



**WMO Third Pole
RCC Network**
(In Demonstration Phase)



Monthly Climate Bulletin in the Third Pole Region July 2026

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Highlights

- In July 2026, surface air temperatures (SATs) were generally above normal across most of the Third Pole (TP) region, while below normal conditions were confined to the southwestern TP region.
- Precipitation anomalies showed strong regional contrasts: above-normal totals prevailed across the western and northern Third Pole core region (TPCR¹), whereas deficits of 20%–80% over the Ganges Plain, and deficits exceeding 80% in parts of northeastern Central Asia.
- For the month, the snow cover extent (SCE) decreased by more than half compared to June, but was 17.1% higher than the 2005-2020 average. Positive anomalies mainly occurred in the western TPCR and negative anomalies showed along the Himalayas and the Nyenchen Tanglha Mountains.
- Heavy rainfall, flash floods and associated mudflows affected several parts of the TP region during July, including Afghanistan, India, Nepal, Pakistan and Tajikistan.

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¹ TPCR refers to the region with elevation above 2000 m within the TPRCC-Network service domain, i.e. the region within black contour in Figures 1-3.

1. Monthly Overview

1.1 Temperature

In July 2026, surface air temperatures (SATs) were generally above normal across most of the Third Pole (TP) region, with local areas in the western Third Pole core region (TPCR) recording anomalies exceeding $+4^{\circ}\text{C}$. Near-normal or below-normal SATs were mainly observed in the southwestern TP regions, where parts of the upper Indus River basin experienced temperature $1\text{--}2^{\circ}\text{C}$ below normal (Figure 1).

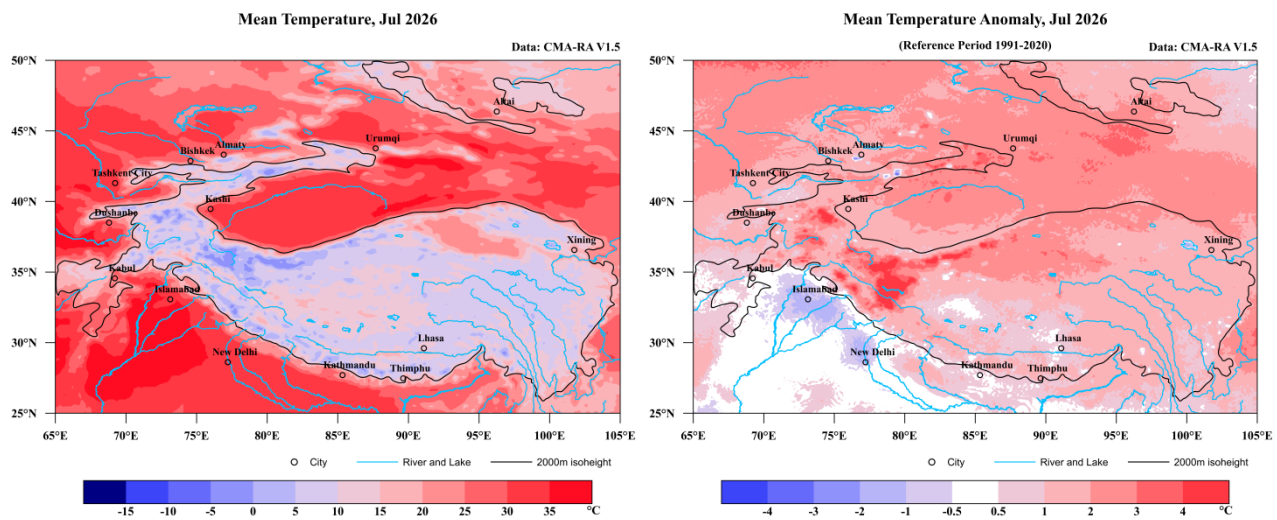


Figure 1. Monthly mean surface air temperature (left) and anomalies (relative to 1991-2020, right) in July 2026.
Data source: CMA-RA V1.5

1.2 Precipitation

For the month, precipitation anomalies exhibited marked regional heterogeneity (Figure 2). Total precipitation was generally above normal over the western and northern parts of the TPCR, with some local areas receiving more than twice the normal amount. By contrast, precipitation was predominantly below normal in the western and southern parts of the TP region, with deficits of 20%–80% across the Ganges Plain and exceeding 80% in parts of northeastern Central Asia.

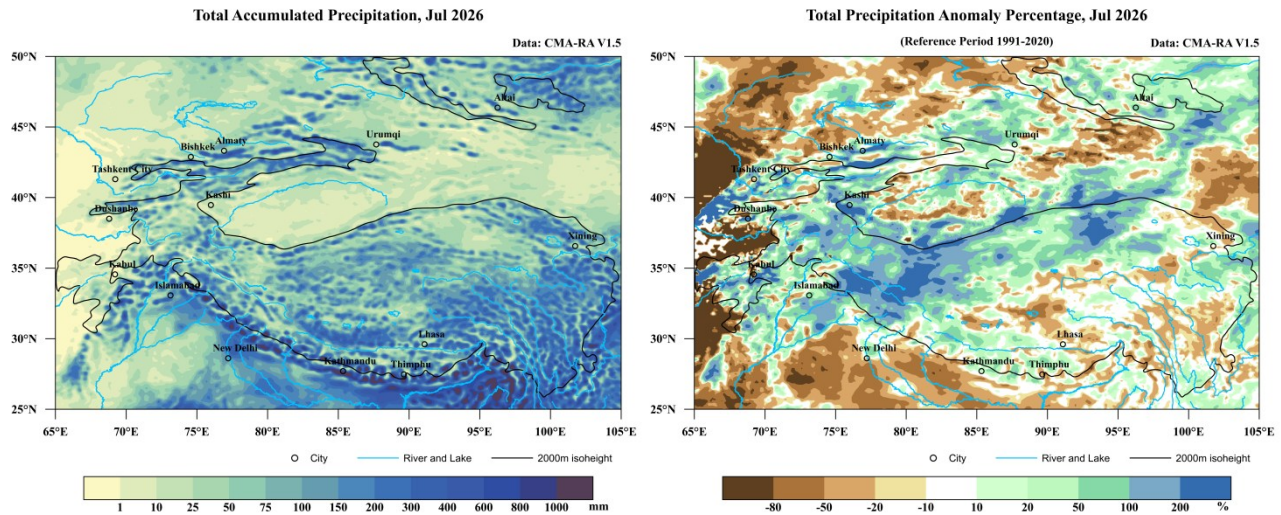


Figure 2. Monthly precipitation totals (left) and anomalies by percentage (right, relative to 1991-2020) in July 2026.

Data source: CMA-RA V1.5

1.3 Snow Cover

In July 2026, the snow cover extent (SCE) over the TP region decreased by more than half compared to that in June, covering an area of $0.37 \times 10^6 \text{ km}^2$, of which 97.8% was located within TPCR. The July SCE was 17.1% higher than the 2005-2020 average. Spatially, the remaining snow cover was mainly distributed in the western TPCR and along the Himalayas, where the number of snow cover days (NSCD) exceeding 20 days. The spatial distribution of snow-cover anomalies in July was similar to that in June, with positive anomalies in the western TPCR and negative anomalies along the Himalayas and the Nyenchen Tanglha Mountains (Figure 3).

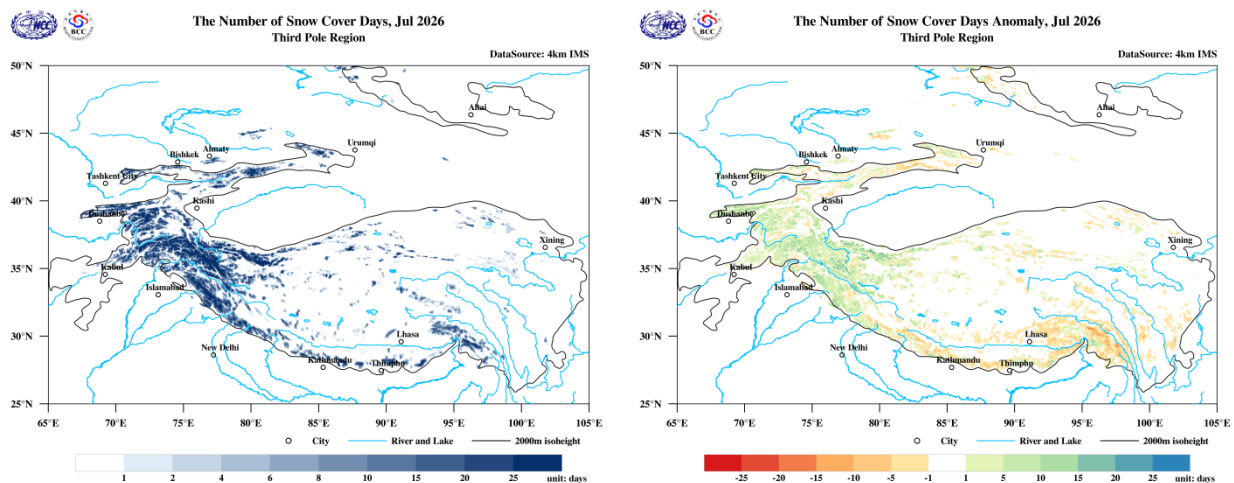


Figure 3. The Number of Snow Cover Days (left) and its anomalies (right, relative to 2005-2020) in July 2026

Data source: IMS/NSIDC

2. High-impact Climate Events

2.1 Heavy Rainfall and Floods

Heavy rainfall and associated floods affected several countries across the TP region during July 2026, including Afghanistan, India, Nepal, Pakistan and Tajikistan.

On 1 July, torrential rainfall and thunderstorms triggered flooding in several parts of Pakistan, resulting in 11 fatalities and dozens of injuries. From 1 to 5 July, heavy rainfall, flooding and landslides affected multiple areas of Nepal, causing in 13 reported fatalities and 91 injuries.

On 11 July, intense rainfall triggered flash floods and mudflows in the Sughd Region, northern Tajikistan, and damage was reported to 672 houses and critical infrastructures. On 20 July, persistent heavy rainfall caused severe flash floods across eastern Afghanistan, reportedly resulting in 31 fatalities, 11 injuries and 77 missing persons.

From 19 July onward, exceptionally heavy monsoonal rainfall triggered widespread flooding in Assam, northeastern India, floodwaters inundated villages, agricultural land and infrastructure across several districts. The situation intensified during 27–28 July. More than 800 villages were inundated, with 1,144,733 people affected.

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