PAKISTAN METEOROLOGICAL DEPARTMENT
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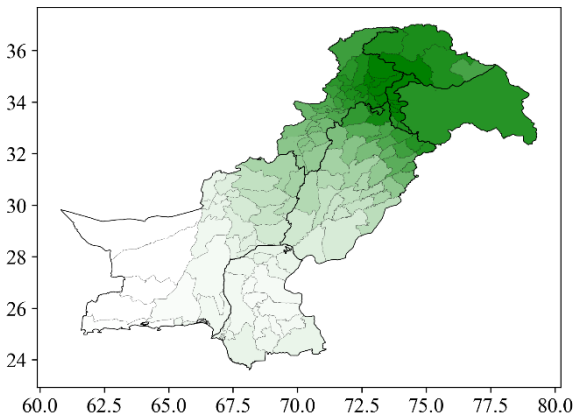
Seasonal Agro-Climate Outlook and Advisory for May - July 2026

Brief Introduction

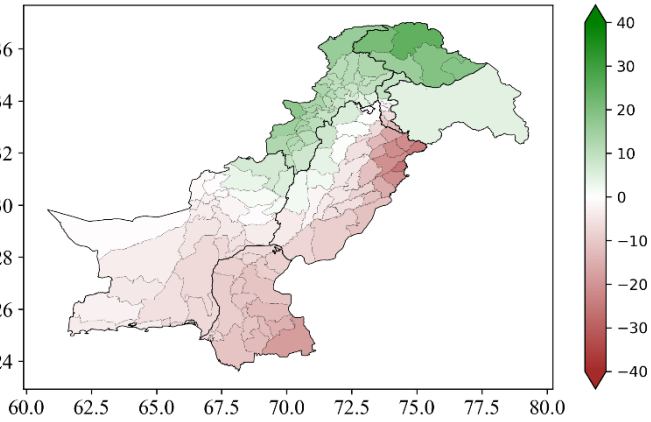
The Pakistan Meteorological Department issues monthly and seasonal forecasts using global climate models at the end of each month. Since a single model and dataset are not deemed reliable for long-term prediction and forecasting, models developed by various institutes and different datasets are utilized for accuracy, along with different boundary conditions for each model output. Currently, 13 recommended models are employed to generate a multi-model ensemble for seasonal predictions.

Seasonal Projections (Precipitation)

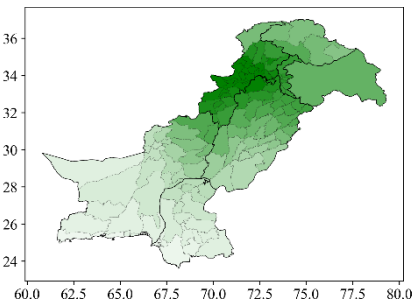
Total Precipitation (mm), MJJ 2026



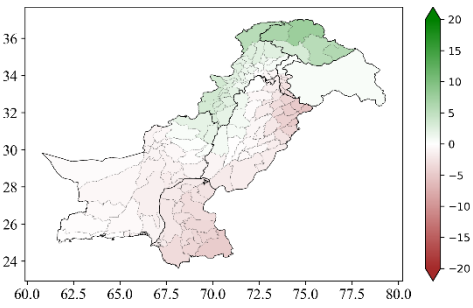
Precipitation (mm) Anomaly Outlook, MJJ 2026



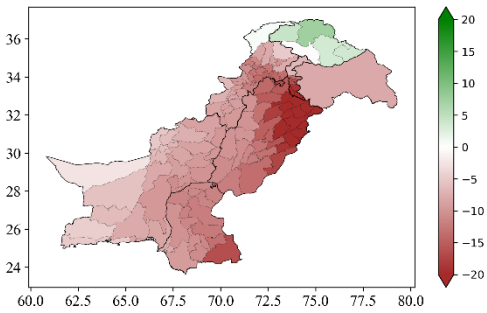
Precipitation (mm) Anomaly, May 2026



Precipitation (mm) Anomaly, Jun 2026



Precipitation (mm) Anomaly, Jul 2026



The precipitation outlook for May to July 2026 (MJJ 2026) suggests that Pakistan is likely to experience slightly above-average rainfall in Gilgit Baltistan, Khyber Pakhtunkhwa, and certain adjacent regions of Azad Kashmir and Balochistan. In contrast, the remaining agricultural plains of Punjab and Sindh, along with parts of Balochistan, are anticipated to receive below-normal precipitation during this period.

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Month-wise Situation

- In May 2026, the country is expected to experience above-average precipitation, with particularly notable positive anomalies forecasted for Khyber Pakhtunkhwa, upper Punjab, and Azad Kashmir. Other regions are also likely to see slightly above-average rainfall during this time.
- The precipitation outlook for June 2026 reveals a mixed pattern. Only Gilgit Baltistan and Khyber Pakhtunkhwa are projected to receive slightly above-normal rainfall, while the rest of the country, particularly Punjab and Sindh are anticipated to experience below-normal precipitation.
- The precipitation anomaly for July 2026 suggests a concerning trend, indicating a slightly below-normal pattern across Pakistan, with the most evident negative anomalies over the agricultural plains of north-eastern Punjab, while above-normal rainfall is expected solely in Gilgit-Baltistan.

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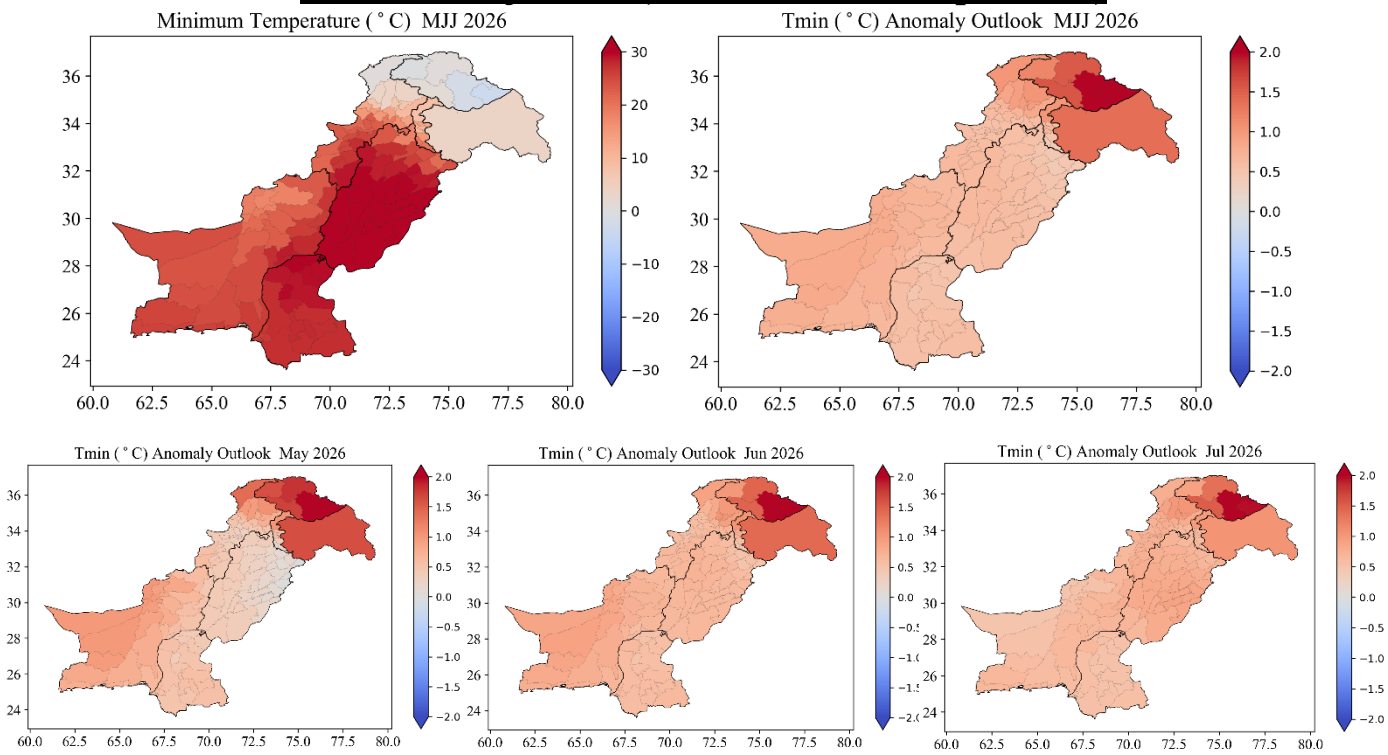
Seasonal Projections (Minimum Air Temperature)



A tendency of above-normal minimum (nighttime) temperatures is expected nationwide during May to July 2026 (MJJ), with the most significant warming anomalies anticipated in northern parts, particularly in Gilgit-Baltistan.

Month-wise Situation

- In May 2026, minimum temperatures are projected to rise above normal levels across the country, with the most significant warming anomalies predicted in the northern regions, particularly in Gilgit-Baltistan. Meanwhile, the agricultural plains of Punjab are expected to remain close to seasonal averages.
- In June 2026, above-normal minimum temperatures are anticipated to persist nationwide, with an increase in intensity.
- In July 2026, elevated minimum temperatures are likely to continue, following a trend similar to that of June.

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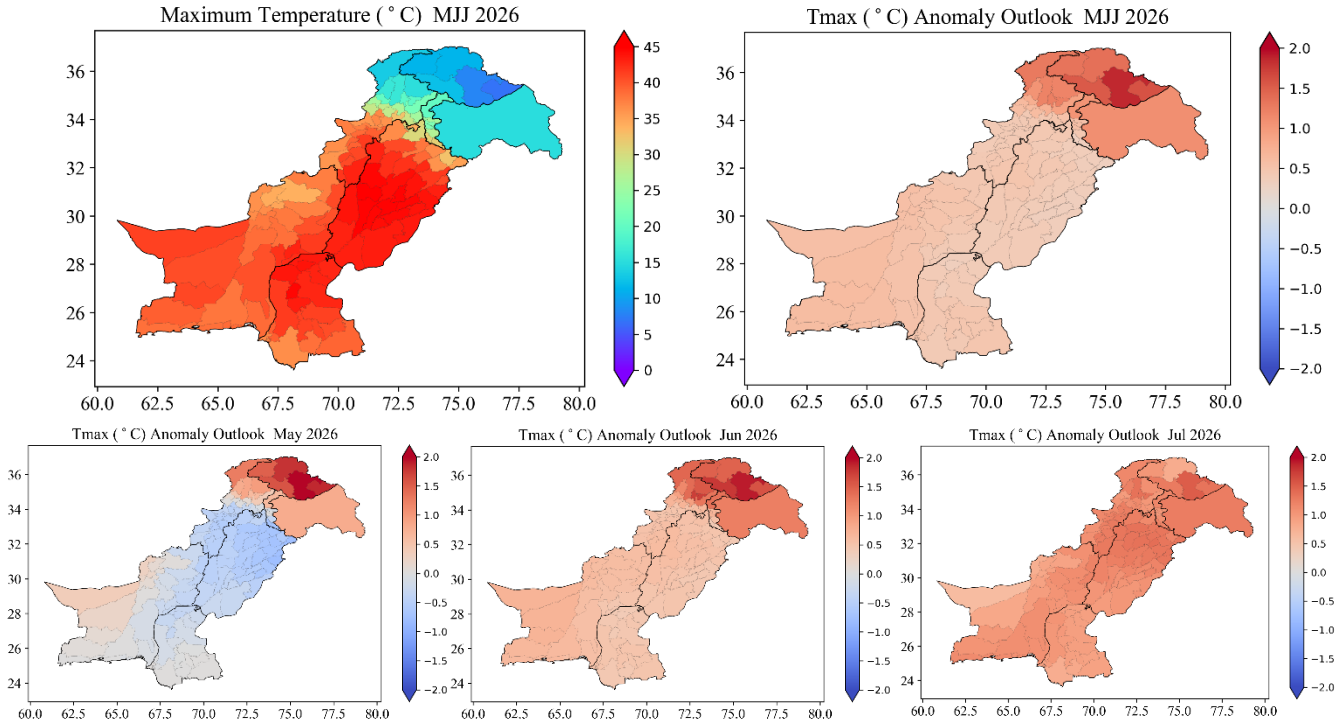
Seasonal Projections (Maximum Air Temperature)



A trend of above-normal maximum (daytime) temperatures is anticipated across most of the country. The prominent increases in daytime temperatures are anticipated in Gilgit-Baltistan and neighboring areas of Khyber Pakhtunkhwa and Azad Jammu and Kashmir during the MJJ period of 2026.

Month-wise Situation

- In May 2026, maximum temperatures are expected to remain slightly below normal particularly in Punjab, Lower Khyber Pakhtunkhwa, northeastern/eastern belt of Balochistan and some upper parts of Sindh. In contrast, Gilgit Baltistan along adjoining areas of northern Khyber Pakhtunkhwa and Kashmir are forecasted to see above-normal temperatures, along with certain western regions of Balochistan.
- For June 2026, a trend of above-normal maximum temperatures is predicted, marking a clear shift from the previous month, with the most pronounced increase anticipated in Gilgit Baltistan.
- For July 2026, daytime temperatures are expected to remain above normal, with a more widespread intensity across the country.

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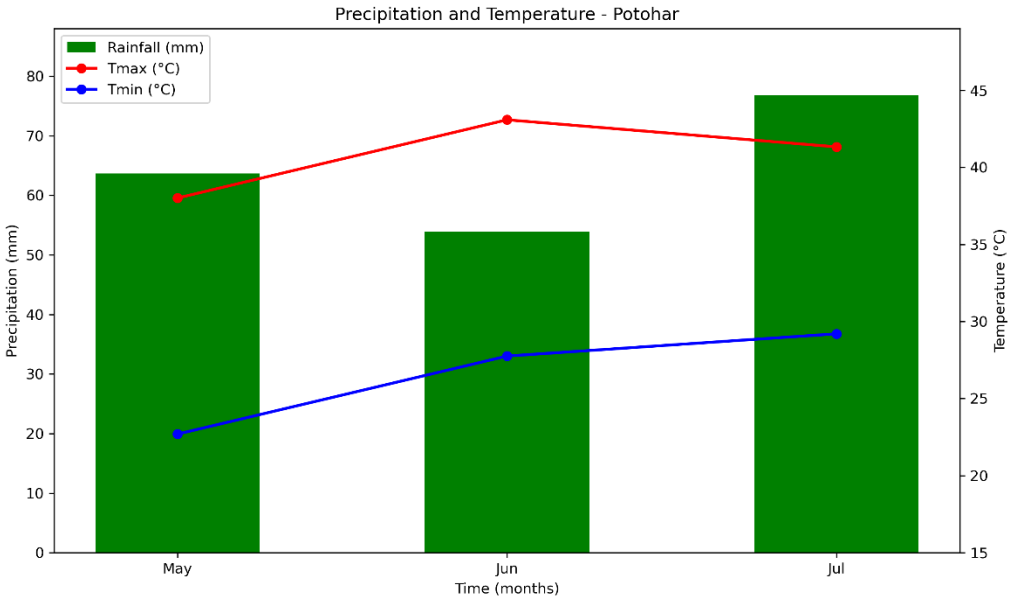
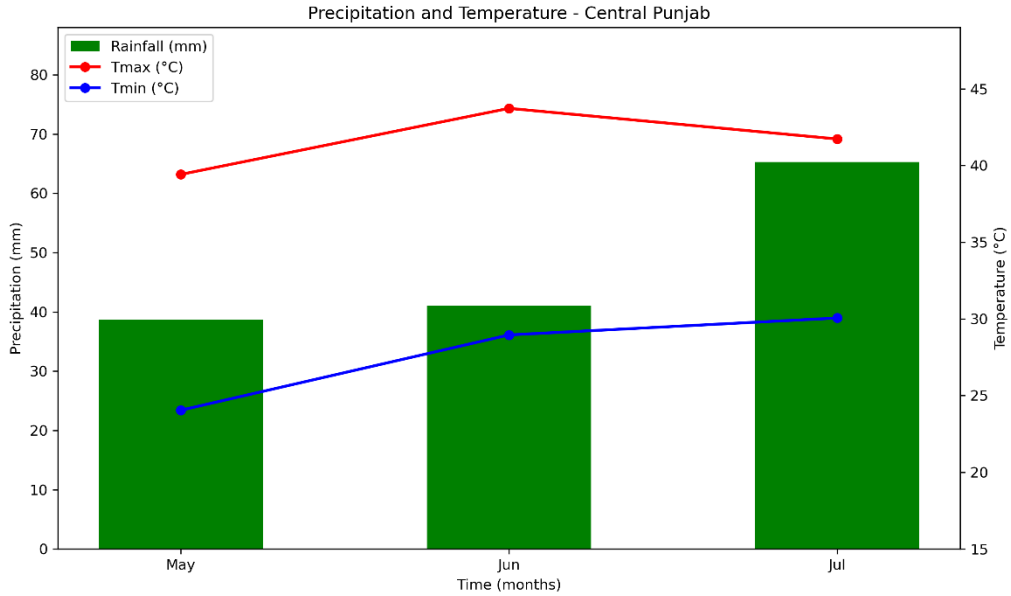
Outlook for Agroclimatic Zones



The **Potohar Region** is expected to receive reasonable precipitation, decreasing from May to June and peaking in July 2026. Maximum temperature (Tmax) rises until June and declines slightly in July, while minimum temperature (Tmin) increases steadily throughout the period, reflecting the progression of summer and the onset of monsoonal conditions.



Central Punjab is expected to receive satisfactory precipitation during the period (MJJ). Maximum temperature rises until June and declines slightly in July, while minimum temperature increases steadily throughout the period, indicating summer progression and the onset of monsoonal conditions.

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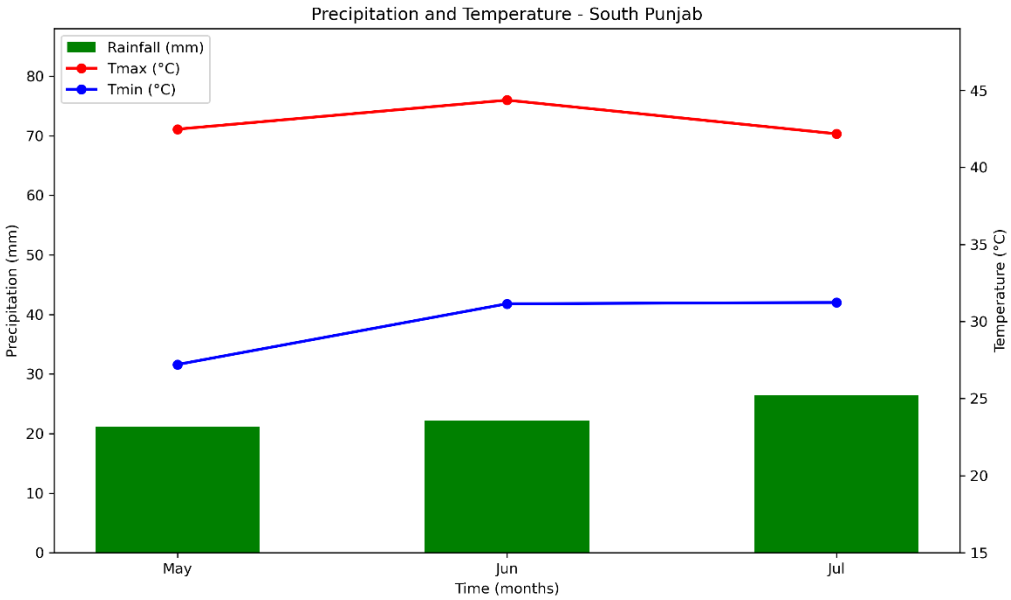

Southern Punjab is expected to receive comparatively lesser precipitation during the next three months (MJJ 2026). The maximum temperature is expected to rise sharply through June, remaining comparatively low in July. Meanwhile, the minimum temperature will increase steadily, indicative of intense summer conditions and the late influence of the monsoon.

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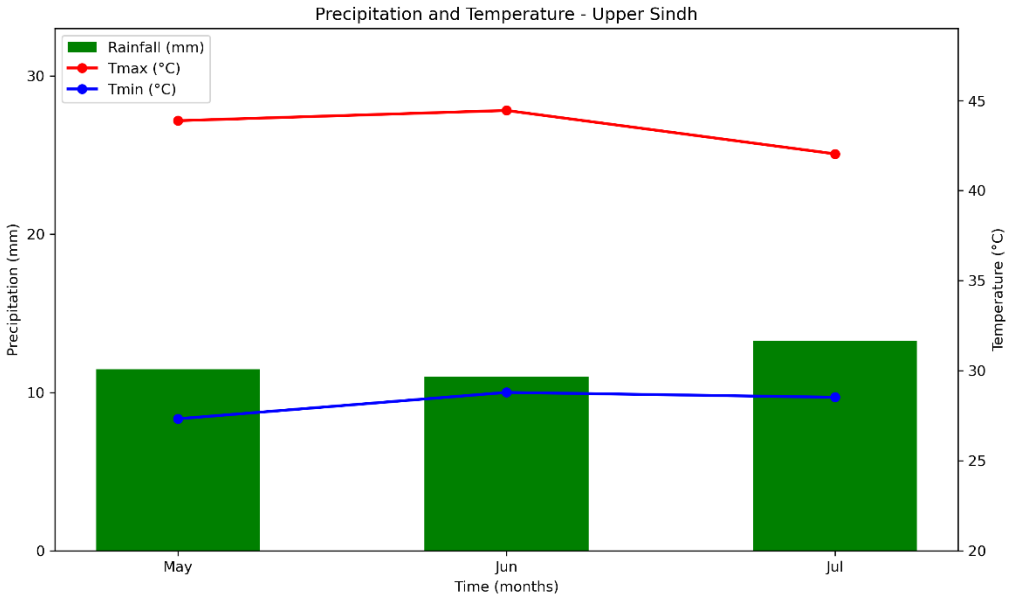
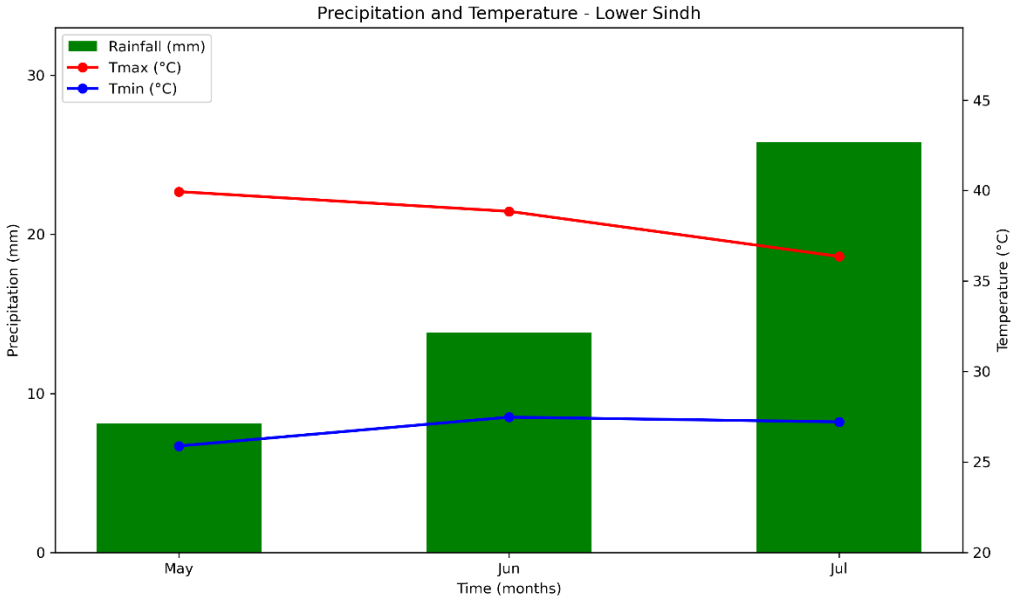


Upper Sindh is expected to receive low precipitation during the observed period, with rainfall remaining limited from May to June and increasing slightly in July 2026. Maximum temperature remains high, rising marginally in June before declining in July, while minimum temperature shows a slight increase in June and then slightly decreases in July.



Lower Sindh is expected to receive low to moderate precipitation, increasing steadily from May and peaking significantly in July 2026. Maximum temperature shows a gradual decline from May to July, while minimum temperature rises slightly by June and then decreases slightly in July.

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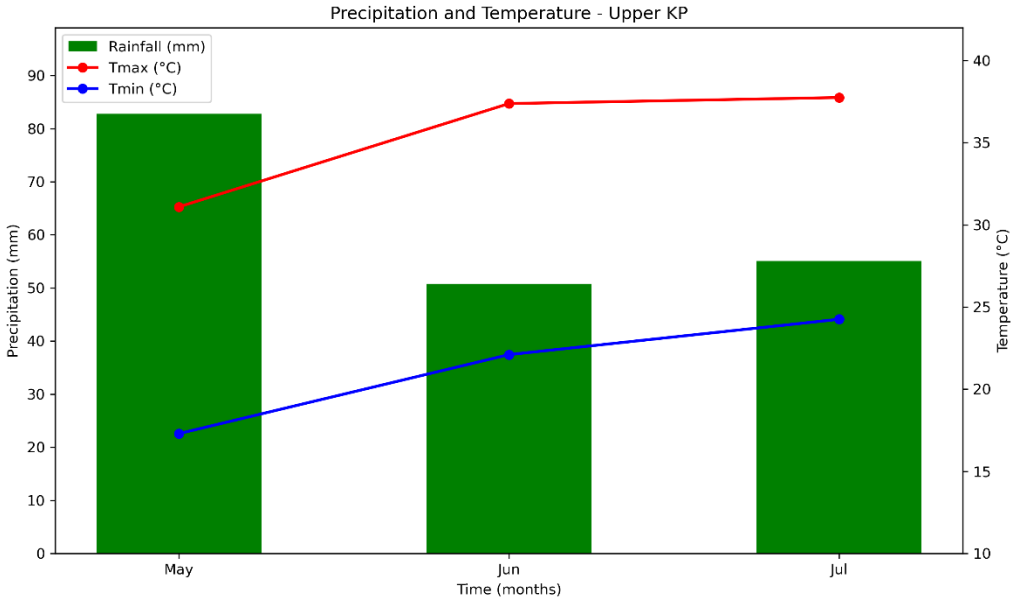
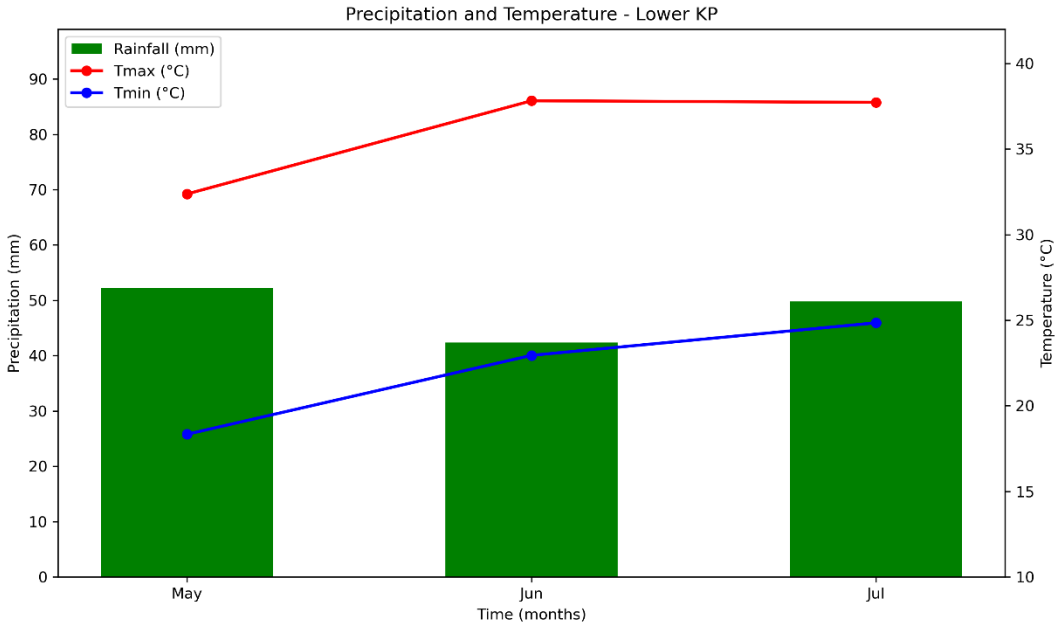


Upper Khyber Pakhtunkhwa is expected to receive considerable precipitation during the observed period, with rainfall highest in May and gradually decreasing through June and July 2026. Maximum temperature rises steadily from May to July, while the minimum temperature also increases consistently



Lower Khyber Pakhtunkhwa is expected to receive moderate precipitation, decreasing from May to June and rising slightly in July 2026. Maximum temperature increases sharply from May to June and decreases slightly in July, while minimum temperature rises steadily throughout the period.

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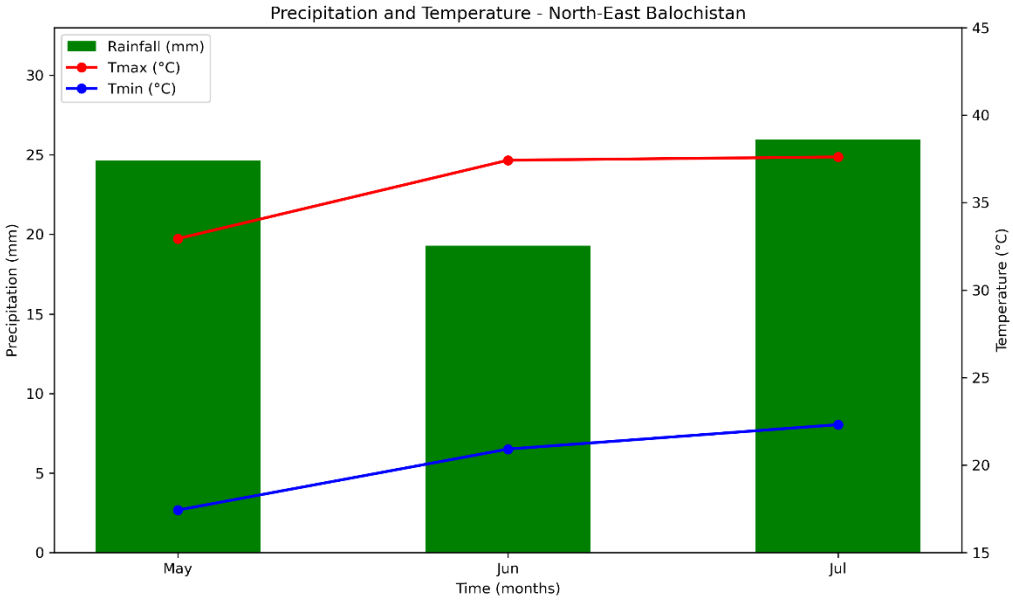
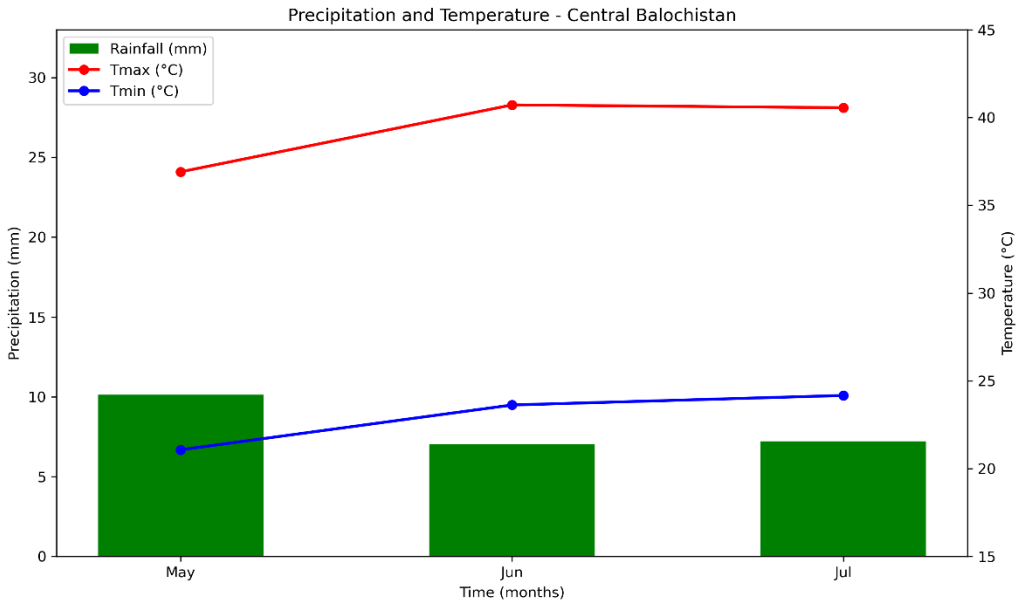


North-Eastern Balochistan is expected to receive moderate precipitation, decreasing from May to June and rising to its peak in July 2026. The maximum temperature increases sharply from May to June and decreases slightly in July, while the minimum temperature rises steadily throughout the period.



Central Balochistan is expected to receive low precipitation, decreasing from May to June and rising slightly in July 2026. Maximum temperature increases sharply from May to June and then decreases slightly in July, while minimum temperature rises steadily throughout the period.

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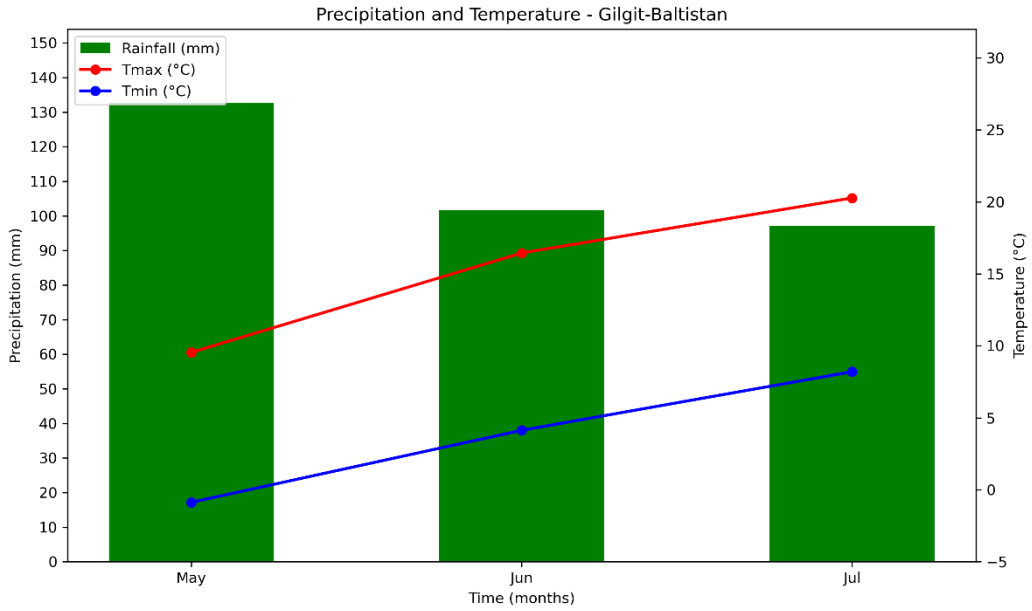
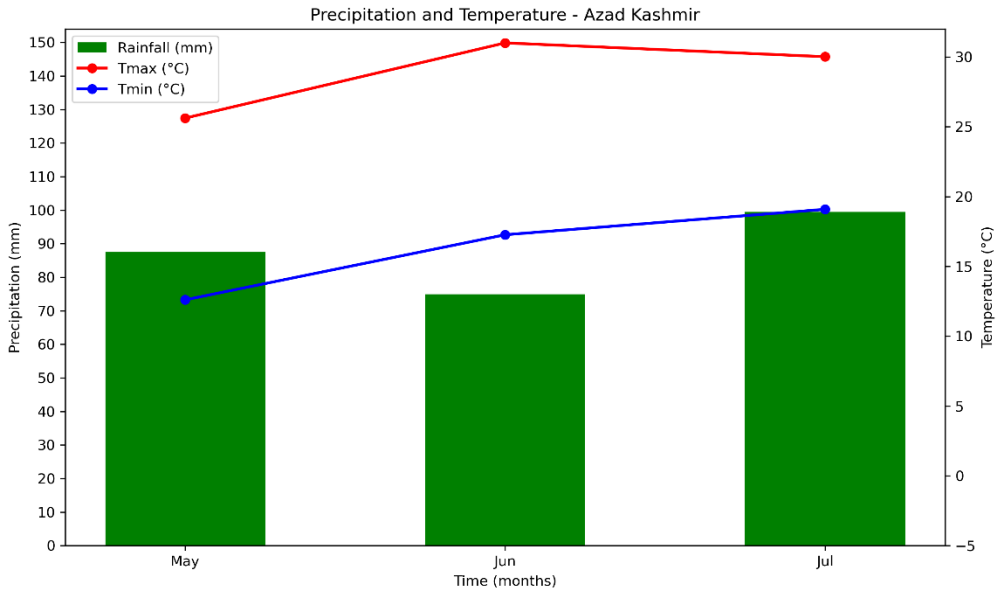


Gilgit Baltistan is expected to receive high precipitation, decreasing from May to June and continuing to decrease slightly in July 2026. Maximum temperature increases steadily from May to June and continues to rise through July, while minimum temperature rises steadily throughout the period.



Azad Jammu and Kashmir is expected to receive moderate to high precipitation, decreasing from May to June and rising in July 2026. Maximum temperature increases sharply from May to June and decreases slightly in July, while minimum temperature rises steadily throughout the period.

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Advisories to Farmers Based on Recent and Expected Weather Conditions

The climatic outlook for May to July 2026 (MJJ) predicts a nationwide trend of above-normal temperatures and a shift toward drier conditions in the core agricultural heartlands after May. While the season begins with beneficial precipitation, particularly in the north, the anticipated warming is expected to be most intense in Gilgit-Baltistan. As rainfall declines across Punjab and Sindh, a strategic approach to crop management will be necessary.

In **Punjab**, the transition from Rabi to Kharif requires careful timing to prevent potential heat stress and untimely moisture. Wheat harvesting has been completed across most districts of Central and Southern Punjab. However, in areas where the crop has reached full maturity, farmers are advised to carry out harvesting and post harvesting activities immediately. Simultaneously, it is also recommended to complete the sowing of Cotton and other Kharif crops promptly to ensure optimal seasonal yields. For Southern Punjab, the recommended window for seasonal cotton sowing is from April 1 to May 31, with a preference for completion by May 15 to ensure robust early growth before the intense heat in June. In rainfed areas like Potohar, land should be prepared with deep plowing to eliminate weeds for peanut (groundnut) cultivation, while sowing peanuts in irrigated areas like Thal should be finalized by May 31.

The outlook for **Sindh** indicates low precipitation and high temperatures, necessitating efficient irrigation management. In most parts of Sindh, kharif crops are in their early growth stages. As rainfall remains limited until a projected peak in July, farmers must prioritize irrigation scheduling to support early Kharif growth. Moreover, the combination of rising temperatures and humidity in June may increase pest pressure, requiring regular field monitoring.

In **Khyber Pakhtunkhwa**, particularly farmers in Upper KP should focus on quick wheat harvesting and safe storage to prevent damage from expected substantial May rainfall. Enhanced soil moisture will be beneficial for the upcoming maize cultivation, but in Lower KP, the warm and moist environment increases the risk of pests, necessitating proactive pesticide application.

Crop conditions in **Balochistan** remain "Good" across monitored sites, though water availability varies significantly by region. In Quetta, wheat is at the "Milk Maturity" stage, while in Ustah Muhammad, it has reached "Wax Maturity." Improved soil moisture from moderate rainfall will benefit these stages in the northeastern areas. However, in Central Balochistan, where limited rainfall is expected, farmers must prioritize moisture conservation and irrigation to protect crops from the sharp temperature rise predicted for June.

Gilgit-Baltistan and Azad Jammu & Kashmir are expected to experience significant warming and high initial precipitation. In these regions, the weather favors spring crops and pastures, but the combination of heavy rainfall in May and rising temperatures heightens the risk of soil erosion and landslides. Farmers are advised to adopt soil conservation techniques and carefully manage water flow resulting from accelerated snowmelt.

Overall, the MJJ 2026 season presents a generally favorable outlook for Pakistan’s agriculture, provided that farmers adapt to the "wet May, dry June" pattern. The primary focus should remain on the rapid completion of the wheat harvest in Punjab and other regions to protect current "Very Good" crop conditions, followed by disciplined irrigation and pest management as the Kharif season intensifies under above-normal thermal conditions.