

1 The Iceland-Faroe Slope Jet: A conduit for dense 2 water toward the Faroe Bank Channel overflow

3 Stefanie Semper^{*1}, Robert S. Pickart², Kjetil Våge¹, Karin Margretha
4 Húsgarð Larsen³, Hjálmar Hátún³, and Bogi Hansen³

5 1 – Geophysical Institute, University of Bergen and Bjerknes Centre for Climate
6 Research, Bergen, Norway.

7 2 – Woods Hole Oceanographic Institution, Woods Hole, Massachusetts, USA.

8 3 – Faroe Marine Research Institute, Tórshavn, Faroe Islands.

9
10 * *Corresponding author address:* Geophysical Institute, University of Bergen and
11 Bjerknes Centre for Climate Research, Allégaten 70, 5007 Bergen, Norway.

12 *E-mail:* stefanie.semper@uib.no

13 Dense water from the Nordic Seas passes through the Faroe Bank Chan-
14 nel and supplies the lower limb of the Atlantic Meridional Overturning
15 Circulation (AMOC), a critical component of the global climate system,
16 yet the upstream pathways of this dense water are not fully known. Here
17 we present evidence of a deep current following the continental slope
18 from Iceland toward the Faroe Bank Channel, using high-resolution ob-
19 servations of temperature, salinity, and velocity from a shipboard survey
20 in 2011 along with long-term water column measurements north of the
21 Faroe Islands. The bulk of the volume transport of this current, hereafter
22 referred to as the Iceland-Faroe Slope Jet (IFSJ), is relatively uniform
23 in temperature and salinity. The hydrographic properties of the North
24 Icelandic Jet flowing westward toward Denmark Strait are very similar,
25 which suggests a common source for both of the two major dense over-
26 flows across the Greenland-Scotland Ridge. We estimate that the IFSJ
27 accounts for approximately half of the total overflow transport through
28 the Faroe Bank Channel. As such, it is a significant component of the
29 overturning circulation in the Nordic Seas, the main source region of
30 dense water to the AMOC.

31 The Nordic Seas, comprising the Norwegian, Greenland, and Iceland Seas, are
 32 a critical region at the northern extremity of the Atlantic Meridional Overturning
 33 Circulation (AMOC). Warm and saline Atlantic Water flowing northward across the
 34 Greenland-Scotland Ridge releases heat to the atmosphere and helps maintain the
 35 temperate climate of northwest Europe^{1;2}. The resulting cold, dense water returns
 36 southward at depth as overflow plumes through gaps in the ridge (Fig. 1a). The
 37 dense water masses which constitute the overflows (defined as $\sigma_{\theta} \geq 27.8 \text{ kg m}^{-3}$,
 38 hereafter referred to as overflow water³) are formed both within the boundary cur-
 39 rent system around the Nordic Seas and in the interior basins of the Greenland
 40 and Iceland Seas. The former product is referred to as Atlantic-origin water, while
 41 that formed in the interior, which is the densest contributor to the lower limb of
 42 the AMOC, is referred to as Arctic-origin water^{4;5}. Recent studies have focused
 43 primarily on Denmark Strait between Greenland and Iceland, which is the second-
 44 deepest passage (approximately 650 m) through the ridge and has the largest volume
 45 transport of overflow water^{6–10}. The Atlantic-origin overflow in Denmark Strait is
 46 supplied by two branches of the East Greenland Current^{6;11}, while the Arctic-origin
 47 overflow is advected by the North Icelandic Jet (NIJ)^{5;6;12} originating northeast of
 48 Iceland^{5;13}.

49 The densest Arctic-origin overflow water emanating from the Nordic Seas passes
 50 through the approximately 850 m deep Faroe Bank Channel (FBC)^{10;14} and is sub-
 51 ject to extensive mixing and entrainment south of the Greenland-Scotland Ridge^{15–17}.
 52 The magnitude of the FBC overflow has been monitored continuously since 1995; the
 53 most recent estimate of its volume transport is $1.9 \pm 0.3 \text{ Sv}$ ^{10;18} ($1 \text{ Sv} \equiv 10^6 \text{ m}^3 \text{ s}^{-1}$).
 54 The bulk of this transport is composed of intermediate and deep water masses^{14;16}.
 55 The former is most likely ventilated during winter in the Iceland and Greenland
 56 Seas, with a contribution from the Arctic Ocean^{15;19}. The precise origin of the
 57 latter water mass remains uncertain.

58 Before reaching the sill in the FBC, the overflow waters pass through the Faroe
 59 Shetland Channel (Fig. 1a). While the hydrographic properties of the water masses
 60 in the channel and their interannual variability are well documented^{10;18;20}, the
 61 dense-water pathways feeding this passage are as of yet not fully determined. Here
 62 we provide evidence of a deep current following the northern slope of the Greenland-
 63 Scotland Ridge from Iceland toward the Faroe Islands. This bottom-intensified
 64 current, which we refer to as the Iceland-Faroe Slope Jet (IFSJ), transports water
 65 matching the densest water observed in the FBC and may supply approximately half

of the total FBC overflow. As such, the IFSJ constitutes a significant component of the overturning in the Nordic Seas, a region which is of key importance to the AMOC^{21;22}. To predict the AMOC's response to a changing climate, it is imperative to know the origin and pathways of the dense water supplying its lower limb.

Pathway and transport of the IFSJ

Using high-resolution hydrographic/velocity measurements from a September 2011 shipboard survey (Fig. 1b), we identified a spatially coherent eastward flow between northeast Iceland and the Faroe Islands. Vertical sections of absolutely referenced geostrophic velocity (Fig. 2), which were constructed from the combined hydrographic and velocity fields (see the methods section for details), show that the IFSJ has a consistent hydrographic and kinematic structure. The narrow current is bottom-intensified and comprises two cores of overflow water, which approximately follow the 750 and 1100 m isobaths, respectively. It is composed of cold, dense water that is banked up against the slope (supplementary information, Figs. S1 and S2). An extensive collection of hydrographic measurements from the Nordic Seas^{23;24} confirms the persistent presence of anomalously dense water on the upper slope north of Iceland and the Iceland-Faroe Ridge. This isopycnal structure supports the bottom-intensified IFSJ flowing eastward toward the FBC. It is also consistent with the NIJ flowing westward toward Denmark Strait, which is middepth-intensified as the isopycnal tilt reverses again in the upper part of the water column^{5;13}. East of the Kolbeinsey Ridge, the extension of the mid-Atlantic Ridge north of Iceland, the two currents are in close proximity (Fig. 1a). While it is well documented that the NIJ emerges northeast of Iceland^{5;13}, the origin of the IFSJ remains unknown. Recent work suggests that both currents are supplied by dense water emanating from the Greenland Sea gyre that subsequently flows southward through the Iceland Sea along the Kolbeinsey Ridge²⁴. Eastward flow of dense water through the Spar Fracture Zone may also supply the IFSJ (Fig. 1b).

The mean volume transport of overflow water in the IFSJ, estimated from the high-resolution hydrographic/velocity sections, is 1.0 ± 0.1 Sv (Fig. 3a). While this value stems from only one survey, the results suggest that the IFSJ may supply approximately half of the total overflow through the FBC (1.9 ± 0.3 Sv)^{10;18}. On two sections (B and C) the deep core was not completely bracketed by the observations, resulting in an underestimated transport. The increase in transport between sections C and D may additionally be caused by entrainment of ambient

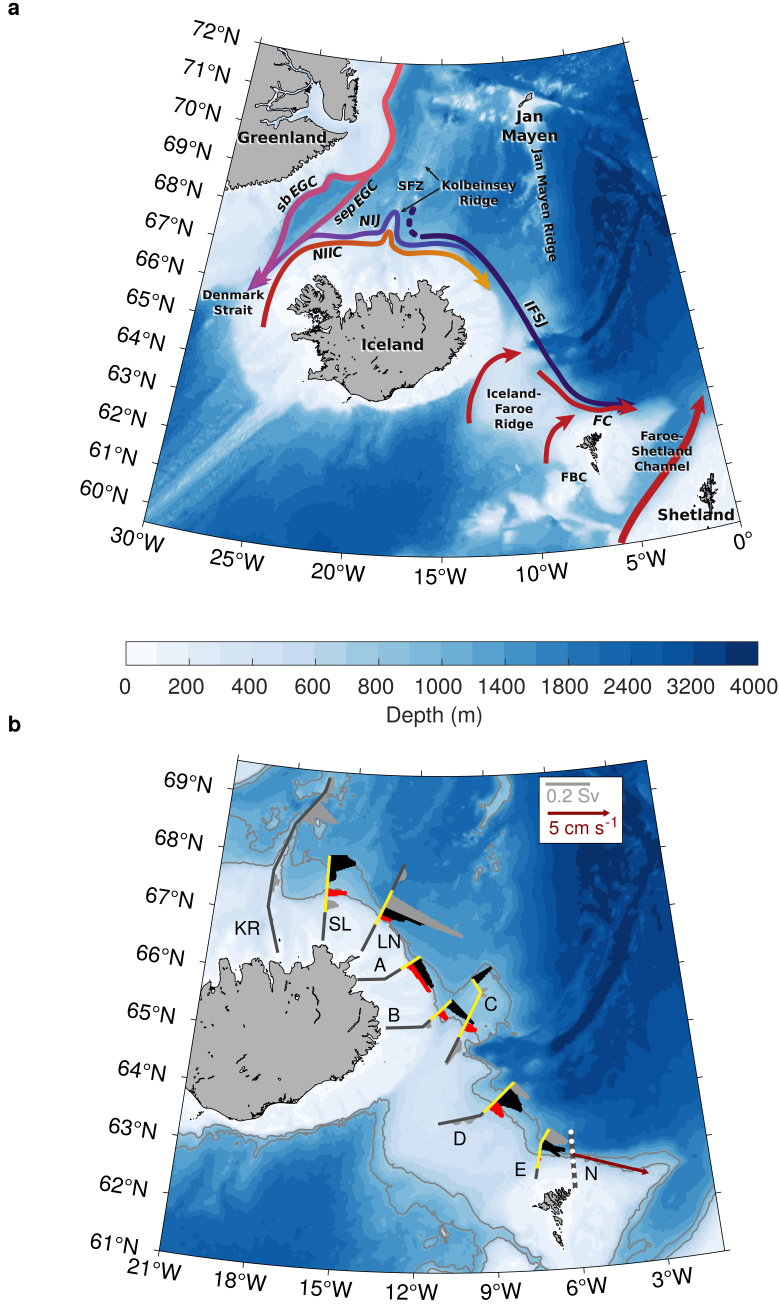


Figure 1: Bathymetry and circulation near the Greenland-Scotland Ridge.

a) Schematic pathways of the inflow of Atlantic Water (red arrows) and the outflow of dense water (purple arrows). The acronyms are: FC = Faroe Current; NIIC = North Icelandic Irminger East Current; sb EGC = shelfbreak East Greenland Current; sep EGC = separated East Greenland Current; NIJ = North Icelandic Jet; IFSJ = Iceland-Faroe Slope Jet; FBC = Faroe Bank Channel; SFZ = Spar Fracture Zone. b) Transport of overflow water ($\sigma_{\theta} \geq 27.8 \text{ kg m}^{-3}$) across the high-resolution shipboard transects used in the study. The shallow and deep IFSJ cores are marked in red and black, respectively, and the remaining transport is marked in grey. The segments of the transects shown in Fig. 2 are highlighted in yellow. The three westernmost transect names are abbreviated as: KR = Kolbeinsey Ridge, SL = Slétta, and LN = Langanes Northeast. The mean velocity in the strongest part of the IFSJ from the year-long offshore mooring record at section N is shown in dark red. The stations at section N are indicated by white dots. The colored shading in a) and b) is the bathymetry from ETOPO1²⁵; the 750 and 1100 m isobaths are highlighted in grey.

100 water from the Norwegian Basin, while the low transport at section E likely results
 101 from a mesoscale feature suppressing the 27.8 kg m^{-3} isopycnal (Fig. 2). The volume
 102 transport was conservatively estimated only for depths shallower than 850 m, the ap-
 103 proximate depth of the FBC sill. However, water may be lifted from greater depths
 104 by aspiration and supply the overflow²⁶. If the depth restriction is removed, the
 105 total contribution of the IFSJ to the FBC overflow, according to the 2011 shipboard
 106 survey, could be as high as $1.4 \pm 0.2 \text{ Sv}$ (Fig. 3a).

107 The bulk of the IFSJ's volume transport is confined to a small range in Θ -S space
 108 (Fig. 3b). The locus of the Θ -S classes with the highest transport, which we refer to
 109 as the transport mode, is centred near $-0.52 \pm 0.11 \text{ }^\circ\text{C}$ and $35.075 \pm 0.003 \text{ g kg}^{-1}$ in
 110 temperature and salinity, respectively. While the upper part of the IFSJ becomes
 111 warmer and more saline as it progresses eastward, due to mixing with Atlantic Wa-
 112 ter near the Faroe Islands, the hydrographic properties of the transport mode are
 113 not significantly modified along the current's pathway. The density of the transport
 114 mode is $\sigma_\Theta = 28.06 \text{ kg m}^{-3}$. This is not significantly denser than the transport mode
 115 of the NIJ ($\sigma_\Theta = 28.05 \text{ kg m}^{-3}$), which has a higher temperature ($-0.29 \pm 0.16 \text{ }^\circ\text{C}$) but
 116 the same salinity¹³. The similarity of these transport modes suggests that the water
 117 masses in the two currents have the same origin. Waters of sufficient density are
 118 regularly ventilated in the Greenland Sea during winter²⁷, and their hydrographic
 119 properties closely match the two modes²⁴. As such, this water mass supplies the
 120 densest portions of the two major overflows across the Greenland-Scotland Ridge,
 121 and changes in dense water formation in the Greenland Sea may affect both path-
 122 ways.

123 As with the IFSJ, the NIJ is often composed of separate cores¹³. In particular,
 124 northeast of Iceland the slightly warmer NIJ flows toward Denmark Strait along the
 125 600 and 800 m isobaths, while the slightly colder IFSJ flows toward the FBC approx-
 126 imately along the 750 and 1100 m isobaths. Notably, the 600 and 750 m isobaths are
 127 comparable to the sill depths of Denmark Strait and the FBC, respectively. This im-
 128 plies that hydraulic control occurring at the two passages^{26;28;29} may be influencing
 129 the shallow core of each current.

130 Data from past studies have hinted at a deep flow along the northern side of the
 131 Iceland-Faroe Ridge. Four moorings deployed during 1988–1989 along the 1000 m
 132 isobath recorded a deep, bottom-intensified current with temperatures and densities
 133 corresponding to the transport mode of the IFSJ³⁰. This pathway was also identified
 134 in a two-layer numerical model with realistic bathymetry³¹. Furthermore, a subset of

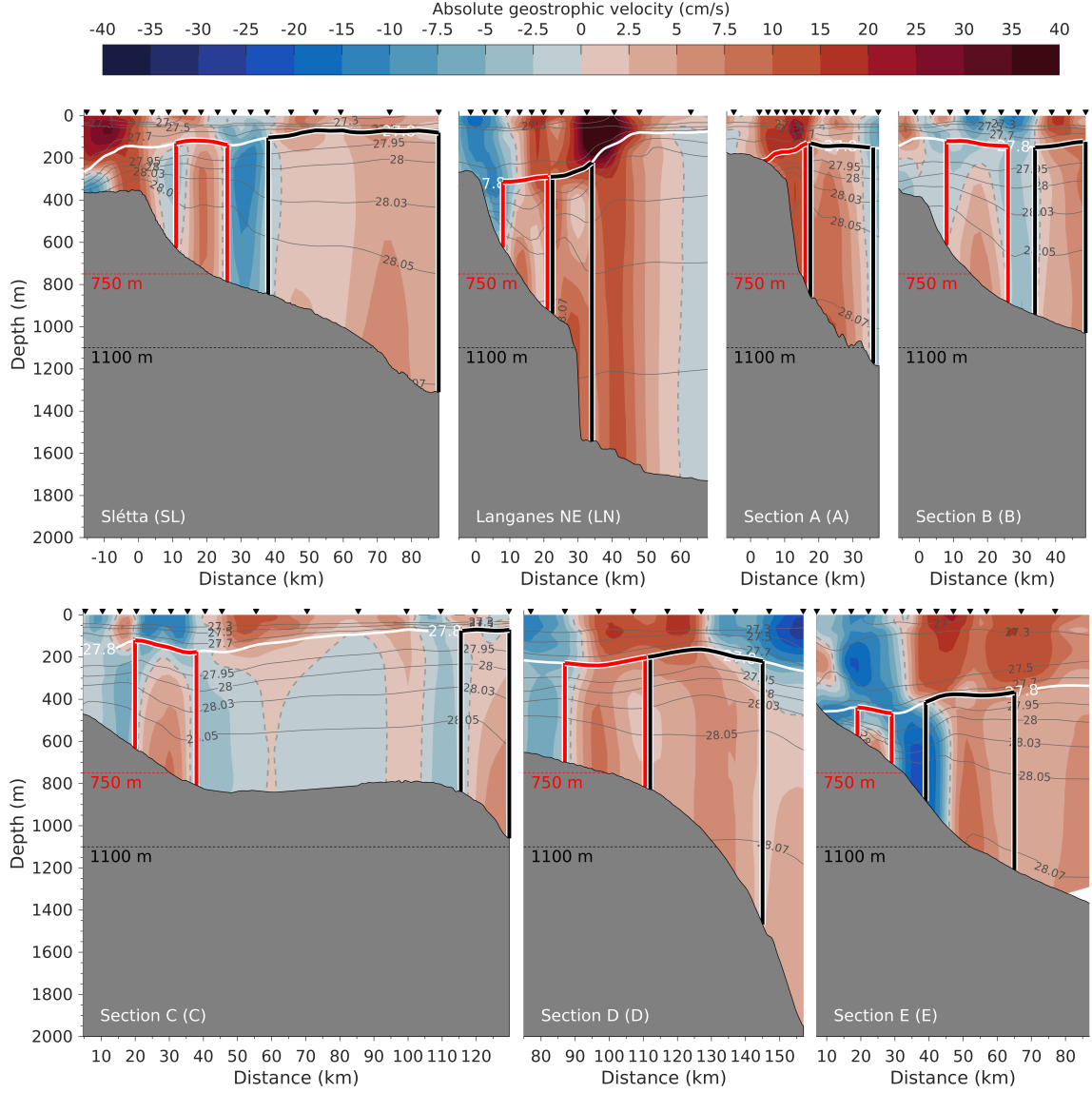


Figure 2: Vertical sections of velocity across the IFSJ. Absolutely referenced geostrophic velocity (colour) and density (thin grey lines) for the yellow segments of the shipboard transects in Fig. 1b. The thick white line is the 27.8 kg m^{-3} isopycnal. The black inverted triangles indicate the locations of the hydrographic profiles. For each transect the origin (distance $y = 0$ km) was placed at the shelf break (for sections north of Iceland) or the point where the slope gradient starts to increase (for sections north of the Iceland-Faroe Slope). Positive velocities are directed toward the Faroe Islands. The red and black boxes outline the shallow and deep cores, respectively. The abbreviated names in parentheses are used as labels in Fig. 1. The bathymetry is from the ship's echosounder.

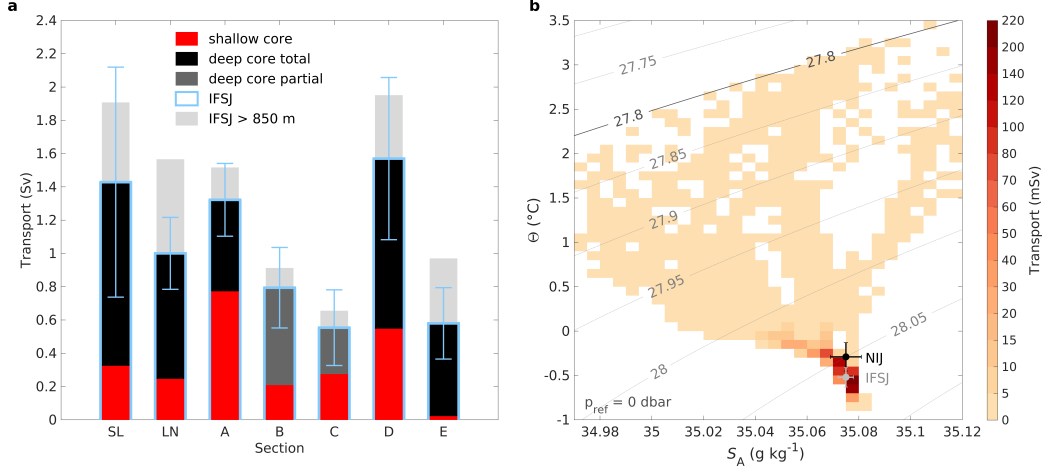


Figure 3: Transport of overflow water ($\sigma_{\theta} \geq 27.8 \text{ kg m}^{-3}$) in the IFSJ.

a) Volume transport for each transect of the high-resolution shipboard survey. The estimates are broken down by core and relation to sill depth (see legend). Dark grey bars represent deep cores that were not completely bracketed by observations (Fig. 2). The error bars were determined from the combined instrument and processing uncertainties (see the methods section for details). b) Mean volume transport with respect to temperature and salinity properties of both cores from all transects (the red and black boxes in Fig. 2). The grey contours are density. The transport mode of the IFSJ (NIJ) and its standard deviation is marked in grey (black).

135 RAFOS floats deployed at 600–800 m depth northeast of Iceland in 2013 and 2014³²,
 136 and near the Faroe Islands in 2004³³, drifted southeastward along the slope between
 137 Iceland and the Faroe Islands. In the latter case the vast majority of the floats
 138 deployed on isobaths shallower than 1750 m turned southeastward into the Faroe
 139 Shetland Channel. These observations³³, as well as estimates from a simplified
 140 dynamical model³⁴, suggest that deep currents in this region are strongly guided by
 141 bathymetry, which supports the results presented here of the IFSJ.

142 Inferences from shipboard hydrographic time series

143 To shed more light on the structure of the IFSJ, we analysed a collection of 120
 144 repeat hydrographic transects along section N directly north of the Faroe Islands
 145 (Fig. 1), spanning the last 30 years. While the station spacing of 10 nautical miles
 146 is too coarse to properly resolve the IFSJ, we considered the isopycnal structure
 147 near the upper slope to identify occupations where particularly dense water ($\sigma_{\theta} \geq$
 148 28.03 kg m^{-3}) was present at the bottom of station 4 (referred to as the “elevated
 149 isopycnal” state, 38/120 surveys). We note that only the most extreme occurrences

150 of dense water banked up on the slope are captured due to the large distance between
151 stations. As such, more moderate banking of dense water cannot be resolved. The
152 composite mean of the elevated isopycnal state is shown in Fig. 4.

153 The surface layer consists of warm, salty water of the Faroe Current. Beneath
154 this, the isopycnal tilt reverses, and cold, dense water is banked up against the
155 slope (Fig. 4a–b). This is characteristic of the IFSJ, and the associated composite
156 section of geostrophic velocity relative to the 28.0 kg m^{-3} isopycnal illustrates the
157 bottom-intensified flow near the slope, directed toward the Faroe Shetland Channel
158 (Fig. 4c). The deep current is located between stations 4 and 5, which encompass the
159 isobaths of both cores of the IFSJ farther upstream. (The combination of the steep
160 continental slope and the coarse station spacing along section N makes it impossible
161 to resolve separate IFSJ cores.)

162 We estimated the IFSJ volume transport by referencing the composite section of
163 relative geostrophic velocity for the elevated isopycnal state using surface velocities
164 derived from satellite altimetry (see the methods section for details). The transport
165 of overflow water is on the order of 1 Sv, which is consistent with the transport
166 estimated from the high-resolution transects. We note that the uncertainty of this
167 estimate is high because of the wide station spacing and the low spatial resolution of
168 the satellite altimetry data. Nevertheless, the elevated isopycnal state qualitatively
169 resembles the structure and properties of the IFSJ farther upstream. Such elevated
170 isopycnal sections capturing the most extreme banking of dense water were identified
171 in most years and every season, while a finer station spacing would likely also resolve
172 more moderate banking.

173 **Vertical structure and variability from moored measurements**

174 To investigate the vertical structure and variability of the IFSJ, we analysed moored
175 records of direct current velocities at section N. From June 2017 to May 2018,
176 two moorings were deployed at depths of 960 m and 1210 m (Fig. 4c). These were
177 shoreward and seaward, respectively, of the deep IFSJ core (1100 m) seen in the high-
178 resolution shipboard data farther upstream. A combined mean along-stream velocity
179 profile constructed from the two moorings reveals bottom-intensified flow directed
180 toward the FBC (Fig. 5a). The structure and magnitude of the flow is consistent
181 with the IFSJ in the upstream sections (Fig. 2). The mean velocity in the strongest
182 part of the current (below the dashed line in Fig. 5a) was 6.6 cm s^{-1} (Fig. 1b).
183 This is likely an underestimate due to sidelobe reflections from the bottom (see the

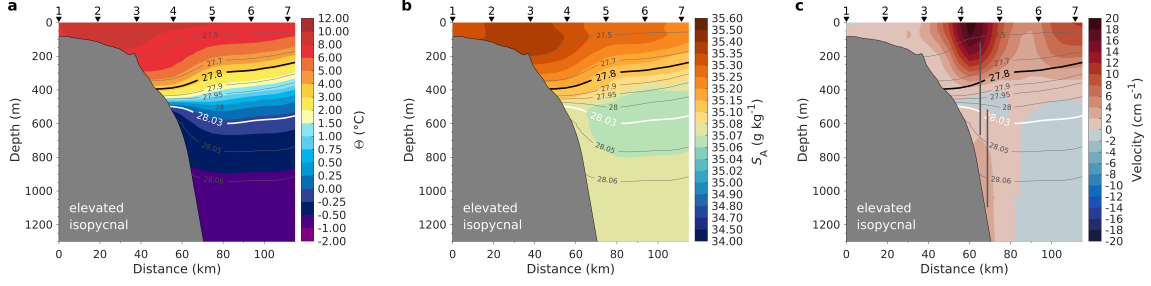


Figure 4: Composite of a subset of vertical sections north of the Faroe Islands. Mean temperature (a), salinity (b), and relative geostrophic velocity (c) for the elevated isopycnal state (see text for details). The 28.03 kg m^{-3} isopycnal used to identify this subset of sections is marked in white, and the 27.8 kg m^{-3} isopycnal, which defines the top of the overflow layer, is the thick black contour. Positive velocities are directed eastward toward the Faroe Shetland Channel. The station numbers are indicated along the top. The vertical grey lines in c) mark the locations and depth ranges of direct velocity measurements from moorings (Fig. 5a).

184 methods section for details). Short, intermittent periods of negative (northwestward)
 185 velocities (Fig. 5d) may be due to lateral meandering of the deep IFSJ core. The
 186 mean hydrographic properties closest to the mooring from section N match those of
 187 the IFSJ’s transport mode (Fig. 5b–c). Taken together, there is strong evidence of
 188 a bottom-intensified current resembling the IFSJ at section N.

189 The inshore mooring in Fig. 4c is part of a long time series of velocity measure-
 190 ments designed to monitor the Atlantic Water transport in the surface-intensified
 191 Faroe Current. However, as seen in Fig. 5a, its depth range extends sufficiently
 192 deep to capture the upper portion of the IFSJ. Encouragingly, the measurements
 193 from the overlapping depth range of the inshore and offshore moorings are well cor-
 194 related ($r = 0.63$). Furthermore, the variability in the strongest part of the IFSJ
 195 from the offshore mooring (below the dashed line in Fig. 5a) is reasonably well cor-
 196 related ($r = 0.59$) with the uppermost portion of the IFSJ from the inshore mooring
 197 (570–675 m). As such, measurements from the inshore mooring can be used as a
 198 longer-term proxy for the variability in the IFSJ.

199 We examined a 7-year long subset of the inshore mooring record (2006–2013)
 200 when the mooring was deployed at approximately the same bottom depth ($956 \pm 5 \text{ m}$).
 201 To determine the dominant variability of the along-stream velocity, we computed
 202 empirical orthogonal functions (EOFs). The two leading modes explain 68 and 26 %
 203 of the variance in the currents, respectively (supplementary information, Fig. S3).
 204 The first EOF represents a barotropic mode, where the Faroe Current and the IFSJ

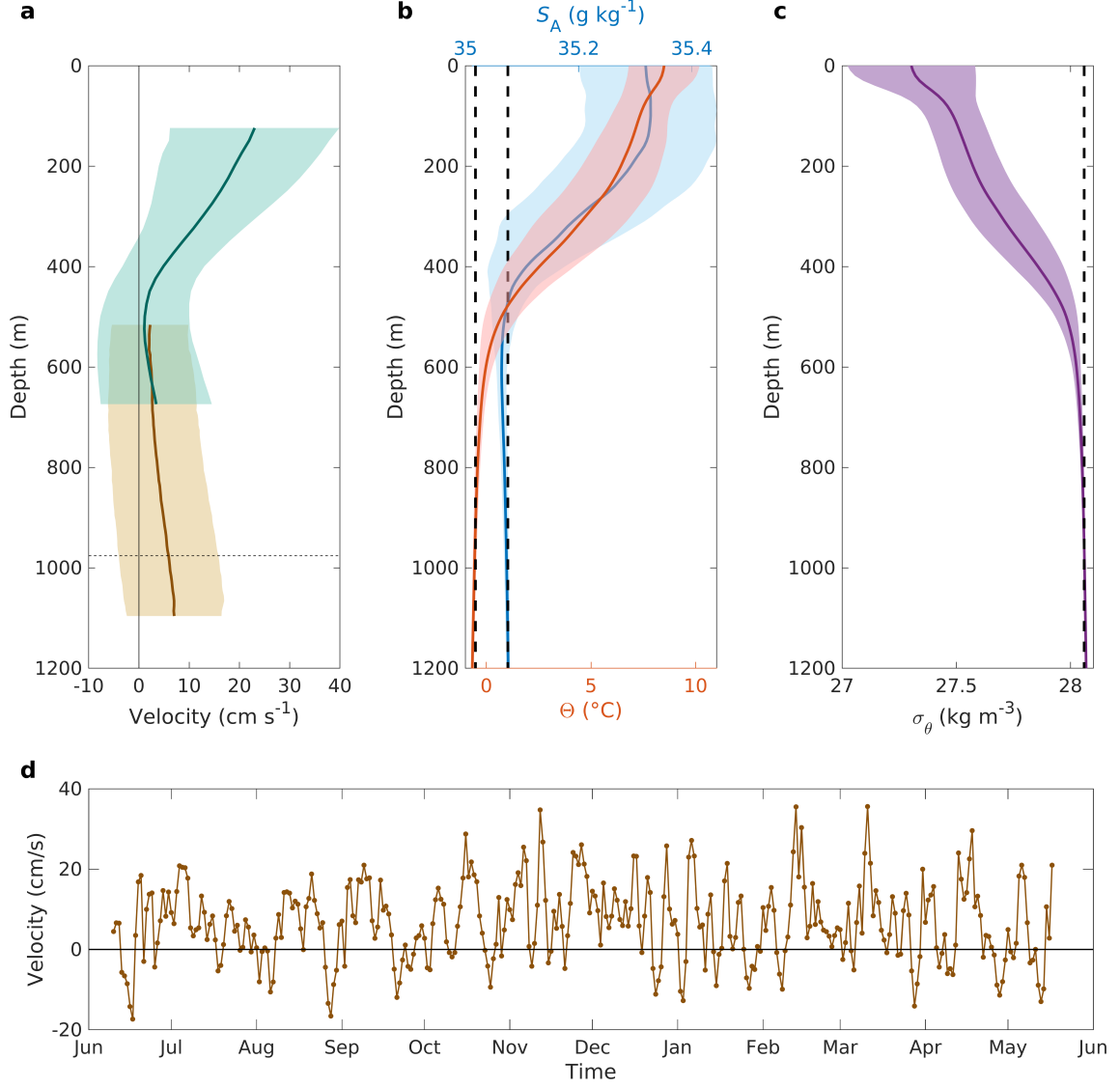


Figure 5: Year-long moored records and hydrographic profiles from section N. a) Mean along-stream velocity profiles from moorings deployed from June 2017 to May 2018 at section N at a bottom depth of 960 m (green) and 1210 m (brown; Fig. 4c). The along-stream direction is defined as 105° clockwise from true north (see methods section for details). The dashed line indicates the upper limit for the velocity depth average in d). b) and c) show mean profiles of temperature (red), salinity (blue), and density (purple) near the offshore mooring from 120 repeat occupations of section N. The properties of the IFSJ transport mode from the high-resolution transects (Fig. 3b) are marked by vertical lines. The shaded areas in a)–c) indicate one standard deviation (the standard error is very small for all profiles). d) Time series of the depth-averaged velocity in the deepest portion of the IFSJ, below the dashed line in a).

are in phase, while the second EOF is a baroclinic mode in which the strength of the Faroe Current and IFSJ vary out of phase.

The principal component of the first EOF mode shows variability on seasonal time scales, while that of the second mode is dominated by variability on a 2–3 week period. We note that the NIJ has no such seasonal signal^{6;13;35;36}, and, since the IFSJ has similar properties, likely the same source waters, and is located even deeper in the water column, one would not expect a seasonal signal in the IFSJ northeast of Iceland either. While the offshore record at section N is too short to resolve a seasonal cycle, the approximately eastward velocities appear to be enhanced from November to January compared to July and August (Fig. 5d), consistent with the long-term proxy of the IFSJ from the inshore mooring. We surmise that the energetic Faroe Current, which has a pronounced seasonal cycle with maximum eastward flow in winter³⁷, induces a seasonality in the upper portion of the IFSJ when the currents come into close proximity near section N.

Conclusion

Using four independent observational data sets with different spatial and temporal resolutions, we have provided compelling evidence of a current transporting dense water from northeast Iceland toward the FBC overflow. The current is referred to as the Iceland-Faroe Slope Jet (IFSJ). While previous studies have hinted at the existence of such a flow, the data employed here are extensive and multi-faceted, including the first high-resolution observations of the IFSJ. The current is bottom-intensified and comprises two cores centred on the 750 and 1100 m isobaths along the Iceland-Faroe Ridge. The bulk of the transport is confined to a small range in temperature-salinity space. This transport mode has a density of $\sigma_\theta = 28.06 \text{ kg m}^{-3}$, consistent with the densest waters in the FBC. Long-term repeat shipboard observations support the results of the high-resolution synoptic survey in terms of the presence of dense water banked up along the slope. Direct current measurements corroborate the existence of the IFSJ, and a long-term velocity record demonstrates a link between the variability in the surface-intensified Faroe Current and the uppermost part of the IFSJ. Our measurements suggest that the IFSJ transports approximately 1 Sv of overflow water toward the FBC, which would account for half of the total transport through the passage. As such, the current is a major pathway of dense water to the easternmost overflow ventilating the deep North Atlantic.

Recent studies emphasise the importance of dense water formation in the Nordic Seas in sustaining the lower limb of the AMOC^{21;22}. A basic understanding of the origin and the circulation of this dense water mass is thus required for accurate predictions of the future state of the AMOC. Where and how the dense waters are formed is changing^{24;38–40}, which in turn could affect the composition and the pathways of the dense waters contributing to the overflow across the Greenland-Scotland Ridge. The IFSJ is one of these pathways, and our findings highlight its significance for the overturning circulation and thus the climate system.

Methods

The high-resolution hydrographic/velocity survey, which included eight transects north of Iceland (Fig. 1b), was conducted on R/V *Knorr* in September 2011. The hydrographic data were acquired using a Sea-Bird 911+ conductivity-temperature-depth (CTD) instrument, which was mounted on a rosette with 24 Niskin bottles. Water samples were obtained to calibrate the conductivity sensor, and the final accuracy of the CTD measurements was estimated to be 0.001 °C for temperature, 0.002 g kg⁻¹ for salinity, and 0.3 dbar for pressure¹³. Velocities were measured using upward and downward-facing lowered acoustic Doppler current profiler (LADCP) instruments. The velocity measurements were processed using the LADCP Processing Software Package from the Lamont-Doherty Earth Observatory^{41;42}, and the barotropic tides were removed using an updated version of a regional tidal model⁴³.

Vertical sections of Conservative Temperature (temperature), Absolute Salinity (salinity), and potential density anomaly (density) were constructed using Laplacian-spline interpolation⁴⁴, with a grid spacing of 2 km in the horizontal and 10 m in the vertical. Absolutely referenced geostrophic velocities normal to each transect were calculated as follows: The cross-track ADCP velocities were interpolated onto the 2 km by 10 m regular grid. At each grid point the depth-averaged ADCP velocity was then matched to the depth-averaged relative geostrophic velocity computed from the hydrography. To avoid undue influence from surface and bottom boundary layers, the top and bottom 50 m were excluded from the depth averages. The along-stream direction is defined positive toward the Faroe Shetland Channel. The volume transport of the IFSJ was calculated from the absolutely referenced geostrophic velocity fields. We estimated the uncertainty of the transport from instrument and processing errors scaled by the cross-sectional area of the current. The combined error of the LADCP instrument and the processed velocity data was estimated to be 3 cm s⁻¹,

272 while the inaccuracies in the tidal model are 2 cm s^{-1} north of Iceland⁵. The total
273 uncertainty, determined as the root-sum-square of the instrument/processing and
274 tidal model errors, is 3.6 cm s^{-1} .

275 The seven hydrographic stations from the standard monitoring section N north
276 of the Faroe Islands along 6.083°W (Fig. 1b) are spaced 10 nautical miles apart and
277 were typically occupied three to four times per year between 1987 and 2018. The
278 accuracies of the temperature and salinity measurements are better than 0.001°C
279 and 0.005 g kg^{-1} from 1997 onwards³⁷. Laplacian-spline interpolation was used to
280 construct vertical sections of temperature and salinity, with a grid spacing of 5 km
281 by 10 m. The wide station spacing and steep slope between stations 4 and 5 led to
282 a large “bottom triangle”. This was filled using measurements from the bottom of
283 station 4 prior to interpolation, which helped to conserve the structure of the dense
284 water banked up on the slope. Gridded sections of relative geostrophic velocities
285 referenced to the 28.0 kg m^{-3} isopycnal were constructed from the hydrographic data
286 as above.

287 We identified sections with the 28.03 kg m^{-3} isopycnal present at depth at sta-
288 tion 4 (the “elevated isopycnal” state, 38/120 surveys). Absolute geostrophic veloc-
289 ities at section N were computed using satellite altimetry to reference the relative
290 geostrophic velocities. The transport was estimated by integrating the flow between
291 stations 4 and 5, the bottom, and the 27.8 kg m^{-3} isopycnal which delimits the over-
292 flow water. The satellite altimetry data are reprocessed, daily averages of sea level
293 anomaly on a global 0.25° by 0.25° grid from 1993 to present, compiled from all
294 altimeter missions. The product, previously distributed by Aviso+, can be accessed
295 at E.U. Copernicus Marine Service Information (<http://marine.copernicus.eu/>).
296 We chose data from six grid points near section N for the days coinciding with the
297 hydrographic surveys. Instead of using the mean dynamic topography, which relies
298 on a geoid that is too smooth north of the Faroe Islands, we applied calibration
299 coefficients inferred from direct current measurements from moorings at section N
300 to the satellite altimetry data³⁷.

301 We used one year (June 2017 to May 2018) of current measurements from ADCPs
302 on section N at 62.95°N and 62.92°N (separated by 3.1 km). The moorings were
303 located at bottom depths of 1210 m and 960 m and measured current speed and
304 direction in ranges of approximately 515–1185 m and 125–675 m, respectively. Daily
305 averages were computed from the velocity time series, which originally were recorded
306 every 20 minutes, after removing the tidal components. The velocities were rotated

307 to align with the direction of the mean flow of the strongest part of the IFSJ below
308 975 m, which is 105° clockwise from true north.

309 The velocity measurements of the bottom-mounted ADCP at the offshore moor-
310 ing are affected by interference from sidelobe reflection. This typically occurs in the
311 lowest 200–300 m, and results in a strong artificial velocity bias toward zero^{45;46}. We
312 selected daily profiles with a depth-intensified structure (66 % of all profiles for a
313 velocity maximum above 4 cm s^{-1} ; the results are not very sensitive to this choice).
314 For each of these profiles we identified the depth of the velocity maximum (1065 m
315 on average) and the depth range of its 90th percentile. The upper value of this
316 range (975 m) is taken to be the limit of the strongest part of the IFSJ. The number
317 of ADCP velocity bins below the lower value of the range follows an exponential
318 distribution (bins near the bottom are most often affected); the cut-off was set to
319 the depth of the 90th percentile of this distribution (1096 m). Measurements of all
320 profiles below this threshold were disregarded. The limit is a compromise between
321 removing too many measurements and keeping profiles that underestimate the true
322 velocity at depth due to the sidelobe interference.

323 From the long time series of the inshore mooring at section N, we used a 7-year
324 long record (2006–2013) when the mooring was deployed at approximately the same
325 bottom depth of $956 \pm 5 \text{ m}$, measuring velocities between 120 and 670 m depth. A
326 lowpass filter of 36 hours was applied to the velocity time series, originally recorded
327 every 20 min, before daily averages were computed. The velocity was rotated to
328 align with the direction of the mean flow of the uppermost part of the IFSJ below
329 570 m (where the depth-intensification begins) for this time period, which is 98°
330 clockwise from true north. To determine the dominant variability of the velocity, we
331 computed empirical orthogonal functions (EOFs). Before decomposing the velocity
332 time series, we linearly interpolated the gaps of two to four weeks every summer
333 when the mooring was serviced. Different interpolation methods gave quantitatively
334 similar results in the EOF analysis.

335 Acknowledgements

336 Support for this work was provided by the Bergen Research Foundation Grant
337 BFS2016REK01 (S.S. and K.V.), the U.S. National Science Foundation Grants
338 OCE-1558742 and OCE-1259618 (R.S.P.), the Danish Ministry of Climate, Energy
339 and Utilities (K.M.H.L., H.H., and B.H.), and the European Union’s Horizon 2020

research and innovation programme under grant agreement 727852 (Blue-Action)
(K.M.H.L., H.H., and B.H.).

Data availability

The high-resolution hydrographic/velocity data, obtained by the Woods Hole Oceanographic Institution, are available at <http://kogur.whoi.edu/php/index.html#publications>. The hydrographic repeat transects and velocity measurements from the moorings at section N acquired by the Faroe Marine Research Institute are available at www.envofar.fo. The gridded satellite altimetry product can be accessed at E.U. Copernicus Marine Service Information (<http://marine.copernicus.eu/>).

Author contributions

R.S.P. led the cruise on R/V *Knorr* and supplied the initial idea for this study. S.S., R.S.P., and K.V. analysed the data and wrote the paper. B.H. and K.M.H.L. led most of the R/V *Magnus Heinason* cruises that provided the hydrographic and velocity data at section N. All authors contributed ideas, interpreted the results, and clarified the implications.

Competing interests

The authors declare no competing financial interests.

References

- [1] Årthun, M., Kolstad, E. W., Eldevik, T. & Keenlyside, N. S. Time Scales and Sources of European Temperature Variability. *Geophysical Research Letters* **45**, 3597–3604 (2018).
- [2] Eldevik, T. *et al.* A brief history of climate – the northern seas from the Last Glacial Maximum to global warming. *Quaternary Science Reviews* **106**, 225–246 (2014).
- [3] Dickson, R. R. & Brown, J. The production of North Atlantic Deep Water: Sources, rates, and pathways. *Journal of Geophysical Research: Oceans* **99**, 12319–12341 (1994).

- [4] Swift, J. H. & Aagaard, K. Seasonal transitions and water mass formation in the Iceland and Greenland seas. *Deep Sea Research* **28A**, 1107–1129 (1981).
- [5] Våge, K. *et al.* Significant role of the North Icelandic Jet in the formation of Denmark Strait overflow water. *Nature Geoscience* **4**, 723–727 (2011).
- [6] Harden, B. *et al.* Upstream sources of the Denmark Strait Overflow: Observations from a high-resolution mooring array. *Deep-Sea Research Part I: Oceanographic Research Papers* **112**, 94–112 (2016).
- [7] Mastropole, D. *et al.* On the hydrography of Denmark Strait. *Journal of Geophysical Research: Oceans* **122**, 306–321 (2017).
- [8] Spall, M. A. *et al.* Frontogenesis and Variability in Denmark Strait and Its Influence on Overflow Water. *Journal of Physical Oceanography* **49**, 1889–1904 (2019).
- [9] Moritz, M., Jochumsen, K., North, R. P., Quadfasel, D. & Valdimarsson, H. Mesoscale Eddies observed at the Denmark Strait sill. *Journal of Geophysical Research: Oceans* 1–33 (2019).
- [10] Østerhus, S. *et al.* Arctic Mediterranean exchanges: A consistent volume budget and trends in transports from two decades of observations. *Ocean Science* **15**, 379–399 (2019).
- [11] Våge, K. *et al.* Revised circulation scheme north of the Denmark Strait. *Deep-Sea Research Part I: Oceanographic Research Papers* **79**, 20–39 (2013).
- [12] Jónsson, S. & Valdimarsson, H. A new path for the Denmark Strait overflow water from the Iceland Sea to Denmark Strait. *Geophysical Research Letters* **31**, L03305 (2004).
- [13] Semper, S. *et al.* The emergence of the North Icelandic Jet and its evolution from northeast Iceland to Denmark Strait. *Journal of Physical Oceanography* **49**, 2499–2521 (2019).
- [14] Hansen, B. & Østerhus, S. North Atlantic-Nordic Seas exchanges. *Progress in Oceanography* **45**, 109–208 (2000).

- [15] Fogelqvist, E. *et al.* Greenland-Scotland overflow studied by hydro-chemical multivariate analysis. *Deep-Sea Research Part I: Oceanographic Research Papers* **50**, 73–102 (2003).
- [16] Mauritzen, C., Price, J., Sanford, T. & Torres, D. Circulation and mixing in the Faroese Channels. *Deep-Sea Research Part I: Oceanographic Research Papers* **52**, 883–913 (2005).
- [17] Beaird, N. L., Rhines, P. B. & Eriksen, C. C. Overflow Waters at the Iceland-Faroe Ridge Observed in Multiyear Seaglider Surveys. *Journal of Physical Oceanography* **43**, 2334–2351 (2013).
- [18] Hansen, B., Larsen, K. M. H., Hátún, H. & Østerhus, S. A stable Faroe Bank Channel overflow 1995-2015. *Ocean Science* **12**, 1205–1220 (2016).
- [19] Jeansson, E., Olsen, A. & Jutterström, S. Arctic Intermediate Water in the Nordic Seas, 1991-2009. *Deep Sea Research Part I: Oceanographic Research Papers* **128**, 82–97 (2017).
- [20] Turrell, W. R., Slessor, G., Adams, R. D., Payne, R. & Gillibrand, P. A. Decadal variability in the composition of Faroe Shetland Channel bottom water. *Deep-Sea Research Part I: Oceanographic Research Papers* **46**, 1–25 (1999).
- [21] Chafik, L. & Rossby, T. Volume, Heat, and Freshwater Divergences in the Subpolar North Atlantic Suggest the Nordic Seas as Key to the State of the Meridional Overturning Circulation. *Geophysical Research Letters* **46**, 4799–4808 (2019).
- [22] Lozier, M. S. *et al.* A sea change in our view of overturning in the subpolar North Atlantic. *Science* **363**, 516–521 (2019).
- [23] Brakstad, A. *et al.* Historical hydrographic measurements in the Nordic Seas, data set under registration.
- [24] Huang, J. *et al.* Sources and upstream pathways of the densest overflow in the Nordic Seas, submitted.
- [25] Amante, C. & Eakins, B. ETOPO1 1 arc-minute global relief model: Procedures, data sources, and analysis. *NOAA Technical Memorandum NESDIS*

- 424 *NGDC-24* 25 (2009). URL <https://www.ngdc.noaa.gov/mgg/global/relief/ETOP01/docs/ETOP01.pdf>.
425
- 426 [26] Hansen, B. & Østerhus, S. Faroe Bank Channel overflow 1995-2005. *Progress*
427 *in Oceanography* **75**, 817–856 (2007).
- 428 [27] Brakstad, A., Våge, K., Håvik, L. & Moore, G. W. K. Water mass transfor-
429 mation in the Greenland Sea during the period 1986-2016. *Journal of Physical*
430 *Oceanography* **49**, 121–141 (2019).
- 431 [28] Nikolopoulos, A., Borenäs, K., Hietala, R. & Lundberg, P. Hydraulic estimates
432 of Denmark Strait overflow. *Journal of Geophysical Research* **108** (2003).
- 433 [29] Girton, J. B., Pratt, L. J., Sutherland, D. A. & Price, J. F. Is the Faroe Bank
434 Channel Overflow Hydraulically Controlled? *Journal of Physical Oceanography*
435 **36**, 75–89 (2006).
- 436 [30] Hopkins, T. S., Baldasserini, G., Minnett, P., Povero, P. & Zanasca, P. Icelandic
437 Current Experiment. GIN SEA Cruise 88 - Data Report. Hydrography and
438 Circulation. Tech. Rep. SM-260, Saclant Undersea Research Centre (1992).
- 439 [31] Yang, J. & Pratt, L. J. Some Dynamical Constraints on Upstream Pathways of
440 the Denmark Strait Overflow. *Journal of Physical Oceanography* **44**, 3033–3053
441 (2014).
- 442 [32] de Jong, M. F., Sjøiland, H., Bower, A. S. & Furey, H. H. The subsurface
443 circulation of the Iceland Sea observed with RAFOS floats. *Deep-Sea Research*
444 *Part I: Oceanographic Research Papers* **141**, 1–10 (2018).
- 445 [33] Sjøiland, H., Prater, M. D. & Rossby, T. Rigid topographic control of currents
446 in the Nordic Seas. *Geophysical Research Letters* **35** (2008).
- 447 [34] Nøst, O. A. & Isachsen, P. E. The large-scale time-mean ocean circulation in
448 the Nordic Seas and Arctic Ocean estimated from simplified dynamics. *Journal*
449 *of Marine Research* **61**, 175–210 (2003).
- 450 [35] Behrens, E., Våge, K., Harden, B., Biastoch, A. & Böning, C. W. Composition
451 and variability of the Denmark Strait Overflow Water in a high-resolution nu-
452 merical model hindcast simulation. *Journal of Geophysical Research: Oceans*
453 **122**, 2830–2846 (2017).

- [36] Huang, J. *et al.* Structure and Variability of the North Icelandic Jet From Two Years of Mooring Data. *Journal of Geophysical Research: Oceans* **124** (2019).
- [37] Hansen, B. *et al.* Transport of volume, heat, and salt towards the Arctic in the Faroe Current 1993-2013. *Ocean Science* **11**, 743–757 (2015).
- [38] Lique, C. & Thomas, M. D. Latitudinal shift of the Atlantic Meridional Overturning Circulation source regions under a warming climate. *Nature Climate Change* **8**, 1013–1020 (2018).
- [39] Våge, K., Papritz, L., Håvik, L., Spall, M. A. & Moore, G. W. K. Ocean convection linked to the recent ice edge retreat along east Greenland. *Nature Communications* **9** (2018).
- [40] Moore, G. W. K., Våge, K., Pickart, R. S. & Renfrew, I. Decreasing intensity of open-ocean convection in the Greenland and Iceland seas. *Nature Climate Change* **5**, 877–882 (2015).
- [41] Thurnherr, A. M. A Practical Assessment of the Errors Associated with Full-Depth LADCP profiles Obtained Using Teledyne RDI Workhorse Acoustic Doppler Current Profilers. *Journal of Atmospheric and Oceanic Technology* **27**, 1215–1227 (2010).
- [42] Thurnherr, A. M. How To Process LADCP Data With the LDEO Software (2018). URL ftp://ftp.ldeo.columbia.edu/pub/LADCP/UserManuals/LDEO_{_}IX.pdf.
- [43] Egbert, G. D. & Erofeeva, S. Y. Efficient Inverse Modeling of Barotropic Ocean Tides. *Journal of Atmospheric and Oceanic Technology* **19**, 183–204 (2002).
- [44] Pickart, R. S. & Smethie, W. M. Temporal evolution of the deep western boundary current where it enters the sub-tropical domain. *Deep Sea Research Part I: Oceanographic Research Papers* **45**, 1053–1083 (1998).
- [45] Jochumsen, K. *et al.* Revised transport estimates of the Denmark Strait overflow. *Journal of Geophysical Research: Oceans* **122**, 3434–3450 (2017).
- [46] Hansen, B., Larsen, K. M. H., Kristiansen, R., Mortensen, E. & Østerhus, S. Faroe Bank Channel overflow 2012-2013. Tech. Rep. (2014).

Supplementary information

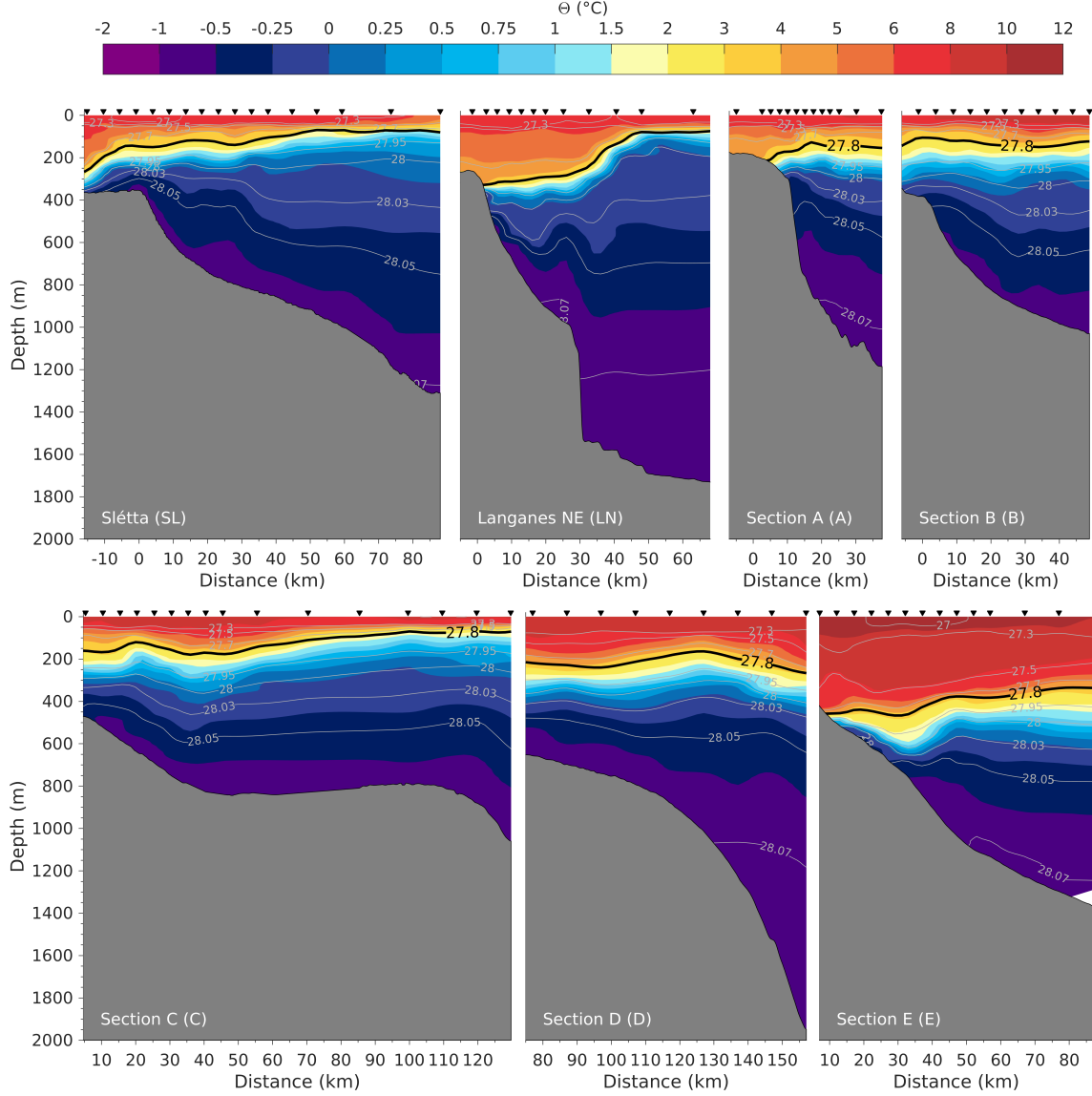


Figure S1: Vertical sections of temperature across the IFSJ. Temperature (colour) and density (thin grey lines) for the yellow segments of the shipboard transects in Fig. 1b. The thick black line is the 27.8 kg m^{-3} isopycnal. The black inverted triangles indicate the locations of the stations. The abbreviated names of the transects are used as labels in Fig. 1. The bathymetry is from the ship's echosounder.

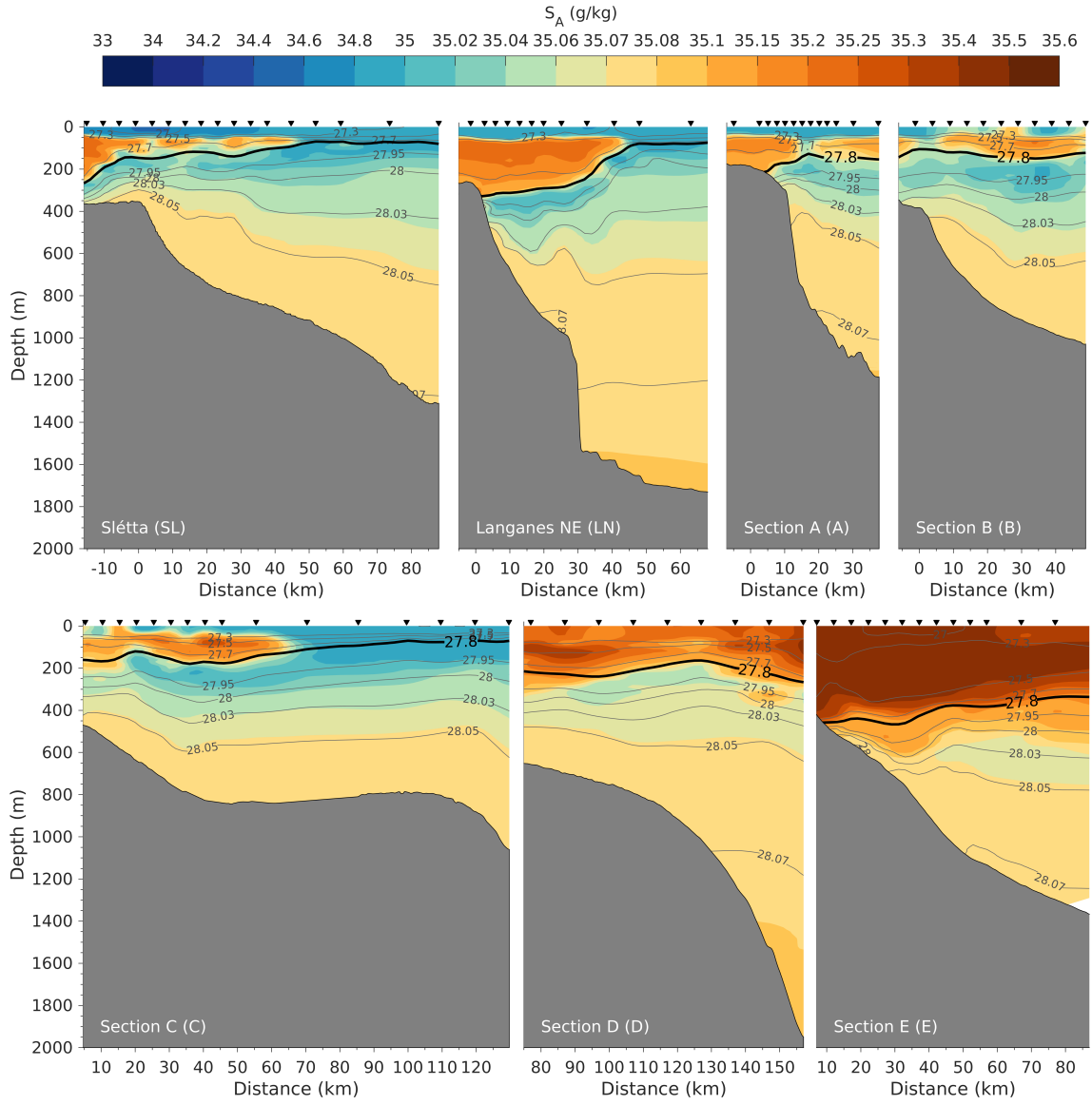


Figure S2: Vertical sections of salinity across the IFSJ. Same as Fig. S1 except for salinity.

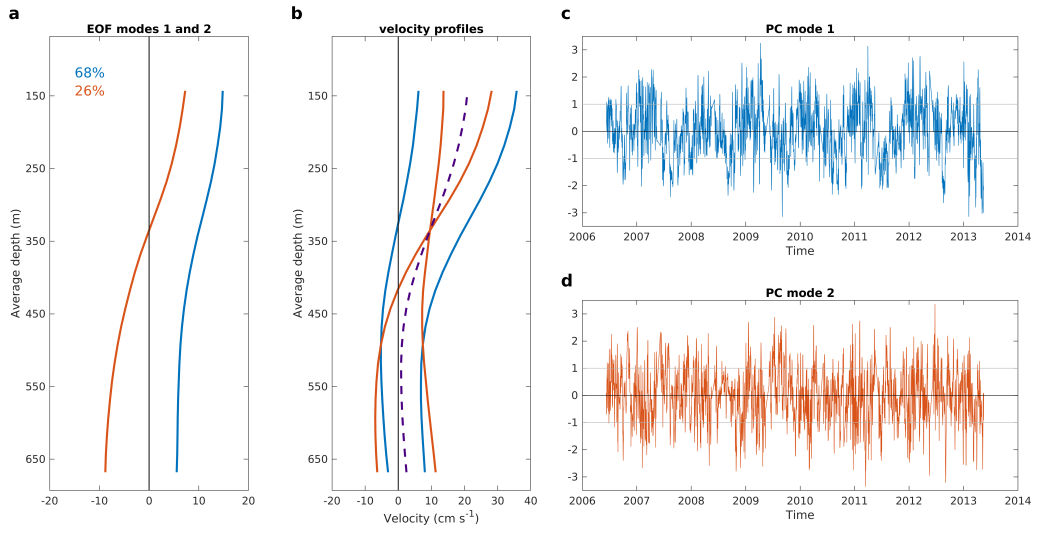


Figure S3: Dominant variability of the along-stream velocity from the inshore moored record at section N (2006–2013). a) Empirical orthogonal function (EOF) modes 1 (blue) and 2 (red), explaining 68 and 26 % of the variance, respectively. b) Mean along-stream velocity profile (purple, dashed line) and velocity profiles (blue: mode 1, red: mode 2) for times when the principal components for mode 1 and 2 are positive and negative one standard deviation. c) and d) Principal component time series for mode 1 (PC1) and mode 2 (PC2). The units are normalised by the standard deviation.