	N	SA	B	N	15%	26%	5%	34%	0%	19%	10%	31%	34%	30%
AO persistence	neutral	SA	N	N	N	N	11%	25%	5%	38%	2%	21%	9%	30%	40%	30%
Analog years	06,12,14,15	SB	N	N	A	N	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 80%

Wind in Germany in % of normal 75%

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



Monthly mean values of the Arctic Oscillation (AO)

January 2026 – Discussion

MODELS

Models are mild across Europe and shows a weak wet signal over Nordic while no clear precipitation signal for Central Europe.

TELECONNECTIONS

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

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

Negative **ENSO** 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 mild and wet signal over Central and Northern Europe.

Low Siberian snow cover in the end of October give a weak mild signal over Nordic and dry and weak mild signal over Central Europe.

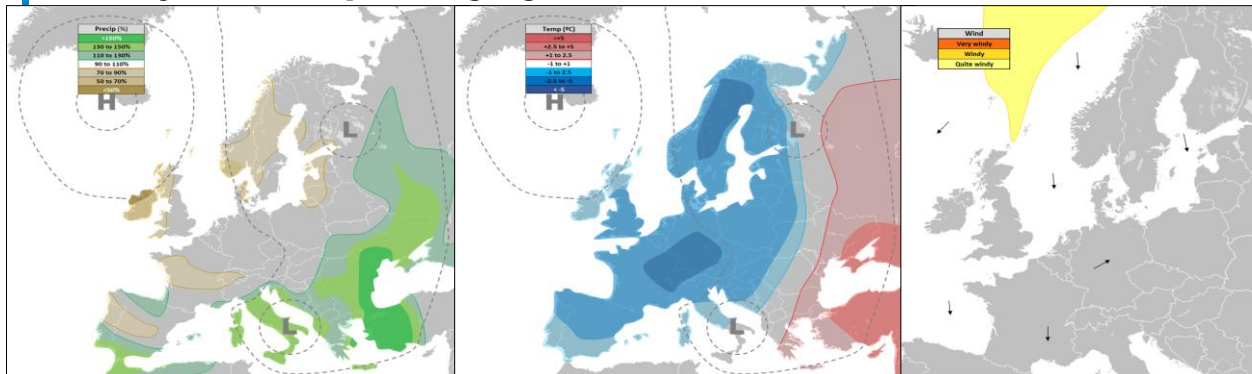
Analog years 2006, 2012 and 2014 have been quite dry to near normal precipitation over Nordic and slightly cold to cold, 2015 was wet and mild, but fewer teleconnections in same phase and strenght this year. Over Central Europe most of the years have been wet and variable temperatures. 2 out of 4 with 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. About 60-70% 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%



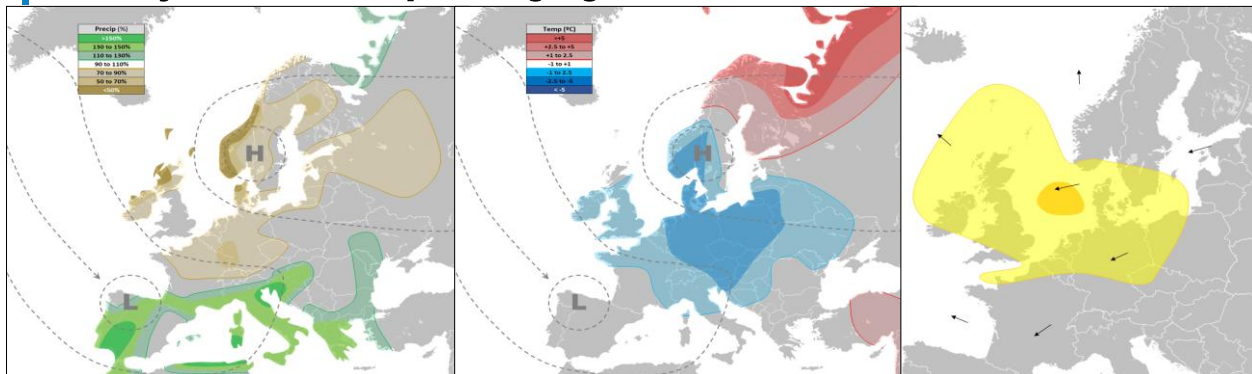
Mean values	NC	CE
Precipitation	SB	SB
Temperature	B	WB
Windy days		29%

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

Occurrences for teleconnections	
QBO	4%
Atl. Tripole	8%
ONI	9%
Solar cycle	15%
OSCE	1%
AO	4%
Analog	4%

February 2026: 2nd most prevailing regime

Frequency: 25%



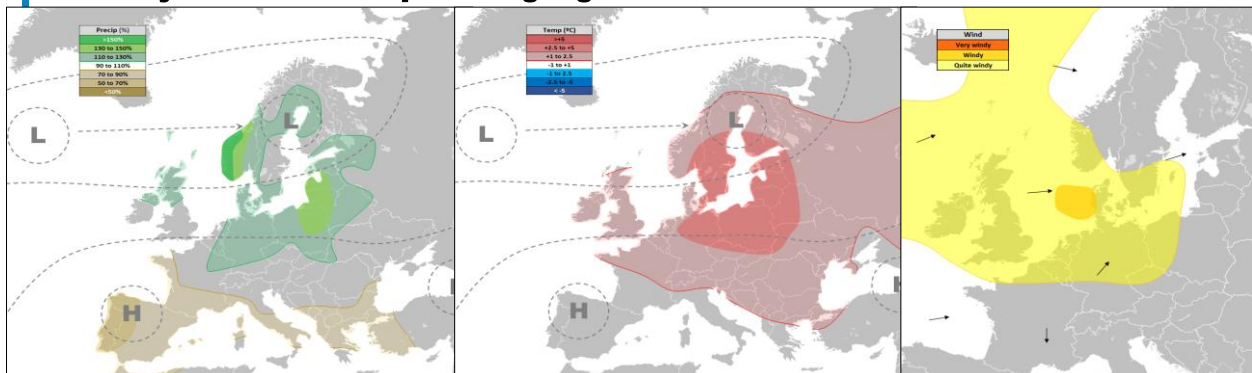
Mean values	NC	CE
Precipitation	B	N
Temperature	SB	B
Windy days		10%

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

Occurrences for teleconnections	
QBO	35%
Atl. Tripole	35%
ONI	27%
Solar cycle	43%
OSCE	35%
AO	30%
Analog	32%

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%
Atl. Tripole	16%
ONI	19%
Solar cycle	18%
OSCE	18%
AO	25%
Analog	25%

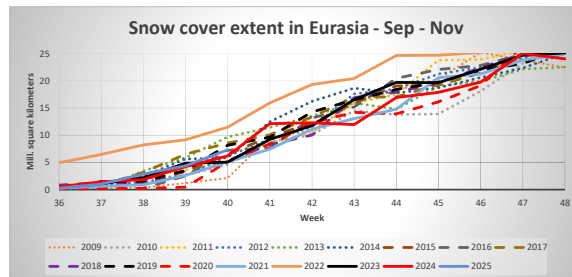
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	16%	29%	10%	30%	1	20%	9%	39%	31%	29%
Quasi-Biennial Oscillation	strong easterly winds	N	N	SB	SB	20%	23%	15%	35%	0%	24%	4%	38%	35%	27%
Atlantic Tripole	negative	N	SB	SB	A	14%	16%	12%	35%	0%	25%	8%	28%	35%	34%
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	SA	N	N	SB	11%	25%	12%	30%	1%	26%	4%	37%	31%	30%
Analog years	2012,2015,2018	B	B	WB	B	1%	25%	4%	32%	0%	36%	4%	28%	32%	40%

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

Photo Voltaics Germany in % of normal 108%

Wind in Germany in % of normal 93%

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



February 2026 – Discussion

MODELS

Models give a strong mild signal across Europe. Wetter than normal clearly dominates over Nordic while mainly neutral precipitation signal over Central Europe.

TELECONNECTIONS

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

Tripole is probably negative and in case give a weak dry signal over Nordic and wet and weak cold signal over Central Europe.

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

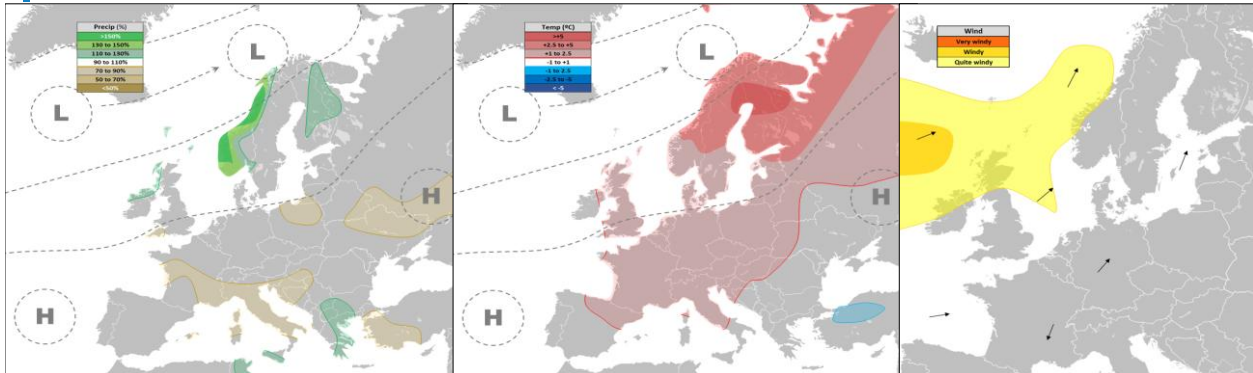
Solar Cycle in maximum phase give a dry signal over Nordic and weak wet and cold signal over Central Europe.

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

Analog years 2012 and 2018 were both cold and normal to quite dry over Nordic. 2015 was mild. Over Central Europe these years were cold and slightly dry to dry. 2015 had one Dunkelflaute episode.

CONCLUSION

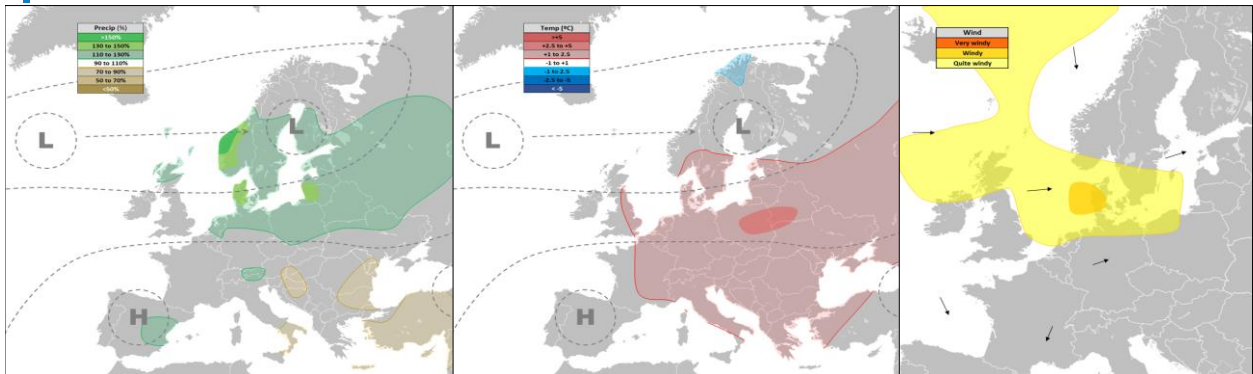
Based on teleconnections and analog years and the possibility for influence of SSW I go for slightly drier and colder than normal over Central and Northern Europe this month with North Atlantic ridge dominating.

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

Mean values	NC	CE
Precipitation	SA	N
Temperature	SA	SA
Windy days		36%

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

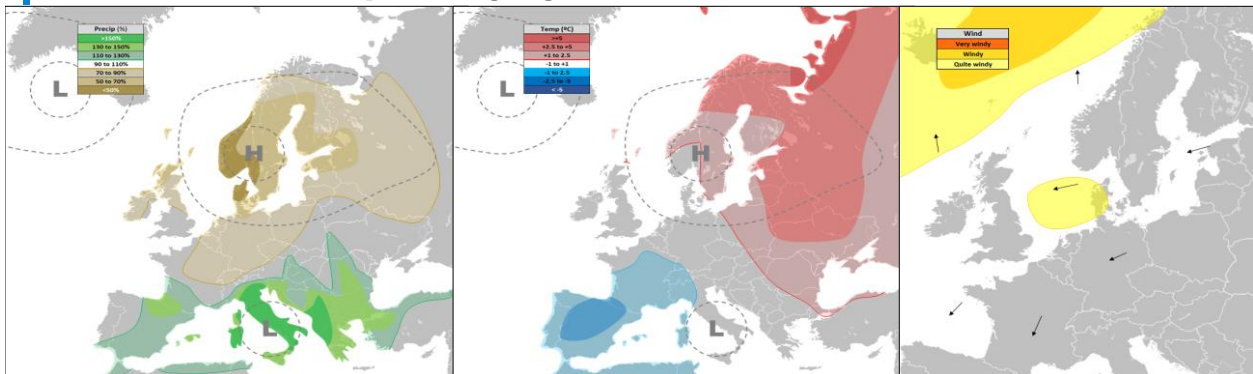
Occurrences for teleconnections			
QBO	31%	OSCE	-
Atl. Tripole	34%	AO	25%
ONI	32%	Analog	43%
Solar cycle	26%		

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

Mean values	NC	CE
Precipitation	SA	N
Temperature	SA	SA
Windy days		69%

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	22%	AO	33%
ONI	23%	Analog	30%
Solar cycle	28%		

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

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

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	34%	AO	25%
ONI	32%	Analog	43%
Solar cycle	26%		

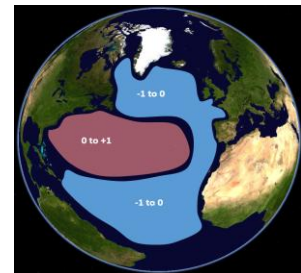
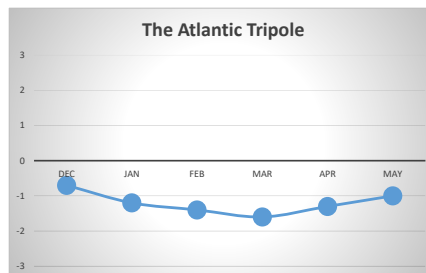
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
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Normal conditions		N	N	N	N	10%	27%	10%	31%	2%	20%	8%	37%	33%	28%
Quasi-Biennial Oscillation	easterly winds	N	SB	N	SA	10%	26%	10%	31%	6%	22%	5%	36%	36%	27%
Atlantic Tripole	strong negative	SA	SA	N	SB	10%	22%	13%	34%	3%	20%	8%	35%	37%	28%
Ocean Niño Index (ONI)	neutral	SA	SA	SA	SA	11%	23%	10%	32%	1%	25%	7%	34%	33%	32%
Solar cycle	maximum period	SA	N	SA	SB	5%	28%	9%	26%	4%	29%	4%	37%	30%	33%
Oct snow cover extent	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AO persistence	positive	SA	SA	SB	SA	0%	33%	10%	25%	4%	16%	10%	43%	29%	26%
Analog years	2004,2012,2015	A	N	N	B	8%	30%	0%	43%	0%	27%	0%	30%	43%	27%

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

Photo Voltaics Germany in % of normal 103%

Wind in Germany in % of normal 107%

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



March 2026 – Discussion

MODELS

The models shows a strong mild signal across Central and Northern Europe still a wet signal over Nordic while a weak dry signal dominates over Central Europe this month.

TELECONNECTIONS

QBO is likely still in easterly phase, giving a weak dry signal over Nordic and weak wet 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.

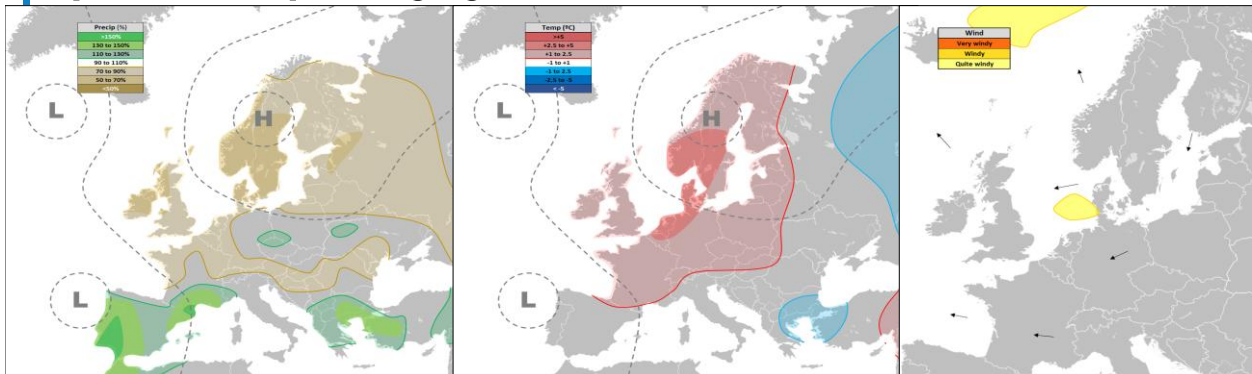
ENSO is probably neutral and give a weak wet and mild signal across Central and Northern Europe.

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

Analog years give no precipitation signal over Nordic, but 2 out of 3 years have been mild. Over Central Europe a dry signal for these year, but variable temperatures.

CONCLUSION

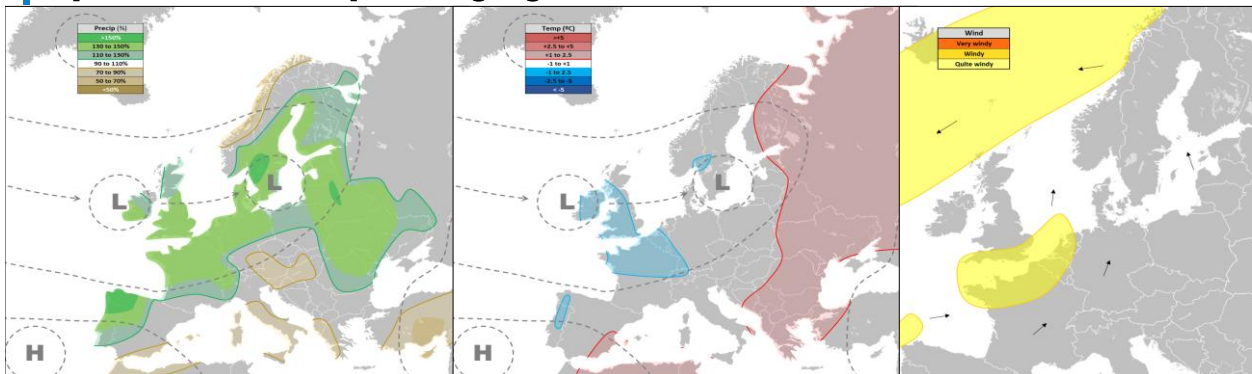
Milder and wetter signals for Nordic based on teleconnections and analog years this month while some indication of milder and drier than normal over Central Europe. I find slightly wet and mild over Nordic most likely and slightly mild and dry over Central Europe.

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

Mean values	NC	CE
Precipitation	B	SB
Temperature	A	SA
Windy days		26%

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

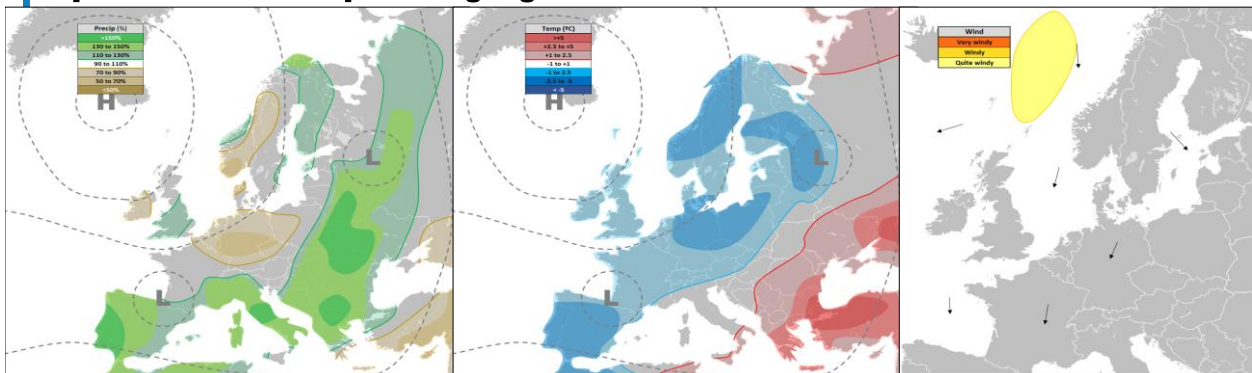
Occurrences for teleconnections	
QBO	24%
Atl. Tripole	17%
ONI	22%
Solar cycle	14%
OSCE	-
Analog	15%

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

Mean values	NC	CE
Precipitation	N	SA
Temperature	N	N
Windy days		61%

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

Occurrences for teleconnections	
QBO	10%
Atl. Tripole	6%
ONI	6%
Solar cycle	8%
OSCE	-
Analog	17%

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

Mean values	NC	CE
Precipitation	N	SA
Temperature	B	B
Windy days		46%

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

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

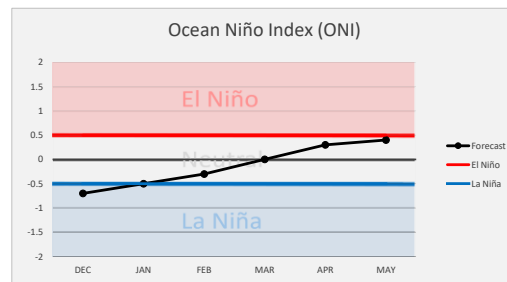
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	6%	30%	8%	18%	4%	28%	11%	39%	22%	39%
Quasi-Biennial Oscillation	transition phase	N	N	SA	N	6%	30%	10%	24%	3%	25%	8%	40%	27%	33%
Atlantic Tripole	negative	N	N	SB	N	12%	33%	6%	17%	3%	26%	15%	39%	20%	40%
Ocean Niño Index (ONI)	neutral	N	N	N	SB	10%	29%	6%	22%	3%	29%	11%	35%	24%	40%
Solar cycle	maximum period	SB	N	SB	B	8%	32%	8%	14%	1%	35%	10%	39%	16%	45%
Oct snow cover extent	-	-	-	-	-	-	-	0%	-	-	-	-	-	-	-
Analog years	1994,2003	SB	SB	SB	A	5%	20%	17%	15%	7%	42%	0%	37%	22%	42%

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

Photo Voltaics Germany in % of normal **110%**

Wind in Germany in % of normal **97%**

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



The ENSO system - Pacific equatorial sea surface temperature anomaly

April 2026 – Discussion

MODELS

The models continue to show a mild signal across Europe, strongest over Nordic, while weak precipitation signals.

TELECONNECTIONS

Teleconnection signals are quite uncertain both regarding phase and strength. But **QBO** likely neutral which give a weak mild signal over Central Europe. Neutral negative **ENSO** give a weak dry signal over Central Europe.

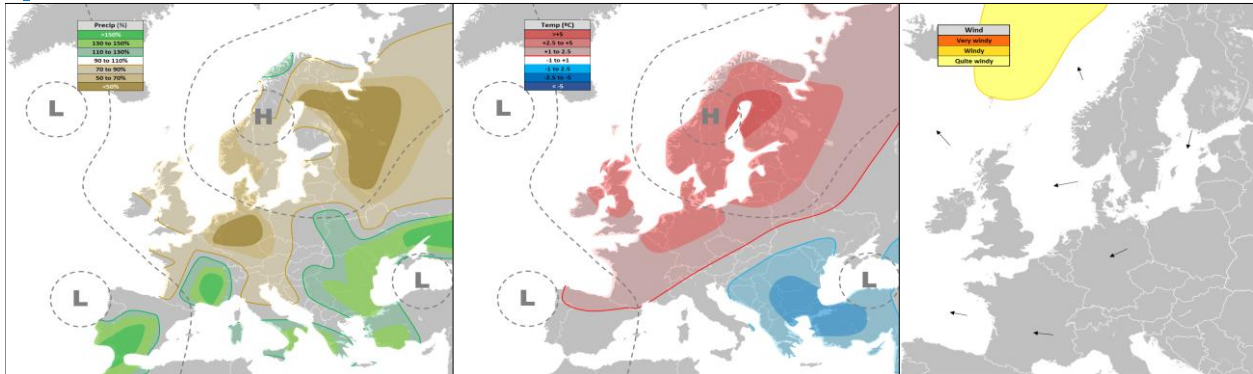
Analog years were normal to quite dry over Nordic and slightly mild and slightly cold. Over Central Europe normal to slightly cold and 1994 very wet, 2012 slightly dry.

CONCLUSION

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

May 2026: Most prevailing regime

Frequency: 30%



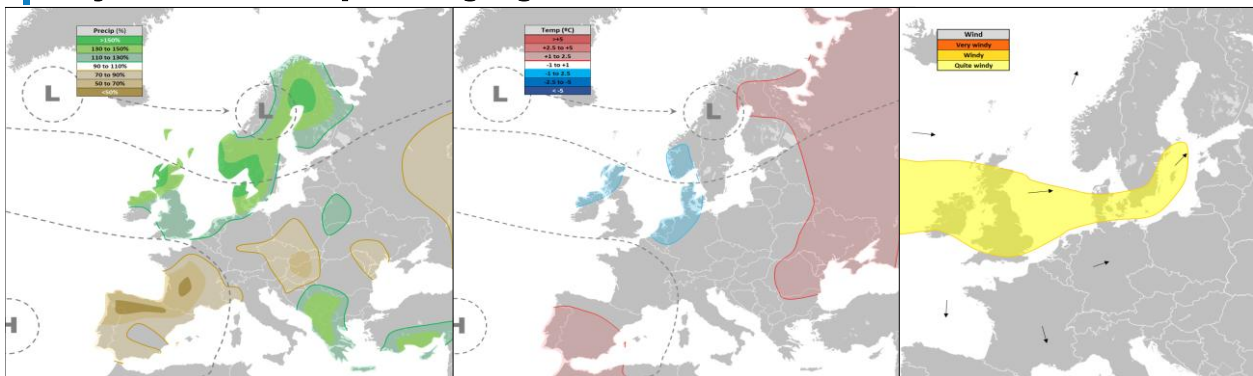
Mean values	NC	CE
Precipitation	B	SA
Temperature	A	A
Windy days		21%

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

Occurrences for teleconnections	
QBO	15%
Atl. Tripole	24%
ONI	17%
Solar cycle	21%
Analog	29%

May 2026: 2nd most prevailing regime

Frequency: 25%



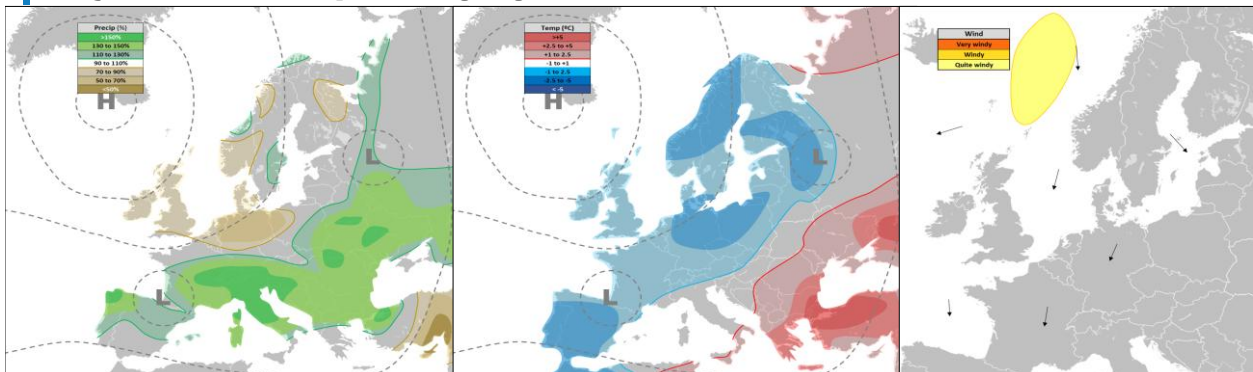
Mean values	NC	CE
Precipitation	WA	B
Temperature	SB	N
Windy days		37%

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

Occurrences for teleconnections	
QBO	21%
Atl. Tripole	27%
ONI	25%
Solar cycle	26%
Analog	39%

May 2026: 3rd most prevailing regime

Frequency: 15%



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

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

Occurrences for teleconnections	
QBO	13%
Atl. Tripole	8%
ONI	13%
Solar cycle	4%
Analog	13%

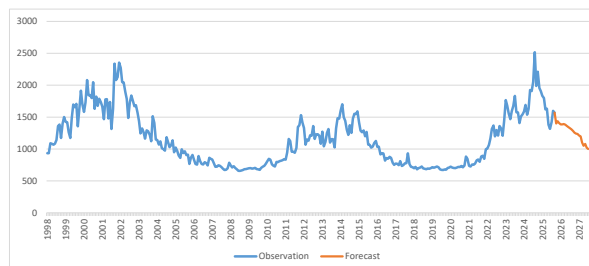
INDEX	SIGN/PHASE	NORDIC		CONTINENT			Main weather regimes								
		T	P	T	P	W	1	2	3	4	5	6	L	N	H
Normal conditions		N	N	N	N	16%	28%	12%	17%	3%	28%	12%	40%	20%	40%
Quasi-Biennial Oscillation	westerly winds	SA	N	N	SA	15%	21%	12%	15%	7%	32%	13%	33%	22%	45%
Atlantic Tripole	negative	N	B	N	N	20%	27%	9%	24%	0%	33%	8%	35%	24%	41%
Ocean Niño Index (ONI)	neutral	N	SB	N	SB	16%	25%	12%	17%	4%	29%	13%	37%	21%	42%
Solar cycle	maximum period	SA	N	N	N	13%	26%	14%	21%	7%	27%	4%	40%	28%	31%
Oct. snow cover extent	-	-	-	-	-	-	-	0%	-	-	-	-	-	-	-
Analog years	1991	B	WB	WB	SA	13%	39%	0%	29%	0%	19%	13%	39%	29%	32%

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

Photo Voltaics Germany in % of normal #N/A

Wind in Germany in % of normal #N/A

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



The solar cycle

May 2026 – Discussion

MODELS

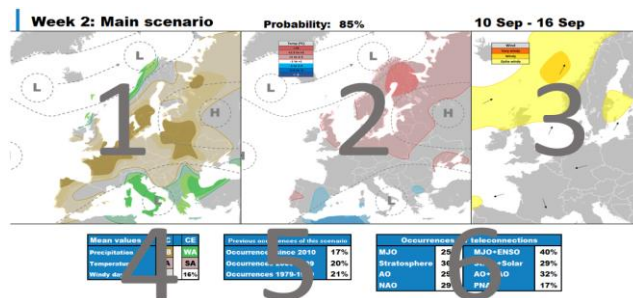
Fewer models available but mild conditions across Europe has strong support and a few models indicate wetter than normal over either Nordic or Central Europe, no indicate drier than normal.

TELECONNECTIONS

While teleconnection data exists for this month, it should be taken with caution given the extended range with uncertain phase and strength. 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	NORDIC		CONTINENT		Main weather regimes											
		T	P	T	P	1	2	3	4	5	6	7	8	9	10	11	12
Normal conditions	Neutral	M	M	M	M	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Atlantic Triplet	Negative	M	M	M	M	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Atlantic Triplet	Neutral	M	M	M	M	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Atlantic Triplet	Positive	M	M	M	M	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Oct snow cover extent	Neutral	M	M	M	M	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Oct precipitation	Negative	M	M	M	M	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Running years	1981-1984, 2004	M	M	M	M	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%

Representation of each index and the legend are found on the last page

MODEL	NORDIC	CONTINENT
	T	P
ECMWF	SA	SA
CFM	SA	SA
Met Office	SA	SA
DMI	SA	SA
Meteo-France	SA	SA
CMC	SA	SA
CIS	SA	SA
ROMAN	SA	SA
Forecaster	SA	SA

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 (-).