SUMMARY ASSESSMENT OF SEASONAL FORECASTS FOR EUROPE

OCTOBER, NOVEMBER AND DECEMBER 2025

Executive Summary

Overall, there is a slightly increased probability of wet and windy conditions across Scandinavia and dry and calm conditions across southern Europe through October, November, and December (OND); however, signals are generally weak.

Key indicators

El Niño Southern Oscillation (ENSO) is in a borderline cold-neutral/ weak La Niña phase and the Quasi-Biennial Oscillation (QBO) is easterly. Both are expected to remain so through OND.

Storm events:

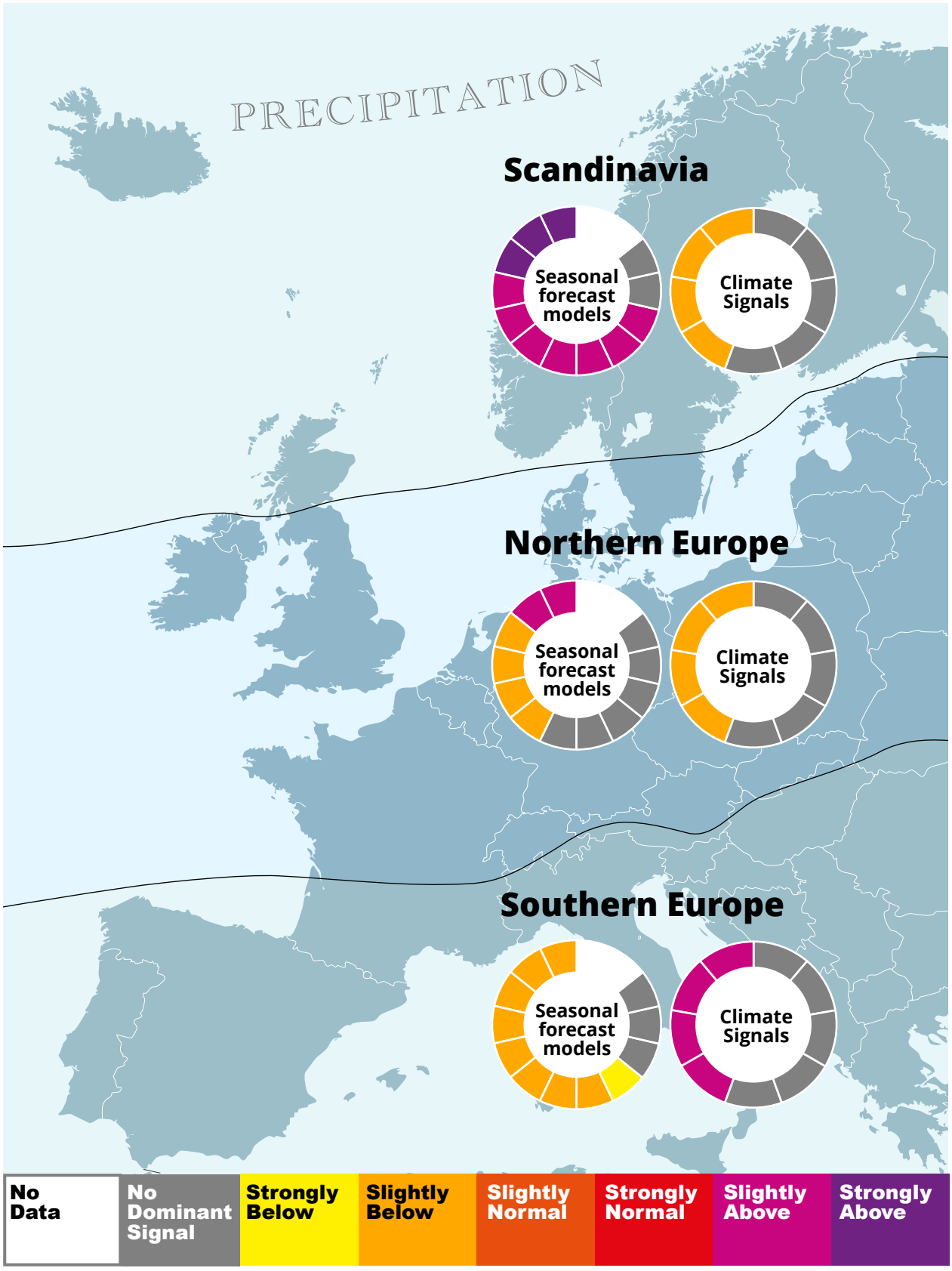
The closest years in which the key indicators (ENSO and QBO) were most similar to this year (2001, 2005, and 2021) had around or below average numbers of notable events.

Forecast models

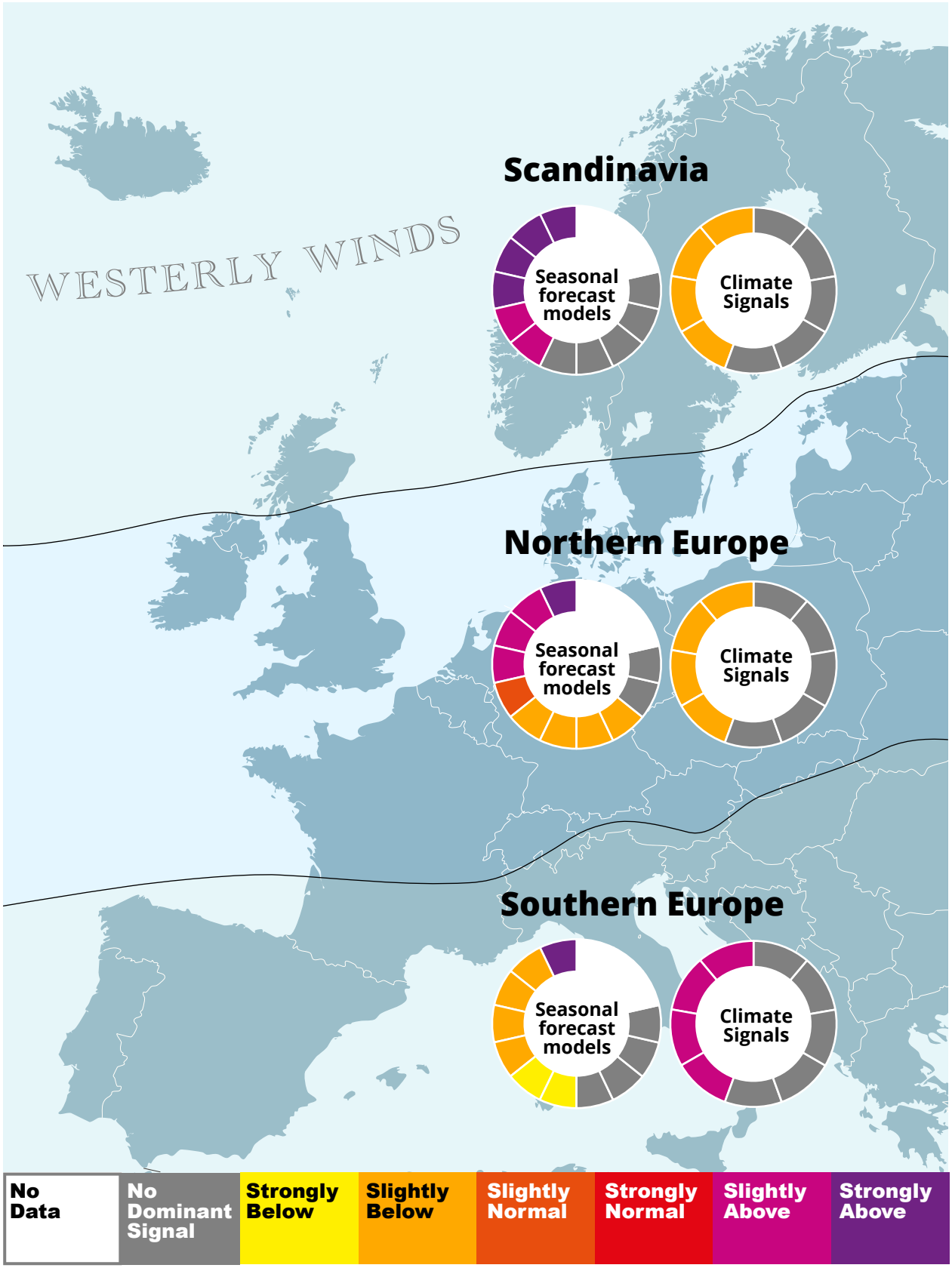
Models suggest a slightly enhanced likelihood of wet and windy conditions across Scandinavia and dry and calm conditions across southern Europe, broadly similar to patterns observed in the years with the closest key indicators.

This report is an assessment of the potential weather conditions across Europe during Oct – Dec 2025. The next EuroTempest Seasonal Forecast Assessment for the 2025-26 winter season will be issued in early November 2025.

Assessment Summary – Precipitation
October, November and December 2025



Assessment Summary – Westerly Winds
October, November and December 2025



Extended Outlook (up to 1 month ahead)

Next few weeks

Through the rest of this week and much of next week, generally dry and settled conditions are likely for much of Europe as high pressure is well-established across north-west Europe (aligning with forecasts of the North Atlantic Oscillation (NAO) and Arctic Oscillation (AO) to become negative at around this time). However, some changeable conditions with periods of wet and windy weather are still possible around the edges of this high at times, particularly countries bordering the Mediterranean and the far north of Scandinavia.

Then, towards the end of next week, there are suggestions that this high will drift slowly eastwards, leading to an increased likelihood of wet and windy conditions in the west, particularly the north-west.

Into next month

Through the second half of October and into November, signals are weak overall. Predictability at this range is currently lower than normal due to the potential development of tropical storms, which could then move north, disrupting the jet stream, as we have seen in recent weeks with ex-Hurricanes Gabrielle and Humberto. In addition, the Madden-Jullian oscillation (MJO) is generally very weak or forecast to be in phases that do not affect European weather.

Having said that, there are some weak indications from the available forecast models of a continuation of westerly patterns, which could potentially bring wet and windy weather to northern Europe and Scandinavia and more settled conditions to southern Europe.

Seasonal Forecast Assessment (up to 3 months ahead)

Seasonal Forecast Models Summary

In general, signals from the available forecast models for the next three months are aligned to suggest an increased likelihood of wet and windy conditions across Scandinavia and the converse across southern Europe; however, these indications are not particularly strong.

Almost half of the models show no dominant signal for westerly winds for Scandinavia and southern Europe, and around a quarter the same for precipitation. Where there is an increased probability, it is only generally slightly enhanced above what would be expected in any given year.

The signal for northern Europe is even less clear, depending heavily on where the model puts the dividing line between those two regimes. Half the models show no dominant signal for precipitation for northern Europe. For both precipitation and westerly winds, half of those with a signal show an enhanced likelihood of wet and windy conditions, while the other half show an enhanced likelihood of dry and calm conditions.

Where the available seasonal models do show strong signals is regarding the temperatures for the upcoming OND. There is a strongly enhanced likelihood of above-normal temperatures across all of Europe, in line with general trends due to climate change, though the likelihood is slightly reduced across southern Europe compared to other regions.

Climate Signals[1]

Considering the next three months as a whole, the main global climate signals of ENSO and the QBO are both currently forecast to be in phases that generally increase the likelihood of calm, dry, and cold conditions across Scandinavia and northern Europe and the opposite across southern Europe. However, there is some uncertainty in the strength and timing of a La Niña developing in the Pacific.

[1] For more information on the characteristics of climate signals and their effects on European weather please see the EuroTempest climate signals factsheet.

The current state of ENSO is borderline cold-neutral/ weak La Niña. La Niña generally tends to enhance the likelihood of dry, calm, and cold weather in northern Europe and Scandinavia (and the opposite over southern Europe) during the last three months of the year. However, as La Niña conditions have only just developed and are forecast to be weak, it may not have a particularly strong influence on European weather over the next three months.

The QBO has switched from the westerly to easterly phase since last autumn/winter, and is forecast to remain easterly through the next three months. This also tends to increase the likelihood of dry, calm, and cool weather across northern Europe and Scandinavia, and the opposite over southern Europe.

Looking ahead to the longer term (that is, towards the beginning of next year): although the existence of a La Niña ENSO phase tends to enhance the likelihood of cooler, calmer, and drier conditions in northern Europe and Scandinavia during the final three months of the year, there is evidence that this influence flips at around the turn of the year and so acts to increase likelihood of wetter, stormier, and milder weather in the first three months of the year. Assuming a La Niña develops through the next few months and persists into the new year while the QBO remains easterly, as is the consensus forecast, any influence these factors have on European weather will become competing at this time.

Comparison Years[2]

Possible characteristics of upcoming months can be investigated by looking at previous years in which there was a similar climatic set-up.

There are no years in the last 40 in which the broader climate at the end of September matches the conditions at the end of this last September, that is, had an easterly QBO and were in a weak La Niña ENSO state at the end of September. However, there are three years (2001, 2005, and 2021) that had an easterly QBO, were in a cold-neutral ENSO state at the end of September and then had a weak La Niña develop at some point through October or November. In addition, these years also had a non-positive Indian Ocean Dipole (IOD). This last condition was included because the current research suggests that the IOD only has an effect when it is positive (and the IOD is, as of the end of September 2025, negative).

Looking at the outcomes in terms of broad European weather patterns across our comparison years (as opposed to specific weather events): all three years show a general pattern of warmer, wetter, and windier than average conditions to the north and the opposite further south, though where the dividing line is between those two regimes differs slightly between the analogue years.

The main distinction between 2005 and the other two analogue years, 2001 and 2021, is that the strongest westerly winds in 2005 were very far north, with below average westerly winds across both northern and southern Europe, whereas in the other two years the above-average westerly winds extend south into Scandinavia and across parts of northern Europe with below-average westerly winds only across parts of south-west Europe.

However, it is 2001 and 2005 which both did not have any notable weather events[3], while 2021 had an around average number of events through OND. There was one event in 2021 which reached the threshold for a qualifying Perils event and two which were investigated but ultimately did not reach this threshold. One of those which did not meet the threshold was Storm Arwen, despite being a significant event for the UK. This is particularly interesting because it came directly from the north, which is more in line with a blocked pattern typical of a La Niña/easterly QBO year.

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[2] For more information on analogue years and how they are selected please see the EuroTempest climate signals factsheet.

[3] a "notable" European weather event is defined as one that appears in the XWS European Windstorm Catalogue (XWS Datasets: © Copyright Met Office, University of Reading and University of Exeter) and/or is identified by PERILS AG as a qualifying event.

Overall, despite the key indicators of ENSO and QBO being in phases we would typically expect to increase the likelihood of cold, dry, and calm periods across northern Europe and Scandinavia, the comparison years generally show wet and windy conditions across over Scandinavia and the converse across southern Europe. Nevertheless, numbers of notable events were around or below average in all three of the comparison years.

Conclusions

The key indicators of ENSO and the QBO are in phases which would suggest an increased potential for cold, dry, and calm periods across northern Europe and Scandinavia. However, when we consider the years (2001, 2005, and 2021) in which these key indicators match the state at the end of September 2025 most closely (cold-neutral ENSO and easterly QBO), the pattern of precipitation and westerly winds are broadly in line with the output from forecast models for the next three months: i.e. an increased risk of wet and windy conditions across Scandinavia and dry and calm conditions across southern Europe.

When considering storm events in the comparison years, only one year recorded around average numbers of notable events through OND. Two of the years recorded no notable events, which would be in line with what might be expected of a La Niña/easterly QBO year.

In conclusion, there are signs of an increased likelihood of above normal westerly winds and precipitation across Scandinavia and the converse across southern Europe over the next three months; however, the signals are not particularly strong in any of the metrics we use to assess the upcoming season and none of the comparison years recorded above average numbers of storms.

Longer range climate signals influential up to 3 months ahead

Signal	Current State	Projected State	Implications for European Weather
ENSO: El Nino Southern Oscillation	Neutral	Weak La Niña likely to develop sometime throughout OND	Increased potential for cold, dry, and calm periods across northern Europe and Scandinavia.
IOD: Indian Ocean Dipole	Negative	Negative	No increased potential for any particular type of weather.
QBO: Quasi-Biennial Oscillation	Easterly	Easterly	Increased potential for cold, dry, and calm periods across northern Europe and Scandinavia.
Eurasian Snow Cover	Below average	Below average	No increased potential for any particular type of weather.
Arctic Sea Ice Extent	Below average	Below average	No increased potential for any particular type of weather.
PV: Polar Vortex	N/A	The polar vortex begins to develop from November	No increased potential for any particular type of weather.

Shorter range climate signals influential up to 1 month ahead

Signal	Current State	Projected State	Implications for European Weather
MJO: Madden Julian Oscillation	No signal	Weak signals for phase 8 or 1	No increased potential for any particular type of weather.
NAO: North Atlantic Oscillation	Positive	Negative through the middle of the month	Increased potential for warm, wet, and windy weather across Europe and Scandinavia through the next few days, then the opposite through the middle of the month
AO: Arctic Oscillation	Positive	Negative through the middle of the month	Increased potential for warm, wet, and windy weather across Europe and Scandinavia through the next few days, then the opposite through the middle of the month

For more information on the characteristics of climate signals and their effects on European weather please see the EuroTempest climate signals factsheet.