

LA NIÑA TYPICAL WINTER IMPACTS

TEMPERATURES

FOX WEATHER

PRECIPITATION

DRIER

November 10, 2025

La Nina Winter Outlook

- The La Niña climate pattern has taken hold of the U.S. ahead of the start of meteorological winter.
- Forecasters say this typically spreads more snow across the Northern Tier of the U.S. and nasty conditions for the Northeast and New England.
- La Niña is one of three climatological phases of the El Niño-Southern Oscillation (ENSO) that describe natural changes in Pacific Ocean temperatures and atmospheric circulation that can greatly influence global weather.
- NOAA released its winter outlook for the upcoming season, which indicates that the Pacific Northwest and the Upper Midwest will likely see below average temperatures, in addition to above-average precipitation.
- The FOX Forecast Center noted that the Northern Tier and Northwest typically see more snow during La Niña winters, while the southern part of the country typically stays warm and dry.
- The La Niña pattern also tends to bring more frequent Nor'easters along the Eastern Seaboard.
- Meanwhile, measurable snow has fallen in the higher elevations in the Rockies, Cascades and Sierra mountain ranges, as well as the mountains of the interior Northeast.
- Locales at lower elevations in the interior Northeast, including Boston, typically see their first snow in the final weeks of November, while the first flakes across the rest of the country usually fall in December.
- According to the FOX Forecast Center, no major snowstorms are on the horizon for the U.S.
- The snowiest months for most of the country are typically January and February.
- NOAA indicated that the U.S. may shift back to ENSO neutral around the start of January, which historically has brought increased snowfall totals to the Northeast.





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