

16 **Freshwater Forcing of Atlantic Meridional Overturning Circulation Revisited**

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27 Freshwater (FW) forcing is widely identified as the dominant mechanism causing  
28 reductions of the Atlantic Meridional Overturning Circulation (AMOC), a climate tipping  
29 point that led to past abrupt millennial-scale climate changes. However, the AMOC  
30 response to FW forcing has not been rigorously assessed due to the lack of long-term  
31 AMOC observations and uncertainties of sea-level rise and ice-sheet melt needed to infer  
32 past FW forcing. Here we show a muted AMOC response to FW forcing – ~50-m sea-level  
33 rise from the final deglaciation of Northern Hemisphere ice sheets – in the early-to-middle  
34 Holocene ~11,700-6,000 years ago. Including this muted AMOC response in a transient  
35 simulation of the Holocene with an ocean-atmosphere climate model improves agreement  
36 between simulated and proxy temperatures of the past 21,000 years. This demonstrates  
37 that the AMOC may not be as sensitive to FW fluxes and Arctic freshening as is currently  
38 projected for the end of the 21<sup>st</sup> century.

39        Pre-industrial climate evolution of the past 21,000 years indicates that global climate  
40    change was paced by Earth's orbital variations and driven mainly by abrupt changes in the  
41    Atlantic Meridional Overturning Circulation (AMOC)<sup>1-3</sup> and more-gradual changes in  
42    atmospheric CO<sub>2</sub><sup>4,5</sup>. A future disruption of the AMOC<sup>6</sup> could lead to drying of the Amazon  
43    rainforest, disruption of the Asian monsoon<sup>7</sup>, rapid sea-level rise on the northeast coast of the  
44    United States<sup>8</sup>, and widespread cessation of crop production in Europe<sup>9</sup>. Indirect assessments of  
45    AMOC trends from historical records are inconclusive, with an estimated 15% weakening since  
46    the mid-twentieth century based on sea surface temperature (SST) observations<sup>10</sup> and no change  
47    in the AMOC state since 1990s based on hydrographic data<sup>11</sup>. Continuous measurements of the  
48    AMOC started in 2004 with the Rapid Climate Change-Meridional Overturning Circulation and  
49    Heatflux Array (RAPID) program at 26.5°N, which show that the AMOC weakened between  
50    2004 and 2012 with a recovery since 2012<sup>12</sup>. Future projections of the AMOC with climate  
51    model simulations under high emission scenarios suggest a best estimate of 34-45% weakening  
52    of the AMOC during the 21<sup>st</sup> century<sup>13,14</sup> with surface warming and increased freshwater (FW)  
53    fluxes to the Arctic and North Atlantic Oceans from runoff and precipitation as well as melting  
54    of Arctic sea ice and the Greenland ice sheet<sup>15-17</sup>. However, it remains unclear whether the  
55    simulated AMOC reduction from global warming is more responsive to changes in surface heat  
56    fluxes or FW flux<sup>15</sup> since surface heat flux induces both surface warming and the melting of the  
57    Arctic sea ice with liquid FW exports to the North Atlantic Ocean<sup>16</sup>, while FW-forcing-only  
58    experiments show that an enhanced hydrological cycle<sup>18</sup> and modest increases in FW fluxes  
59    projected from Greenland ice-sheet melting<sup>13,17</sup> can still weaken the AMOC.

60        While theoretical understanding of the AMOC response to FW forcing is reasonably well  
61    established<sup>19</sup>, several issues regarding model design and implementation suggest that further

62 evaluation of this relationship is warranted. For example, a recent study based on hydrographic  
63 data suggests a much more stable AMOC than previously thought due to a higher decoupling  
64 between the AMOC and ocean interior property fields<sup>11</sup>. Conversely, another study argues that  
65 climate models overestimate AMOC stability due to incorrect net-FW transport in the Atlantic  
66 Ocean<sup>20</sup>, and that an AMOC collapse (~67% reduction) in response to global warming may  
67 occur by 2300 after correcting these biases with flux adjustments in the model<sup>21</sup>, with the caveat  
68 that a model that correctly simulates surface density does not necessarily correctly simulate  
69 stability<sup>22</sup>. Another issue is the application of FW forcing to regions of deep water formation<sup>23</sup>.  
70 This includes concerns of correctly producing FW export from the Arctic to the North Atlantic  
71 Ocean through boundary currents in low-resolution ocean models<sup>24</sup> as well as the time scale and  
72 rate of FW forcing that affect the accumulated FW forcing to regions of deep water  
73 formation<sup>25,26</sup>, but previous eddy-permitting ocean simulations (1/6° resolution) with realistic  
74 boundary currents show that AMOC reduces by ~30% with 1-year FW forcing from the Arctic<sup>24</sup>.  
75 Further issues include whether climate models form deep water in the correct region<sup>27</sup> and  
76 properly export FW from the subpolar gyre to the subtropical gyre through the Canary Current<sup>28</sup>.  
77 Finally, we note that multi-model ensemble in Coupled Model Intercomparison Project Phase 6  
78 (CMIP6) show that model resolution in itself does not impact the projected AMOC decline at the  
79 end of 21<sup>st</sup> century<sup>14,29</sup> and recent studies with eddy-permitting coupled ocean-atmosphere (1/4°  
80 resolution) models<sup>26</sup> have identified similar rates and magnitudes of AMOC weakening to a 0.1  
81 Sv FW forcing found in traditional non-eddy-permitting models.

## 82 **Paleoclimate data synthesis**

83 Much of the debate on the response of the AMOC to FW forcing reflects the lack of long-  
84 term observations of the AMOC and FW fluxes that could be used to validate models<sup>10-12</sup>. In this

85 regard, the early-to-middle Holocene from ~11,700 to 6,000 years ago (11.7-6.0 ka) provides an  
86 opportunity to assess this issue due to well-constrained reconstructions of the AMOC and FW  
87 fluxes. In particular, global mean sea level rose ~60 m during this interval, with ~50 m of that  
88 rise derived from the final deglaciation of Northern Hemisphere ice sheets (Fig. 1c)<sup>30-32</sup>. This ice-  
89 sheet melting resulted in a sustained FW flux of ~0.1 Sv (1 Sv =  $10^6$  m<sup>3</sup> s<sup>-1</sup>) to the Arctic and  
90 North Atlantic Oceans<sup>33-36</sup>, which is similar to the distribution and amount (0.07-0.12 Sv) of  
91 projected runoff and precipitation minus evaporation (P-E) associated with future global  
92 warming<sup>37,38</sup>. In addition, after the opening of the Bering Strait following the Younger Dryas  
93 cold interval<sup>39</sup>, FW transport from the Pacific Ocean to the Arctic Ocean increased and reached  
94 the modern day level of ~0.08 Sv<sup>38</sup> around 6 ka associated with the ~60 m sea-level rise during  
95 this interval. Climate model simulations show that a sustained flux of ~0.10-0.18 Sv should have  
96 caused a significant reduction in, if not a collapse of, the AMOC<sup>14,18,26</sup>.

97 However, two independent proxies that provide kinematic reconstructions of the AMOC  
98 during the early-to-middle Holocene indicate little response to this FW forcing<sup>40-42</sup>. Instead, the  
99  $^{231}\text{Pa}/^{230}\text{Th}$  proxy from multiple Atlantic cores<sup>40,43</sup> as well as the  $\delta^{18}\text{O}$  record from the Florida  
100 Straits<sup>41</sup> suggest the AMOC strengthened before ~9 ka and remained at a strength similar to the  
101 late Holocene between 9 ka and 6 ka (Fig. 1b). Furthermore, with the exception of the century-  
102 long 8,200-yr cold event<sup>44</sup>, and perhaps two other similarly short-lived cold events<sup>45,46</sup>,  
103 reconstructed Holocene Greenland surface temperatures show no signal of an AMOC-induced  
104 surface cooling such as the late-Pleistocene Younger Dryas cold period<sup>47</sup> (Fig. 1a). Instead,  
105 Greenland temperatures warmed during the early Holocene and remained at the level similar to  
106 the late Holocene between 9 ka and 6 ka in parallel with the AMOC changes suggested by the  
107 kinematic proxies<sup>40,42</sup> (Fig. 1). Having a sustained FW flux of ~0.10-0.18 Sv discharged into the

108 North Atlantic and Arctic Oceans from 11.7-6.0 ka in association with with little or no slowdown  
109 of the AMOC and associated cooling of North Atlantic climate constitutes a fundamental  
110 challenge to the paradigm of FW forcing of the AMOC, which we refer to as the ‘‘Holocene  
111 Meltwater-AMOC Paradox’’ (HMAP).

## 112 **Transient Holocene simulations**

113 We next illustrate how overestimation of AMOC sensitivity to FW forcing might cause  
114 temperature biases in future projections by comparing two transient simulations of the Holocene  
115 with and without FW forcing using the Community Climate System Model version 3 (CCSM3),  
116 a coupled ocean-atmosphere climate model of the US National Center for Atmospheric Research.  
117 We compare the surface temperature from the two simulations with three regional proxy  
118 temperature stacks from Greenland, Antarctica, and the Eastern Atlantic Ocean and  
119 Mediterranean Sea area that are known to be strongly influenced by changes in the AMOC (Fig.  
120 2 and Extended Data Figs. 1-5; see Methods for further details).

121 The original TraCE-21K simulation (herein TraCE-21K-I) was forced by Earth’s orbital  
122 variations, greenhouse gases, ice-sheet variations, and FW forcing<sup>48,49</sup>. Due to large uncertainties  
123 of geologic reconstructions of FW forcing before Bølling warming (~14.7 ka), the FW scheme in  
124 TraCE-21K-I was designed to reproduce changes in the AMOC as suggested by proxies between  
125 the Last Glacial Maximum (~21 ka) and onset of the Bølling warming, followed by a switch to a  
126 geologic reconstruction of FW forcing after the onset of Bølling warming<sup>33-36,49</sup>. For the  
127 Holocene, contributions to the FW forcing include the sustained ~0.1 Sv meltwater flux from  
128 Northern Hemisphere ice sheets to the Arctic and North Atlantic Ocean in the early-to-middle  
129 Holocene (Extended Data Figs. 6-7, Supplementary Table 2) and continuous inflow of fresher  
130 North Pacific water to the Arctic and North Atlantic Oceans after the opening of Bering Strait<sup>49</sup>.

131           The simulated AMOC exhibits good agreement, by design, with proxy reconstructions of  
132   the AMOC through the onset of Bølling warming (21.0-14.5 ka) in TraCE-21K-I, with a strong  
133   AMOC reduction during the Oldest Dryas<sup>48</sup> (Fig. 2a). However, under the FW forcing during the  
134   Holocene, the AMOC never recovers to the strength suggested by the proxies, being weakest  
135   during the period of the HMAP and remaining weak in response to Bering Strait throughflow<sup>49</sup>  
136   in the late Holocene.

137           Global and hemispheric climate evolution simulated by TraCE-21K-I was in good  
138   agreement with global and regional proxy temperature stacks up to and including the onset of  
139   Bølling warming<sup>4,5,48</sup>. However, as with the AMOC, this agreement subsequently breaks down  
140   (Fig. 2). In particular, during the period of the HMAP, there is a clear mismatch between the  
141   proxy and modeled regional temperature stacks (Fig. 2 b-d and Extended Data Fig. 5), with a  
142   >8°C cold bias in central Greenland, a >3°C cold bias in the Eastern Atlantic Ocean and  
143   Mediterranean Sea, and an ~2°C warm bias over Antarctica relative to the proxy records. The  
144   sign and amplitude of the simulated temperature biases reflects a bipolar seesaw response<sup>18,48</sup> to  
145   the weaker simulated AMOC during the early Holocene (Fig. 2a), which could also produce  
146   large biases in tropical precipitation and the global monsoons<sup>7</sup>. Similar temperature-AMOC  
147   biases during the early Holocene were also found in transient simulations of the early Holocene  
148   from the Loch-Vecode-Ecbilt-Clio-Agism Model (LOVECLIM) and the Fast Met Office/UK  
149   Universities Simulator (FAMOUS) model<sup>50,51</sup>.

150           We reran TraCE-21K following the onset of Bølling warming (herein TraCE-21K-II)  
151   with the same climatic forcing as in TraCE-21K-I but with no FW fluxes during the Bølling-  
152   Allerød interstadial (~14.7 ka – 12.9 ka) and throughout the Holocene (Methods). In contrast to  
153   the TraCE-21K-I simulation with Holocene FW forcing, the modeled AMOC in TraCE-21K-II is

154 in better agreement with proxy Holocene AMOC kinematic reconstructions (Fig. 2a). This  
155 includes a two-phase recovery suggested by the highest resolution reconstruction from the  
156 Florida Straits (blue in Fig. 1b)<sup>41</sup> involving an initial abrupt increase of the modeled AMOC after  
157 the end of FW forcing that was prescribed to cause the AMOC reduction during the Younger  
158 Dryas (Methods) followed by a further increase to full Holocene rates at ~9 ka (Fig. 2a). Ref.<sup>52</sup>  
159 attributed this two-phase AMOC recovery to an initial increase in deep water formation largely  
160 in the North Atlantic subpolar gyre and Irminger Sea regions followed by an abrupt increase of  
161 the AMOC when a density threshold is crossed in the Nordic Seas. In addition, the two-phase  
162 recovery of the AMOC is responsible for the temperature over Greenland and Eastern Atlantic  
163 Ocean/Mediterranean Sea reaching Holocene levels at ~9 ka (Fig 2b, c). Nevertheless, the model  
164 does not reproduce the transient temperature evolution during the two-phase recovery in the  
165 regional proxy temperature stacks due to the lack of understanding of the physical processes  
166 from changes in insolation, ice sheets and atmospheric greenhouse-gas concentrations that are  
167 responsible for transient AMOC changes on centennial time scales, although the changes in the  
168 latter two forcings during the Holocene likely had a small or negligible effect on the  
169 AMOC<sup>13,51,53</sup>.

170 The more-realistic simulation of the AMOC after the two-phase recovery substantially  
171 improves the agreement between simulated temperatures in TraCE-21K-II and proxy  
172 temperatures (Fig. 2 b-d, Extended Data Fig. 5), largely removing the bias of the bipolar seesaw  
173 response due to the Holocene AMOC reduction in TraCE-21K-I (Fig. 3). Specifically, the cold  
174 bias of >8°C over Greenland and >3°C over the Eastern Atlantic Ocean/Mediterranean Sea in the  
175 TraCE-21K-I simulation during the period of the HMAP is reduced by ~80% and ~60%,  
176 respectively (Fig. 2b, 2c and Extended Data Fig.5). There is also an ~80% reduction of the warm

177 bias over Antarctica due to the enhanced northward heat transport from the AMOC in TraCE-  
178 21K-II (Fig. 2d and Extended Data Fig. 5).

179 **Implications for past climate changes**

180 The successful transient simulation of the Holocene without FW forcing in TraCE-21K-II  
181 supports our inferences from the proxy data synthesis of the muted AMOC response to FW  
182 forcing in the Holocene. In addition, prior to the onset of Bølling warming, TraCE-21K-I  
183 simulated reasonable surface climate changes using a FW scheme designed to reproduce proxy-  
184 based AMOC changes<sup>48</sup>, suggesting that prescribing the reconstructed AMOC instead of  
185 reconstructed FW forcing could improve the surface climate simulation of the Holocene and  
186 likely other past climate changes. Recent assessments of several proxy-based AMOC  
187 reconstructions during the last deglaciation concluded that they show coherent and robust  
188 changes during Heinrich event 1 and the Younger Dryas<sup>41,43</sup>. Nevertheless, these proxy signals  
189 can be modulated by other processes<sup>54,55</sup>, and further work will be needed to reduce remaining  
190 uncertainties in the reconstructed AMOC changes if they are to be used as the target for  
191 prescribing the AMOC in model simulations.

192 In addition to the possible decoupling between the AMOC and ocean interior properties<sup>11</sup>,  
193 a key issue likely contributing to the HMAP concerns how the meltwater from Northern  
194 Hemisphere ice sheets is distributed to sites of deep-water formation<sup>23</sup>. Much of the 0.1 Sv  
195 meltwater flux from retreating Northern Hemisphere ice sheets, however, entered the oceans  
196 along 1000's of kilometers of coastline bordering those oceans. For example, an estimated 0.02  
197 Sv from the northern Laurentide ice sheet entered the Arctic Ocean along ~2,000 km of coastline  
198 during the early Holocene<sup>34</sup> which, if evenly distributed, corresponds to 0.0001 Sv per 10 km.  
199 Such small, local fluxes would likely be trapped along the coastline and quickly mixed by tides,

200 wind forcing, and local circulation, and thus unlikely be uniformly spread over sites of North  
201 Atlantic deep-water formation.

202 One question raised by the HMAP is whether the sensitivity of the AMOC to FW forcing  
203 differed during the last deglaciation. Unfortunately, however, this question cannot be currently  
204 addressed because of the large uncertainties in the FW forcing during the last deglaciation which  
205 led to the strategy used by TraCE-21K-I of prescribing FW forcing to cause changes in the  
206 AMOC consistent with proxy reconstructions between the Last Glacial Maximum (~21 ka) and  
207 onset of the Bølling warming<sup>48,49</sup>. Whether that FW forcing is realistic and how much of the  
208 deglacial AMOC variability may have been associated with other forcings (e.g., ice-sheet  
209 orography, insolation) thus remains unclear<sup>51</sup>.

210 Another question raised by the HMAP is whether the cold bias associated with a reduced  
211 AMOC in TraCE-21K-I and other transient Holocene simulations<sup>50</sup> reduced the modeled  
212 expression of a Holocene climate optimum around 9,000 to 5,000 years ago<sup>56</sup> that has been  
213 documented extensively in proxy records<sup>57,58</sup>. We find that the new transient Holocene  
214 simulation in TraCE-21K-II exhibits a brief climate optimum at ~9 ka (Extended Data Figs. 8-9)  
215 after removing the cold bias in the North Atlantic region in TraCE-21K-I during the HMAP,  
216 suggesting the missing Holocene climate optimum in TraCE-21K-I may in part be due to the  
217 cold bias from overestimation of AMOC sensitivity to FW forcing during the HMAP. For the  
218 late Holocene temperature conundrum<sup>59</sup>, the lack of a cooling trend in TraCE-21K-I has been  
219 attributed to the underestimation of Arctic sea ice sensitivity to orbital forcing<sup>60</sup> and the lack of  
220 anthropogenic forcing from the Holocene deforestation in transient Holocene simulations<sup>61</sup>.

221 **Implications for future projections**

222        Although the HMAP raises questions about the overestimation of AMOC sensitivity to  
223 FW forcing in current climate models, we emphasize that it does not challenge the role of the  
224 AMOC in causing abrupt climate changes in the past and potentially in the future. For instance,  
225 although the source and magnitude of FW forcing required to slow the AMOC during the  
226 Younger Dryas cold interval is still debated<sup>62,63</sup>, the abrupt decrease of the AMOC during the  
227 Younger Dryas is widely accepted as the primary cause of the associated cooling (Fig. 2)<sup>3,64</sup>. We  
228 draw an analogy to atmospheric CO<sub>2</sub> whereby its role in causing past climate change is clear  
229 while at the same time there are large uncertainties in our understanding of the physical and  
230 biogeochemical processes and feedbacks that caused lower CO<sub>2</sub> during the Last Glacial  
231 Maximum and its subsequent increase<sup>65</sup>. Models thus prescribe CO<sub>2</sub> as a forcing of past climate  
232 changes using concentrations from ice-core records, whereas the simulated future emission-  
233 driven CO<sub>2</sub> changes using carbon-cycle models are regarded as uncertain<sup>66</sup>. For the same reason,  
234 we suggest that until the HMAP is resolved, any simulated future AMOC changes from FW  
235 forcing and associated temperature, precipitation and regional sea level changes should be  
236 viewed with caution (Fig. 3). In particular, having a stable AMOC in the face of sustained and  
237 large ~0.10 FW fluxes from ice-sheet melting and ~0.08 Sv from Bering Strait opening during  
238 the HMAP suggests that current projections of AMOC decline in the 21<sup>st</sup> century<sup>14,66</sup> from  
239 projected increase of runoff and P-E<sup>37,38</sup> as well as the FW exports to the North Atlantic Ocean as  
240 the result of the melting of Arctic sea ice from surface warming<sup>16</sup> may be overestimated, which  
241 precludes their use for assessing the likelihood of abrupt AMOC changes in the 21<sup>st</sup> century. As  
242 the projected increase of FW input into the Arctic at the end of the 21<sup>st</sup> century reaches a similar  
243 level of ~0.1 Sv FW forcing (~0.05 Sv from runoff, ~0.015 Sv from P-E<sup>38</sup>, and 0.02-0.04 Sv  
244 from melting of the Greenland ice sheet<sup>17,67-69</sup>) as that associated with early Holocene ice-sheet

245 melting, we conclude that there is an urgent need to assess whether AMOC sensitivity to FW  
246 forcing is overestimated in current climate models and investigate alternative mechanisms for  
247 past AMOC disruptions in both glacial and interglacial periods and incorporate these  
248 mechanisms in climate models for future projections.

249

250 **Acknowledgments** We thank J. D. Shakun and C. Buizert for fruitful discussions, and J. Lynch-  
251 Stieglitz for providing the AMOC data at the Florida Straits. This work was funded by the US  
252 National Science Foundation (NSF) through grant numbers AGS-1502990 and AGS-1602771 (to  
253 F.H.), AGS-1503032 (to P.U.C.), OPP-1936880 (to A.E.C. and F.H.); the Climate, People, and  
254 the Environment Program (to F.H.); and the NOAA Climate and Global Change Postdoctoral  
255 Fellowship program (to F.H.), administered by the University Corporation for Atmospheric  
256 Research. Support for this research was also provided by the University of Wisconsin-Madison  
257 Office of the Vice Chancellor for Research and Graduate Education with funding from the  
258 Wisconsin Alumni Research Foundation. This research used resources of the Oak Ridge  
259 Leadership Computing Facility at the Oak Ridge National Laboratory, which is supported by the  
260 Office of Science of the U.S. Department of Energy under Contract No. DE-AC05-00OR22725.

261 **Author contributions** F.H. designed and performed the research with inputs from P.U.C. and  
262 A.E.C.; F.H. led the writing of the manuscript with inputs from P.U.C. and A.E.C.; all authors  
263 discussed the results and contributed towards improving the final manuscript.

264 **Competing interests** The authors declare no competing interests.

265 **Additional information**

266 **Supplementary information** is available for this paper.

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268 **Peer review information** Nature thanks (anonymous) reviewer(s) for their contribution to the  
269 peer review of this work.

270 **Reprints and permissions information** is available at <http://www.nature.com/reprints>.

271 **Figure Captions**

272 **Fig. 1. Holocene Meltwater-AMOC Paradox.** **a**, Composite of temperature reconstruction over  
273 the central Greenland based on  $\delta^{15}\text{N}$  for 22–10 ka at GISP2, NGRIP and NEEM site<sup>47</sup> and  $\delta^{18}\text{O}$   
274 for 10–0 ka at GISP2 site<sup>70</sup>. **b-c**, AMOC (**b**) and sea-level rise (**c**) during the last deglaciation  
275 and Holocene<sup>32</sup>. The AMOC reconstructions are based on  $^{231}\text{Pa}/^{230}\text{Th}$  ratio<sup>40,42</sup> (green) and cross  
276 strait  $\delta^{18}\text{O}$  at the Florida Straits<sup>41</sup> (blue). The gray shading highlights the period of the HMAP  
277 with muted AMOC response to FW forcing associated with the ~50-m sea-level rise from the  
278 final deglaciation of Northern Hemisphere ice sheets. ka, thousand years before 1950.

279  
280 **Fig. 2. Comparison of data and models for regional temperature stacks of past 21,000 years.** **a**,  
281 AMOC reconstruction from  $^{231}\text{Pa}/^{230}\text{Th}$  ratio in Bermuda rise<sup>40,42</sup> and modeled maximum AMOC  
282 transport (below 500 m in the Atlantic Ocean). Sv, Sverdrup ( $10^6 \text{ m}^3 \text{ s}^{-1}$ ). **b-d**, surface air  
283 temperature stacks over Greenland (**b**), Antarctica (**d**) and SST stack in the Eastern Atlantic  
284 Ocean/Mediterranean Sea (**c**). Proxy data in black; before and include the onset of the Bølling,  
285 TraCE-21K-I and TraCE-21K-II are identical (red); after the onset of the Bølling, simulation  
286 based on the protocol of prescribing the reconstructed AMOC in red (TraCE-21K-II) and  
287 prescribing the reconstructed FW forcing in cyan (TraCE-21K-I). All modeled changes are  
288 referenced to the proxy data during the Oldest Dryas (19–15 ka) to aid the comparison. Note that  
289 scaling of modeled AMOC versus the  $^{231}\text{Pa}/^{230}\text{Th}$  ratio is only intended to capture the relative  
290 range of variability. LGM, last glacial maximum. OD, Oldest Dryas. BA, Bølling-Allerød  
291 interstadial. YD, Younger Dryas. HMAP, Holocene Meltwater-AMOC paradox. LH, late  
292 Holocene. ka, thousand years before 1950.

293 **Fig. 3. Differences of modeled surface temperature and precipitation during the early**  
294 **Holocene (9 ka – 6 ka) between simulations with and without FW forcing in the Holocene.**  
295 The pattern of the temperature ( $^{\circ}\text{C}$ ) and precipitation (mm/year) differences resembles the  
296 classic bipolar seesaw pattern with cooling over Greenland and the Eastern Atlantic  
297 Ocean/Mediterranean Sea, warming over Antarctica and southward movement of the  
298 Intertropical Convergence Zone (ITCZ) due to the reduction of the northward heat transports  
299 with the weaker AMOC in TraCE-21K-I<sup>18,48</sup>.

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467

468 **Methods**

469 **Transient climate modelling**

470 We conducted version II of the TraCE-21K simulation (TraCE-21K-II) at the  
471 Computational and Information Systems Laboratory<sup>71,72</sup> of National Center for Atmospheric  
472 Research with the Community Climate System Model version 3 (CCSM3) based on the protocol  
473 of prescribing the reconstructed AMOC instead of the reconstructed FW forcing, which removes  
474 the temperature and precipitation biases in the Holocene segment of the first transient simulation  
475 of past 21,000 years (TraCE-21K-I)<sup>48,49</sup> due to the overestimation of the response of AMOC to  
476 freshwater fluxes in the coupled global climate models. TraCE-21K-II was conducted with the  
477 same climatic forcing from Earth's orbital variations and greenhouse gases as well as similar ice  
478 sheets variations as in TraCE-21K-I<sup>49</sup>, but with no freshwater flux being prescribed when the  
479 reconstructed AMOC exhibits typical interglacial strength during the Bølling-Allerød interstadial  
480 (~14.7 ka – 12.9 ka) and throughout the Holocene from ~11,500 years ago to present day.

481 Between the LGM and the onset of the Bølling (~14.7 ka), TraCE-21K-I and TraCE-  
482 21K-II are identical. TraCE-21K-II was first branched off from the 14.9 ka (ka, thousand years  
483 before 1950) of TraCE-21K-I with meltwater fluxes being totally cut off at the onset of Bølling  
484 warming around 14.7 ka. Between Bølling warming and the Younger Dryas, no meltwater flux  
485 was applied in TraCE-21K-II, which has been demonstrated to be able to produce a reasonable  
486 simulation of both Bølling interstadial over Greenland and the Antarctic Cold Reversal over  
487 Antarctica and the Southern Ocean<sup>73</sup>. During the Younger Dryas, a meltwater flux of 0.17 Sv  
488 was applied in the North Atlantic Ocean (50°N-70°N) between 12.9 ka and 11.7 ka in TraCE-  
489 21K-II to slow the AMOC down to the minimum of ~4 Sv in CCSM3 (Extended Data Figs. 6-7

490 and Supplementary Table 3) and produce reasonable simulation of cooling over the Greenland  
491 and Eastern Atlantic/Mediterranean region<sup>47</sup> (Fig. 2). At the end of the Younger Dryas, the  
492 meltwater forcing was ceased at 11.7 ka and no further meltwater was applied in TraCE-21K-II  
493 throughout the Holocene. As a result, the AMOC in TraCE-21K-II during the HMAP is much  
494 stronger than that in TraCE-21K-I due to stronger deep water formation associated with deeper  
495 winter mix layer depth in TraCE-21K-II (Extended Data Fig. 10). Note that for the Holocene  
496 segment of the TraCE-21K-I experiment, contributions to the FW forcing include the sustained  
497 ~0.1 Sv meltwater flux from Northern Hemisphere ice sheets and inflow of fresher North Pacific  
498 water to the North Atlantic associated with the opening of Bering Strait. After 6 ka, the ~0.1 Sv  
499 meltwater flux from Northern Hemisphere ice sheets ended, but the inflow of fresher North  
500 Pacific water to the North Atlantic associated with the opening of Bering Strait continued. In  
501 order to conduct TraCE-21K-II with no freshwater flux throughout the Holocene, the Bering  
502 Strait was kept closed to prevent the inflow of fresher North Pacific water to the North Atlantic,  
503 which thus explains the difference between TraCE-21K-II and TraCE-21K-I after 6 ka. As in  
504 TraCE-21K-I, TraCE-21K-II includes dynamic vegetation feedback and a fixed annual cycle of  
505 aerosol forcing<sup>49</sup>.

## 506 **Regional temperature stacks**

507 The ice-core and Eastern Atlantic/Mediterranean regional temperature stacks were  
508 derived from the deglacial proxy record compilations<sup>4,47</sup> that contain most published high-  
509 resolution (median resolution = 200 years), well-dated (636 radiocarbon dates) temperature  
510 records from the last deglaciation, and as such, represent the current state of knowledge on  
511 deglacial temperature variability in those regions. The data were linearly interpolated to 100-year  
512 resolution and combined as averages to yield mean temperature time series for the regional

513 temperature stacks. The detailed information of all proxy data for regional temperature stacks is  
514 documented in Supplementary Table 1 with the locations plotted in Extended Data Fig. 1. All  
515 modeled regional temperature stacks are derived as averages of simulated annual mean  
516 temperature with 10-year averages at proxy site locations. Figure 2 shows the comparison  
517 between the model and data for regional temperature stacks of past 21,000 years with changes in  
518 modeled regional temperature stacks referenced to the averages of proxy regional temperature  
519 stacks during the Oldest Dryas (19-15 ka). Extended Data Fig. 4 shows the comparison of  
520 regional temperature stacks between data and models with temperature anomalies of each  
521 regional stack from the average value in the Oldest Dryas (19 ka-15 ka).

## 522 **Data Availability**

523 The model datasets used for this study (Figs. 2-3) are available from the Open Science  
524 Framework (<https://doi.org/10.17605/OSF.IO/NUQ2K>). TraCE-21K-I model data are available  
525 from the Earth System Grid <https://www.earthsystemgrid.org/project/trace.html> and TraCE-21K-  
526 II model data are available from the Transient Climate Simulation Lab <https://trace-21k.nelson.wisc.edu>.

## 528 **Code Availability**

529 CCSM3 is freely available as open-source code from <http://www.cesm.ucar.edu/models/ccsm3.0/>

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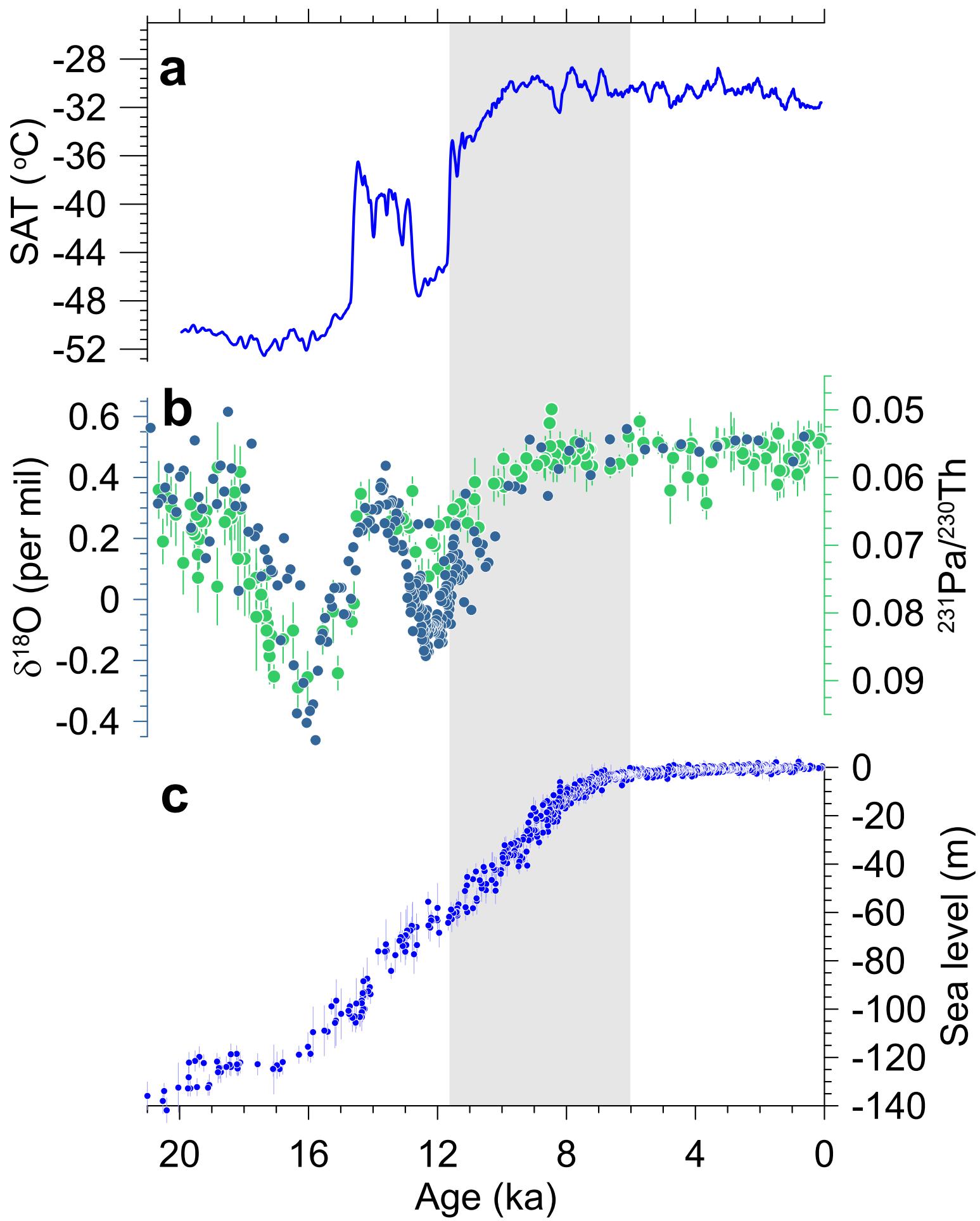
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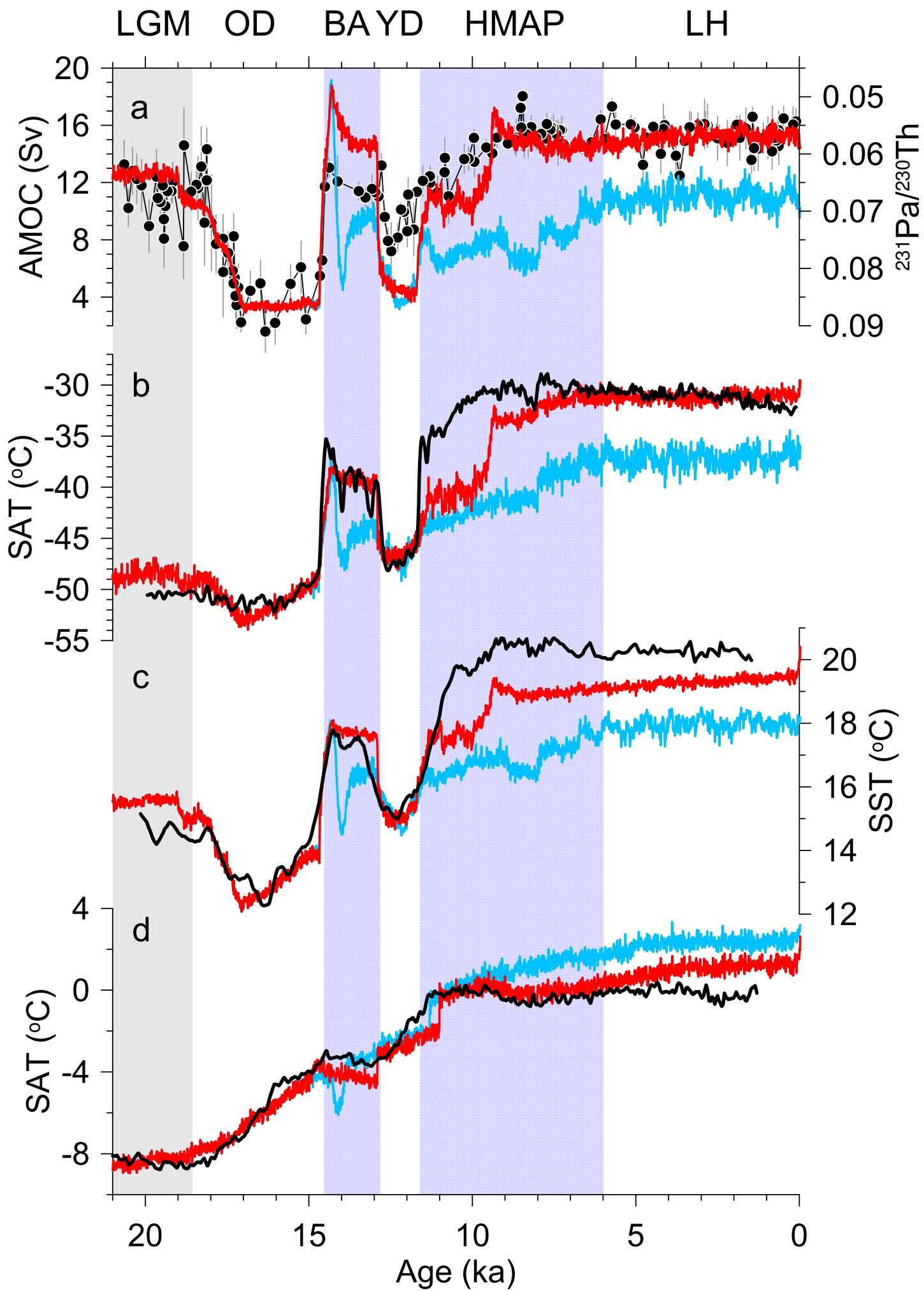
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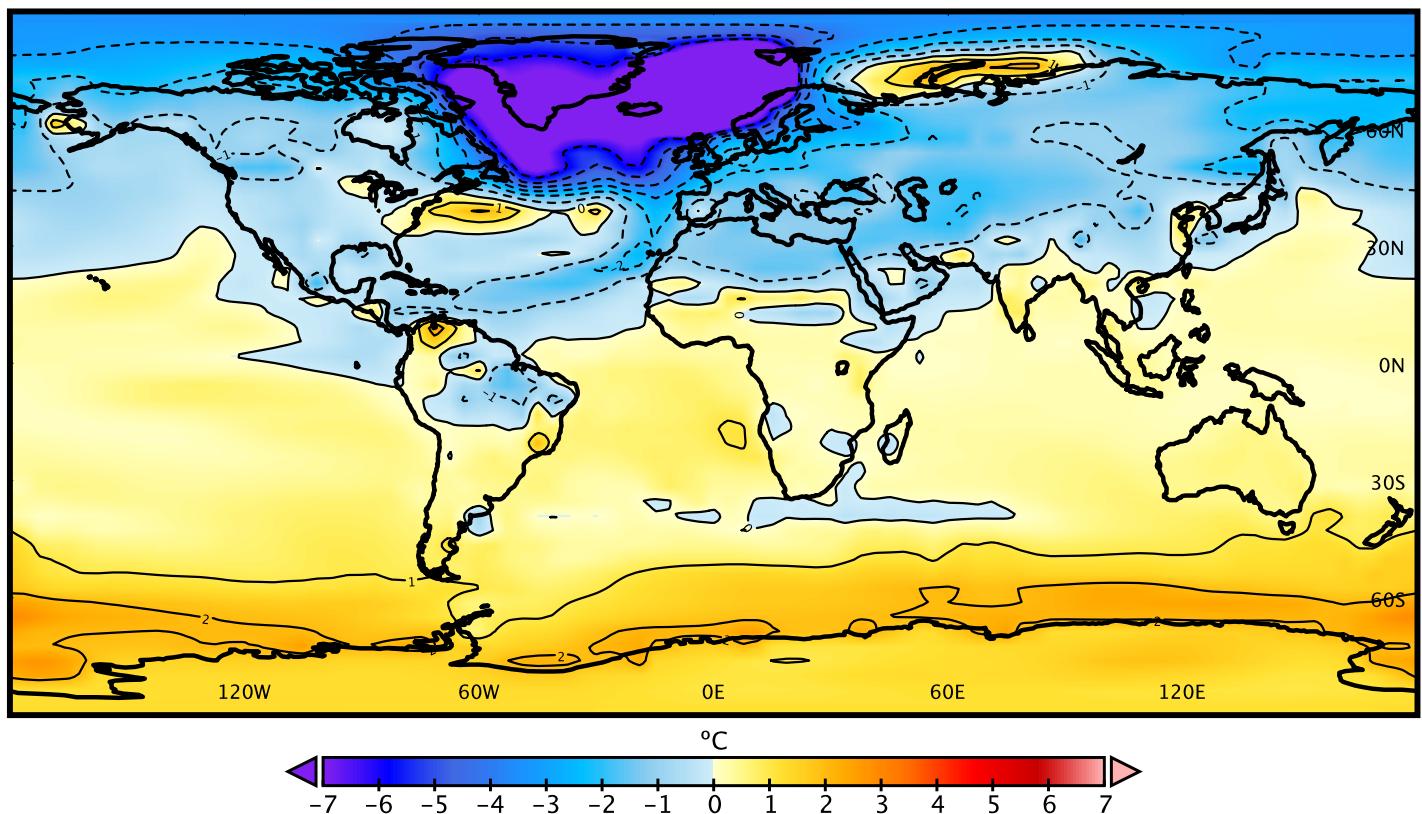
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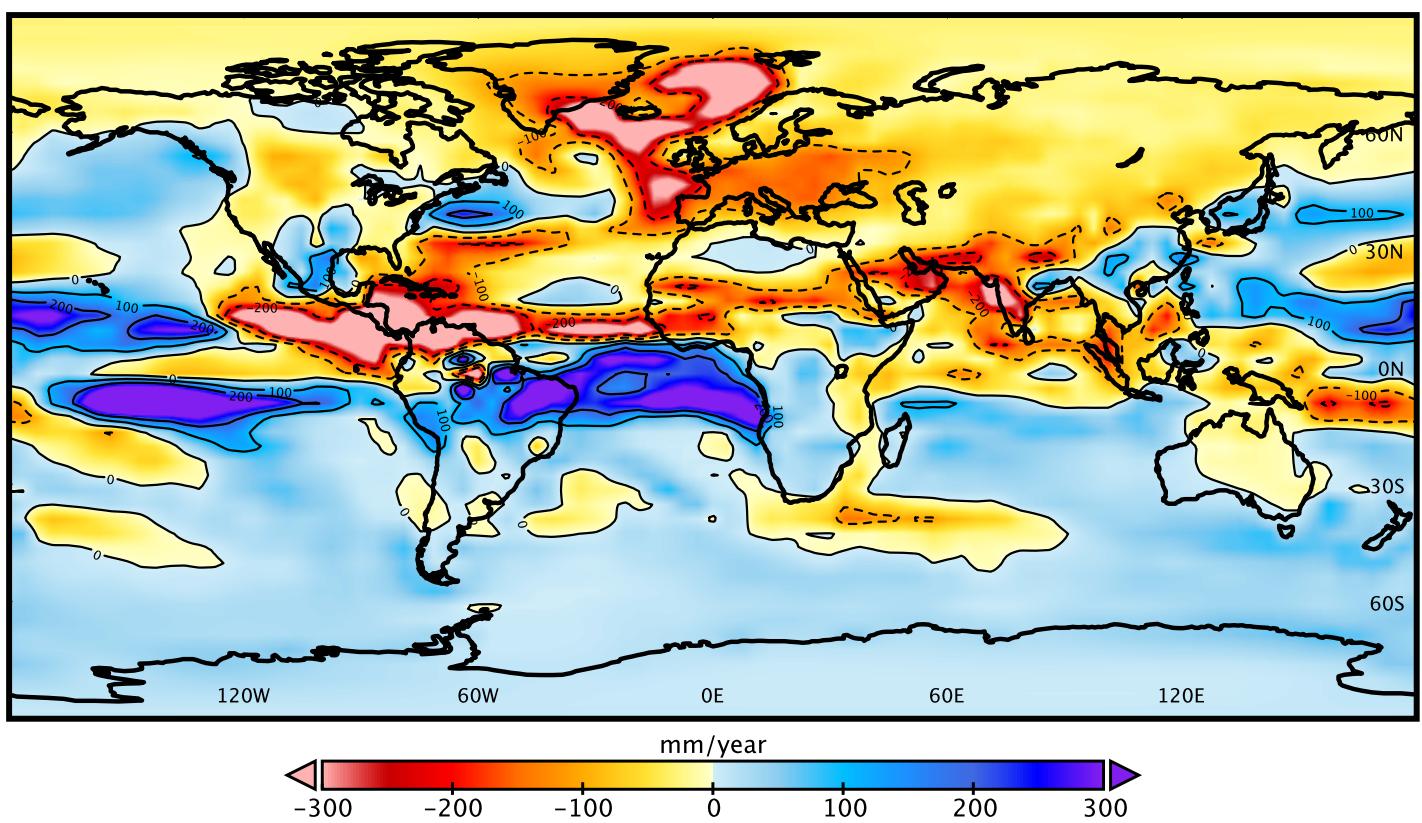


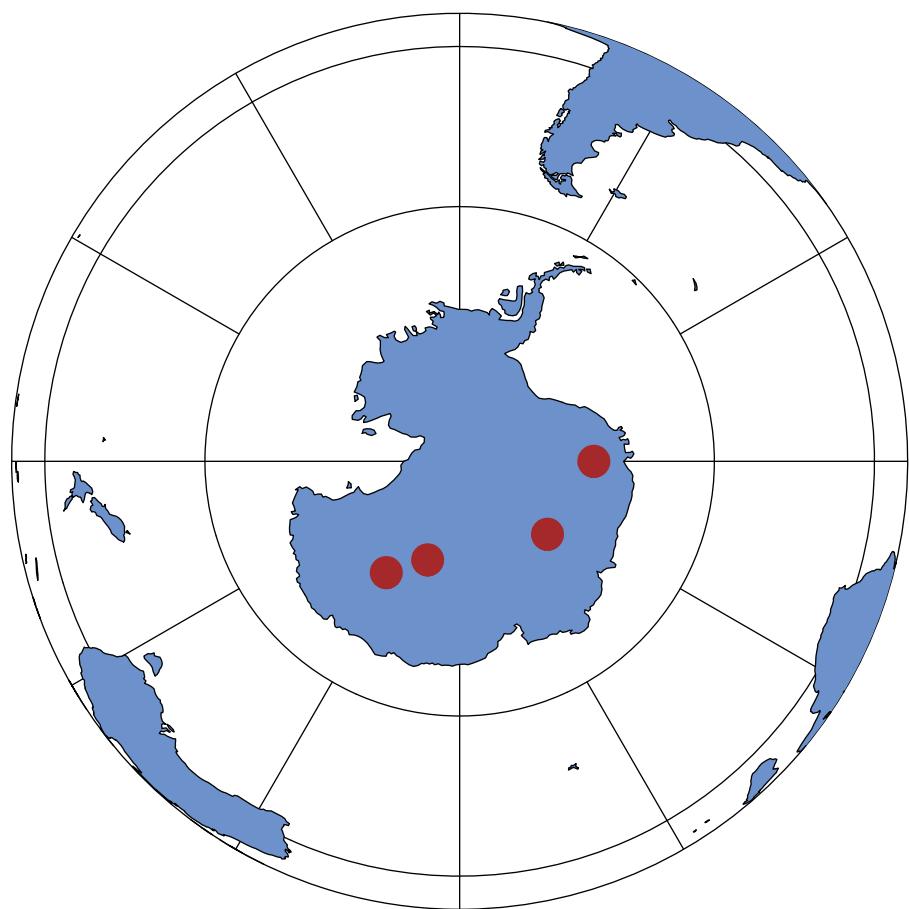


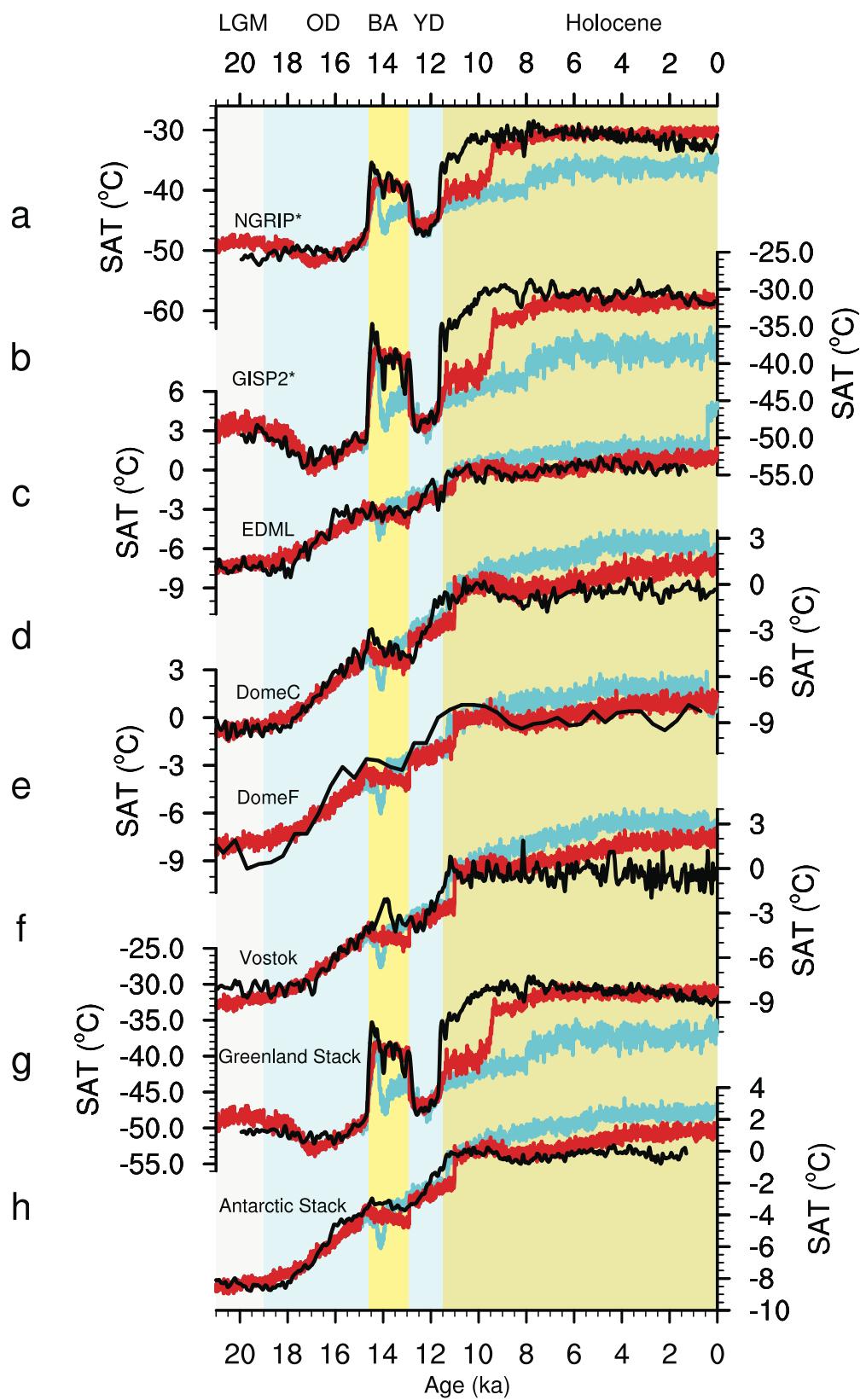
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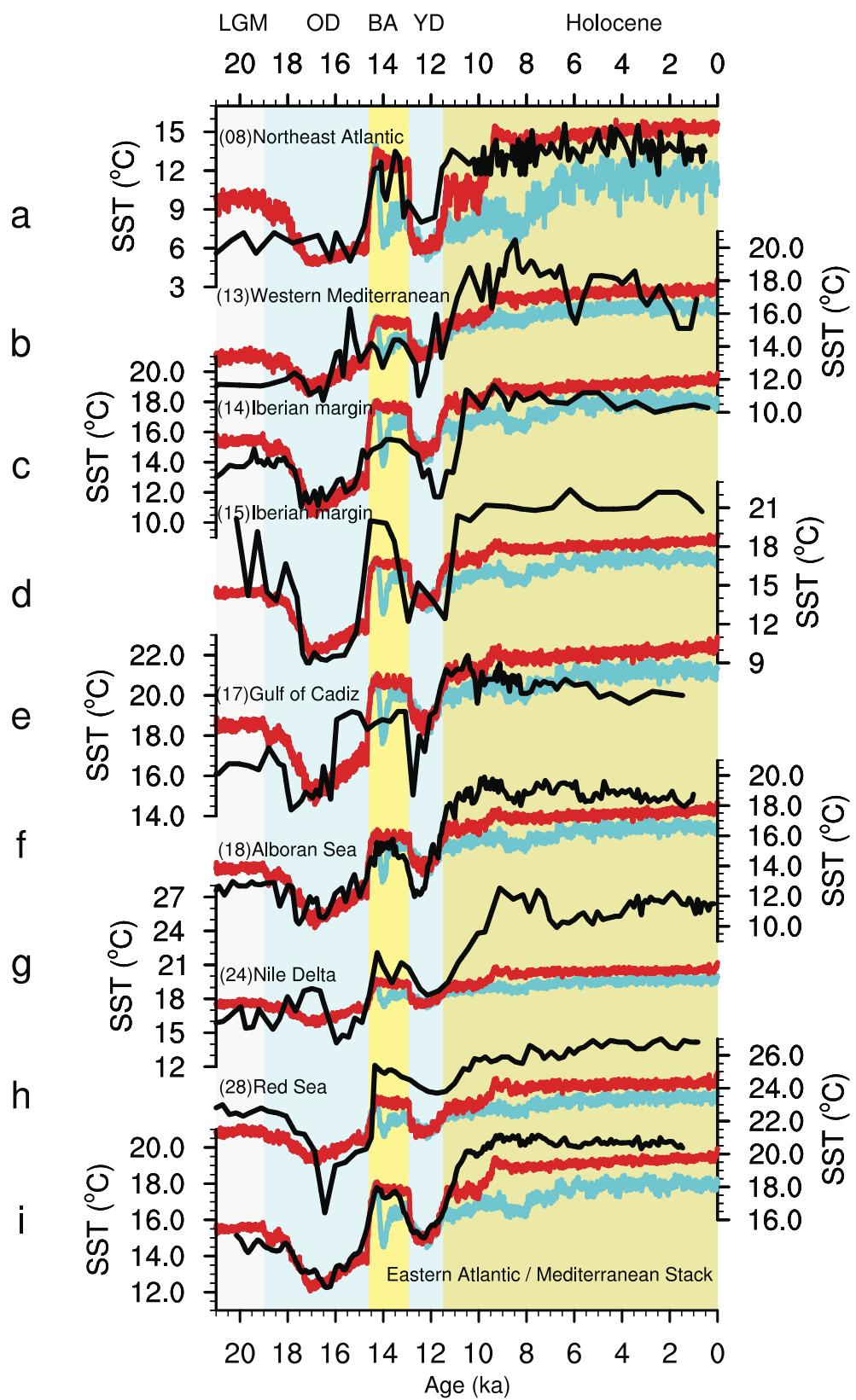


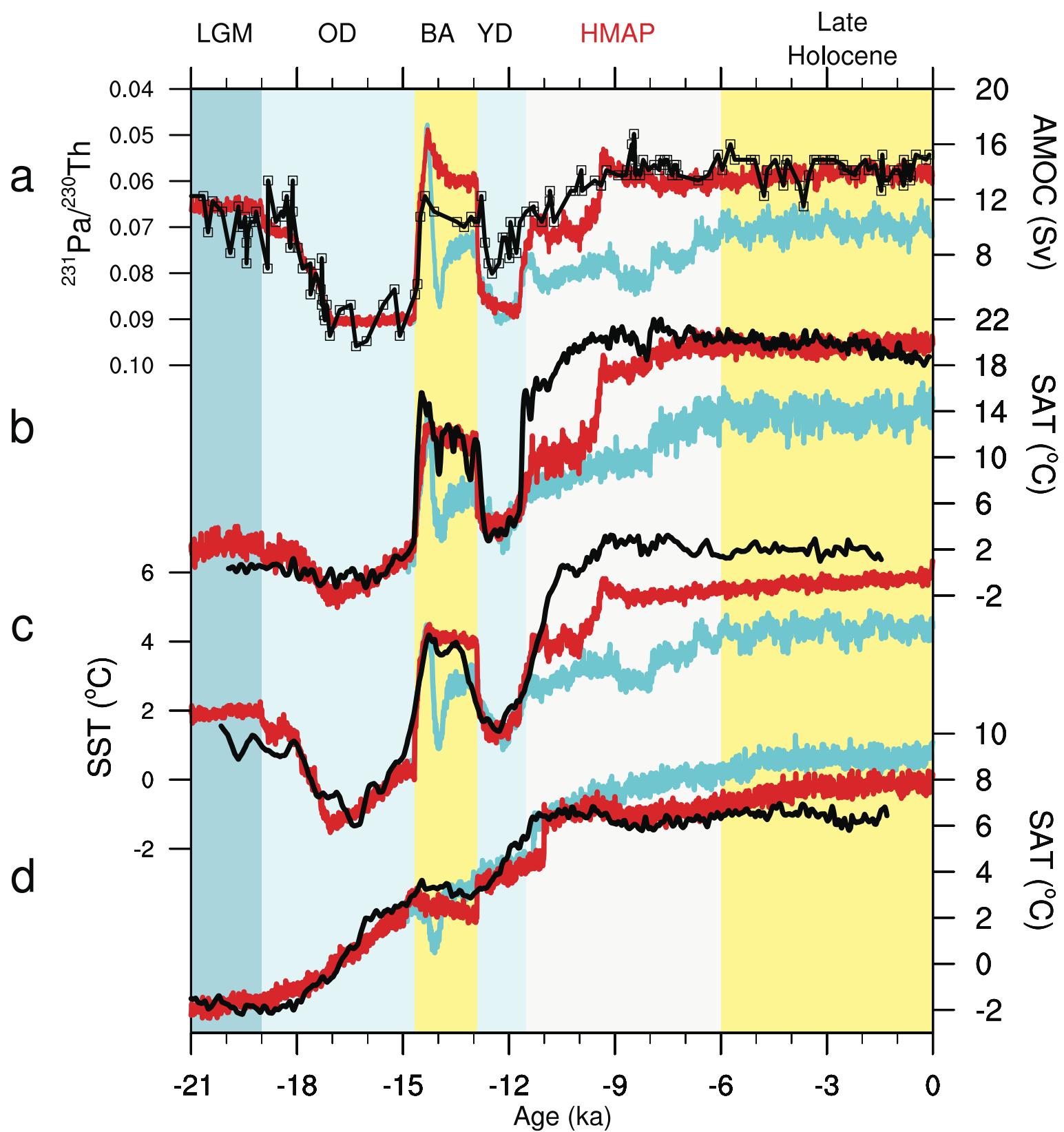
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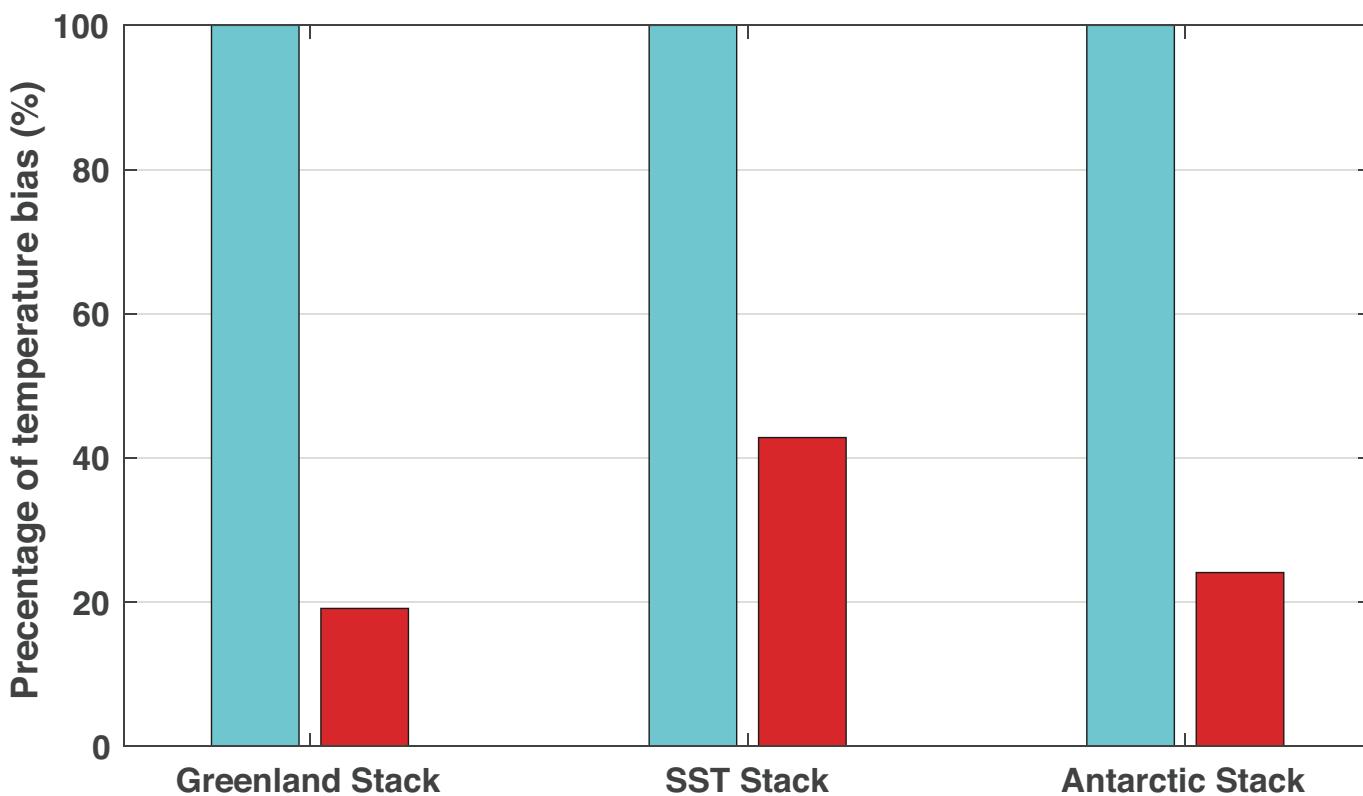
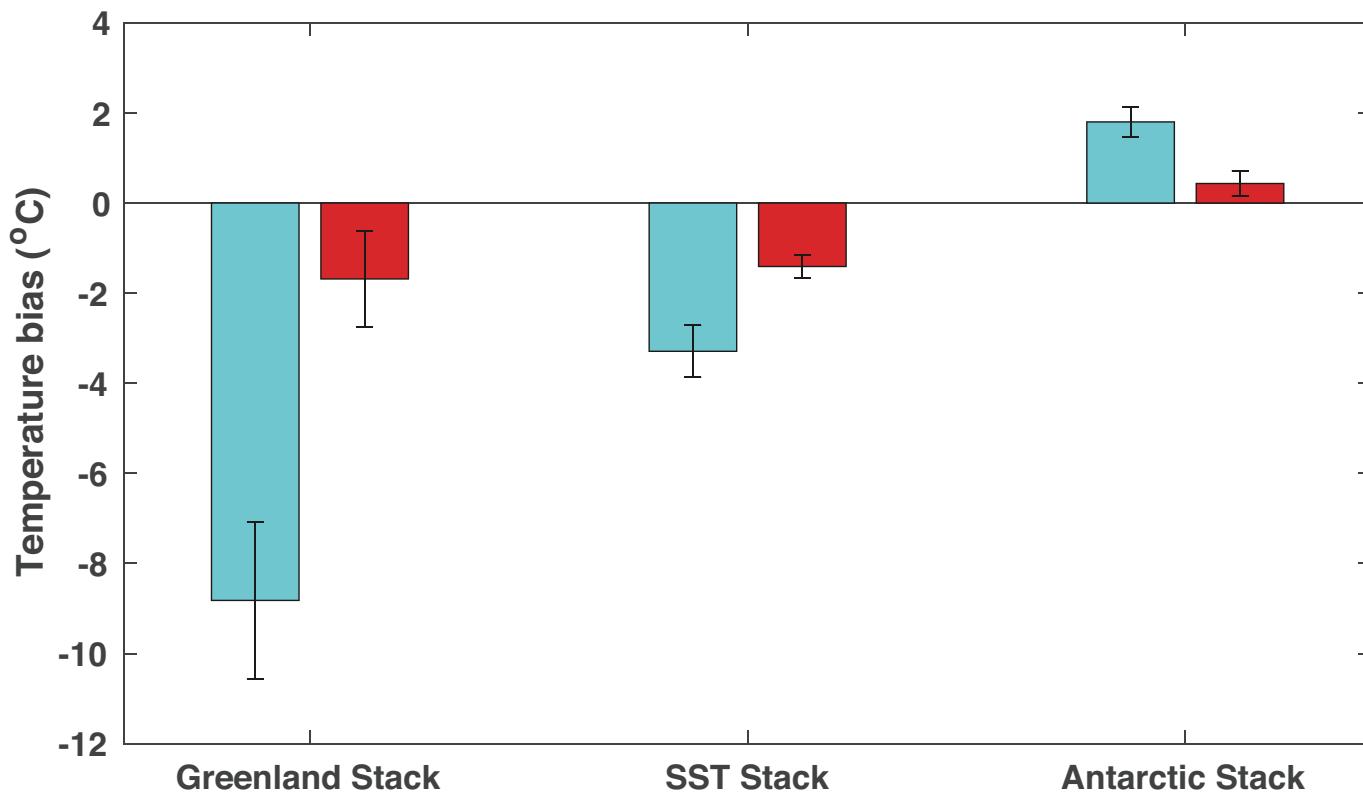


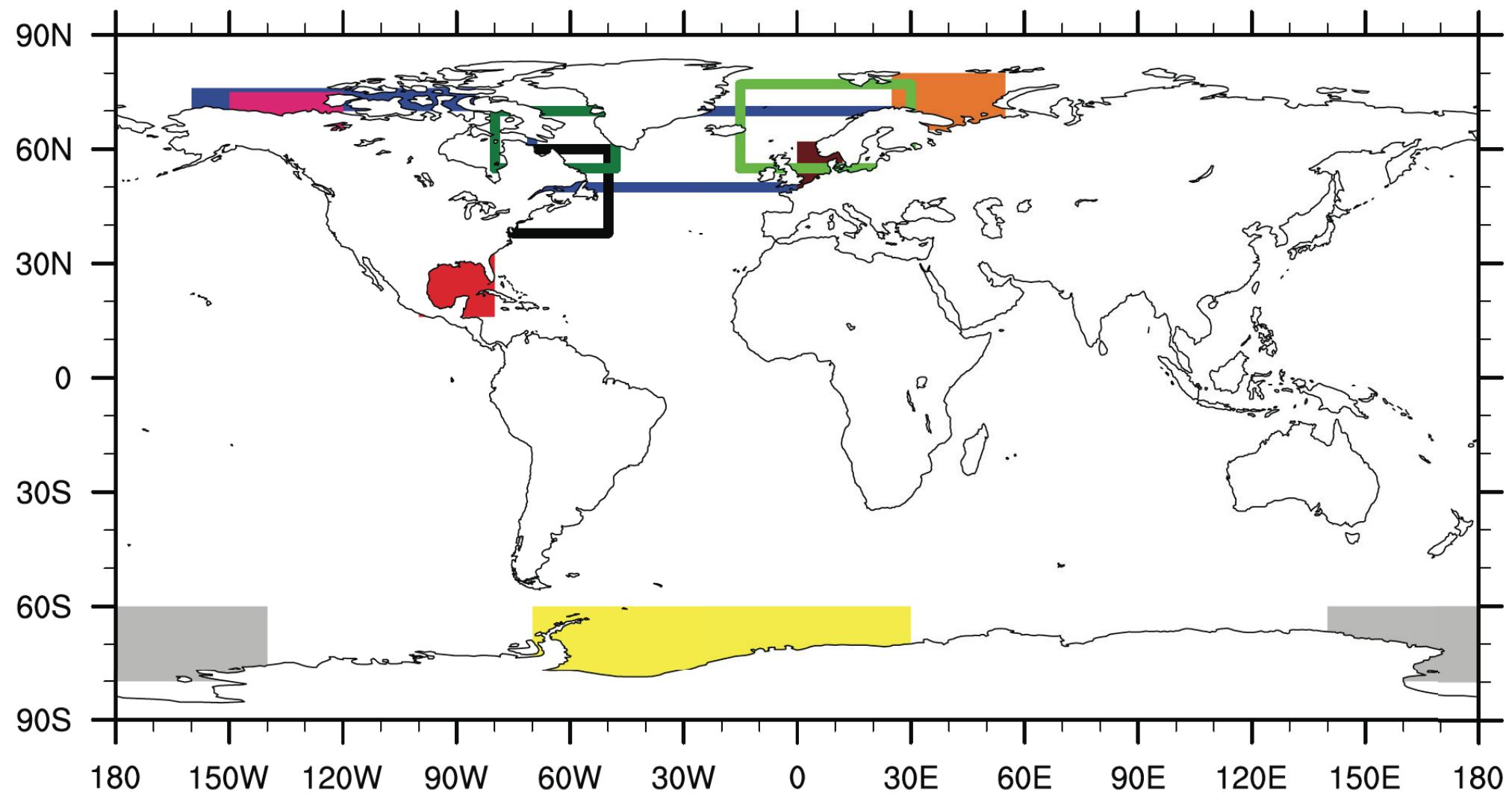


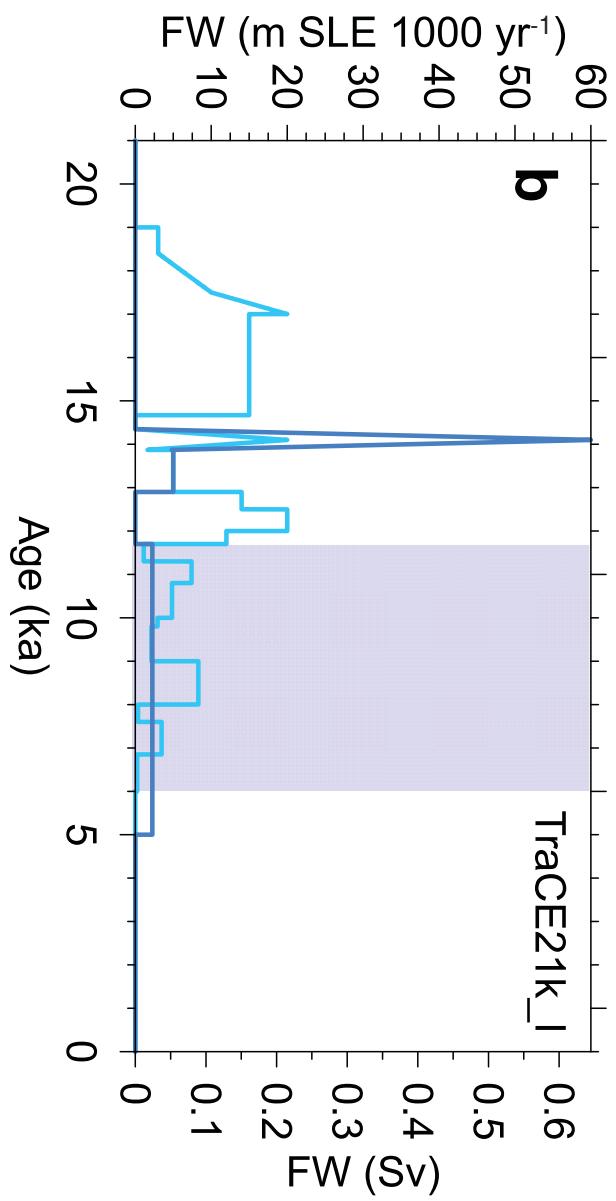
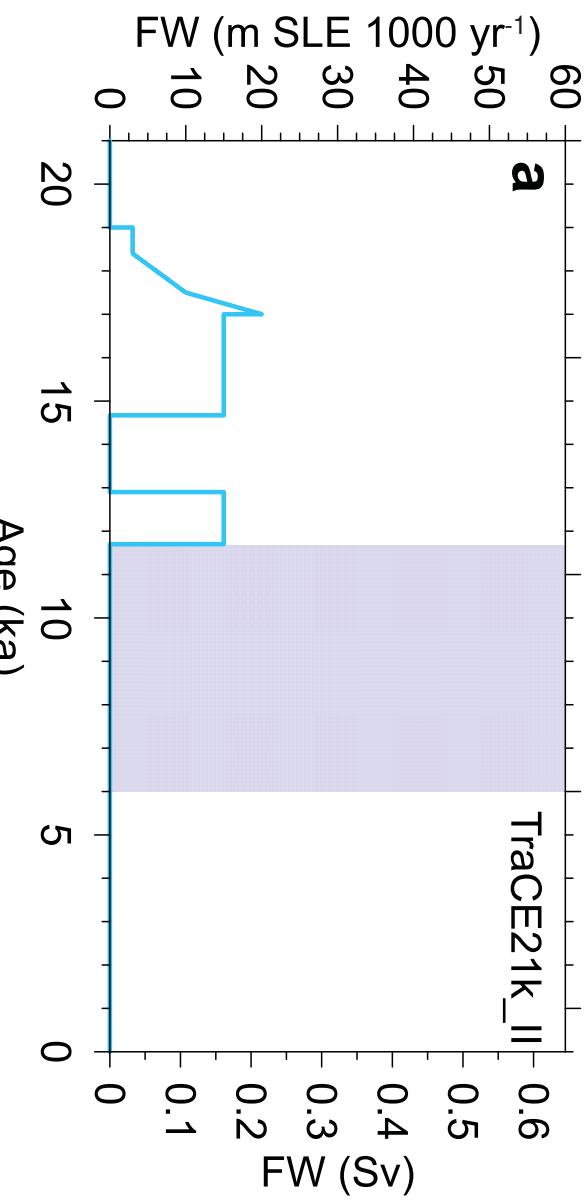




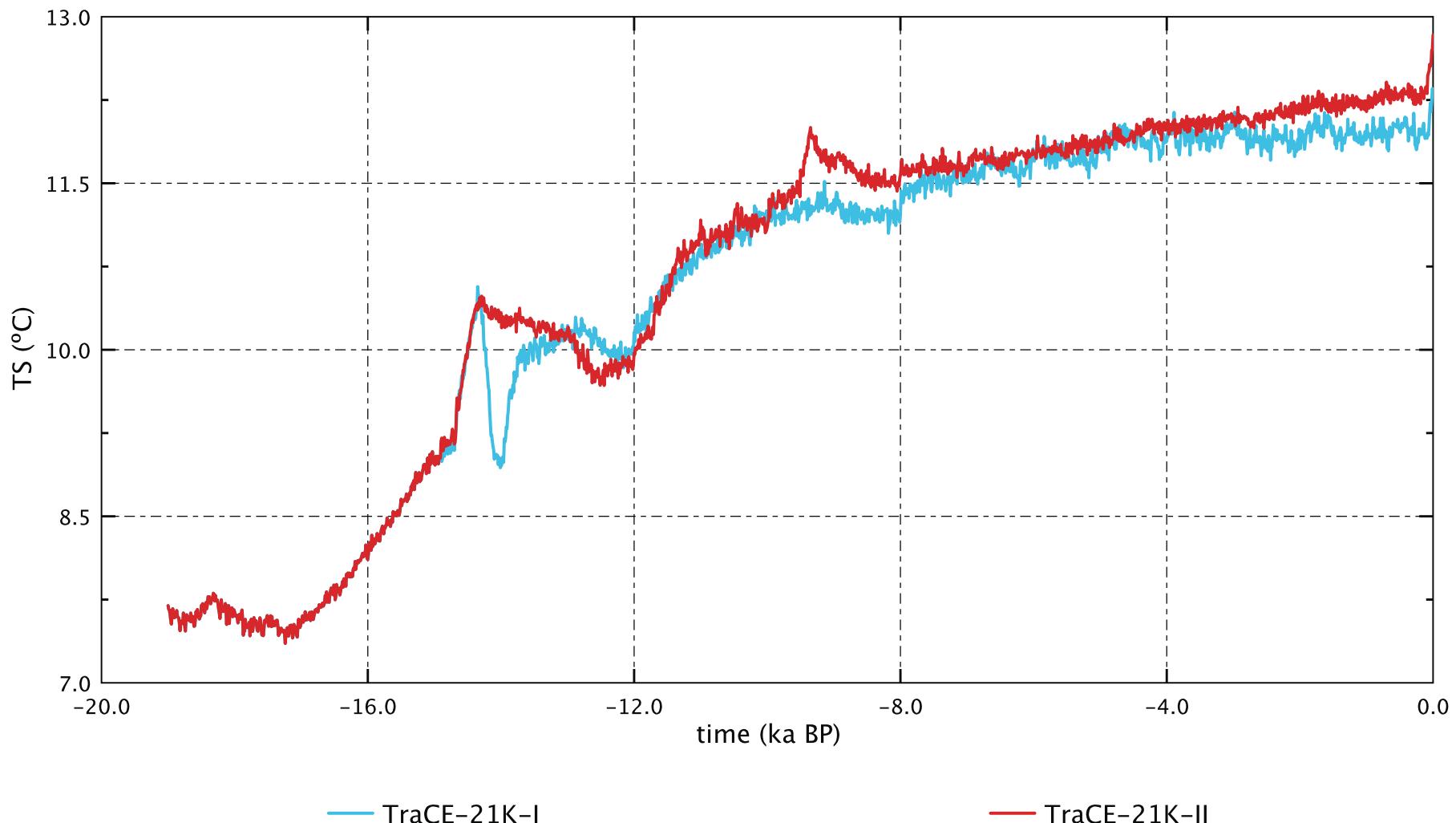




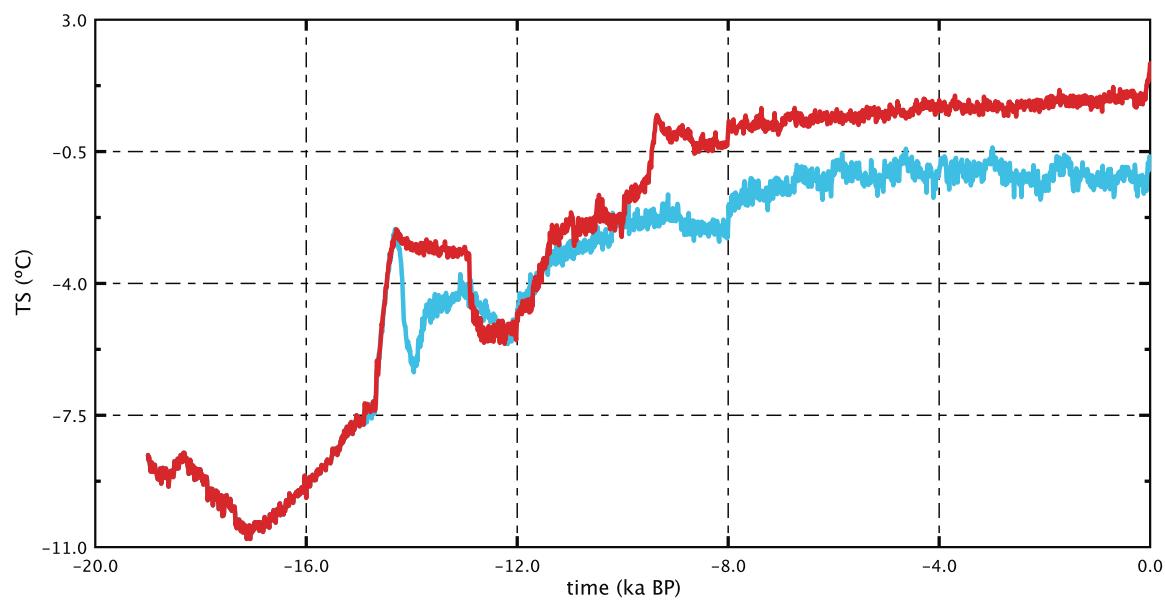




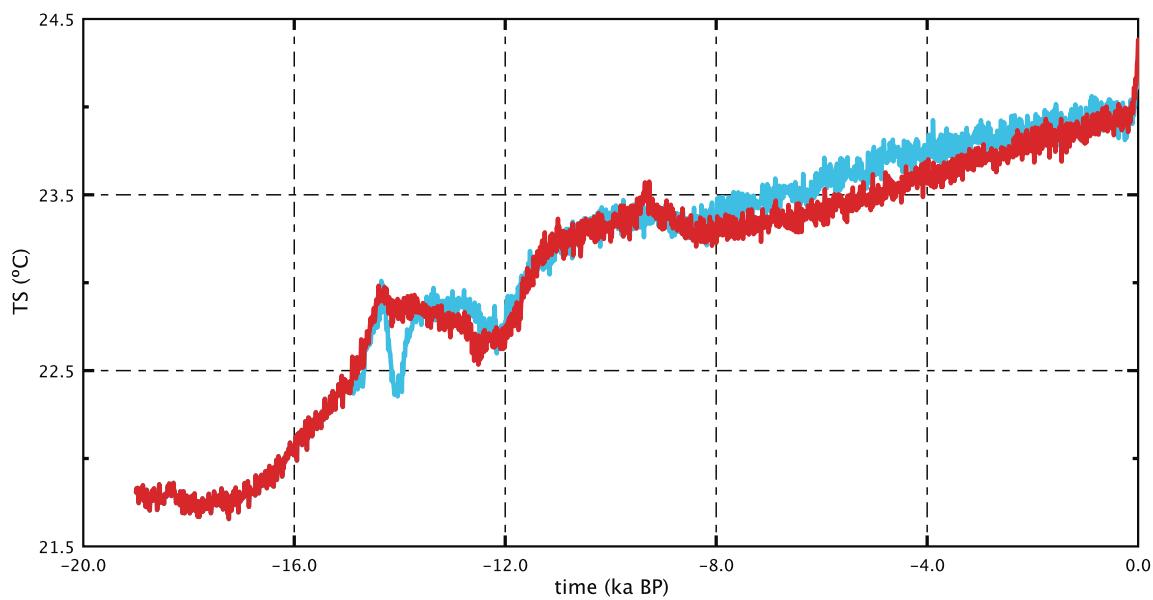
## Global Mean



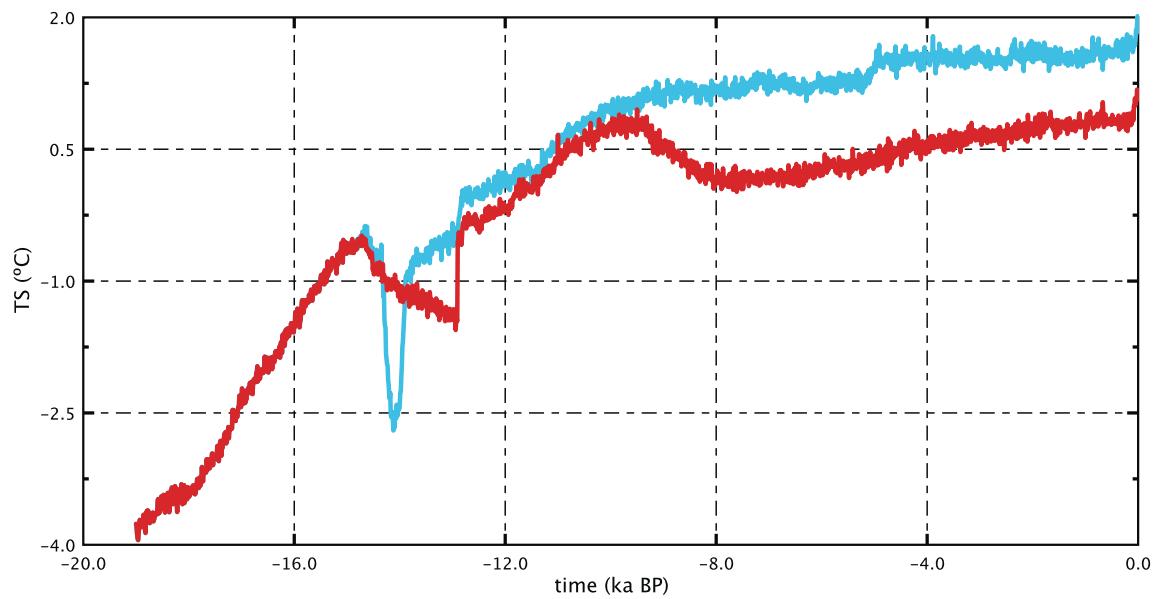
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### 30S-30N Mean



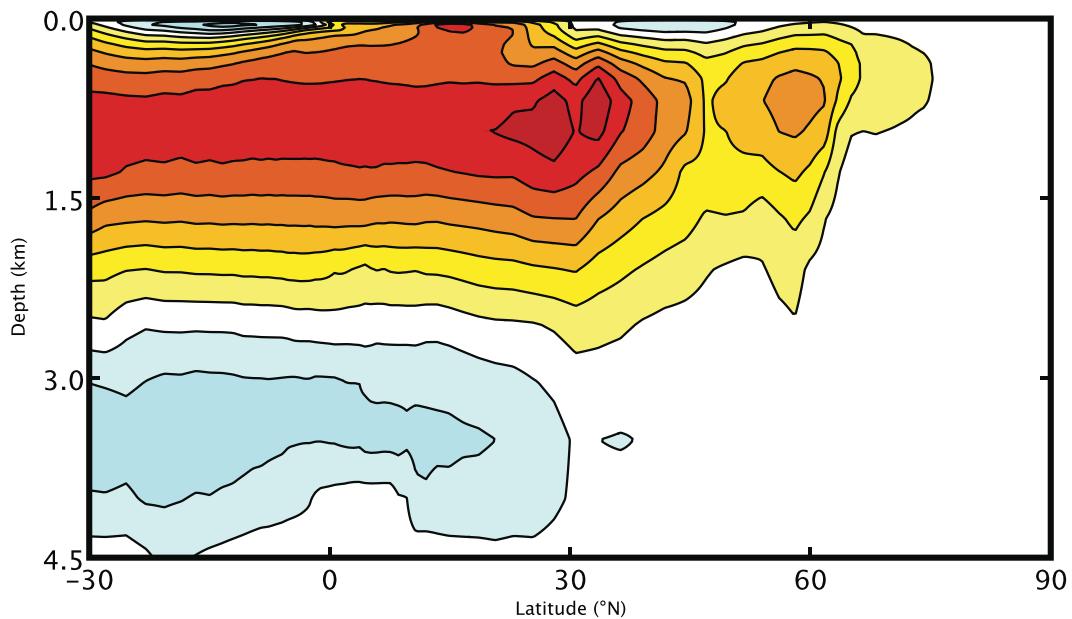
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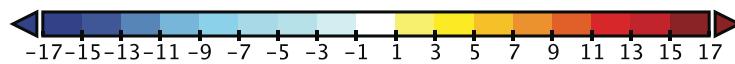
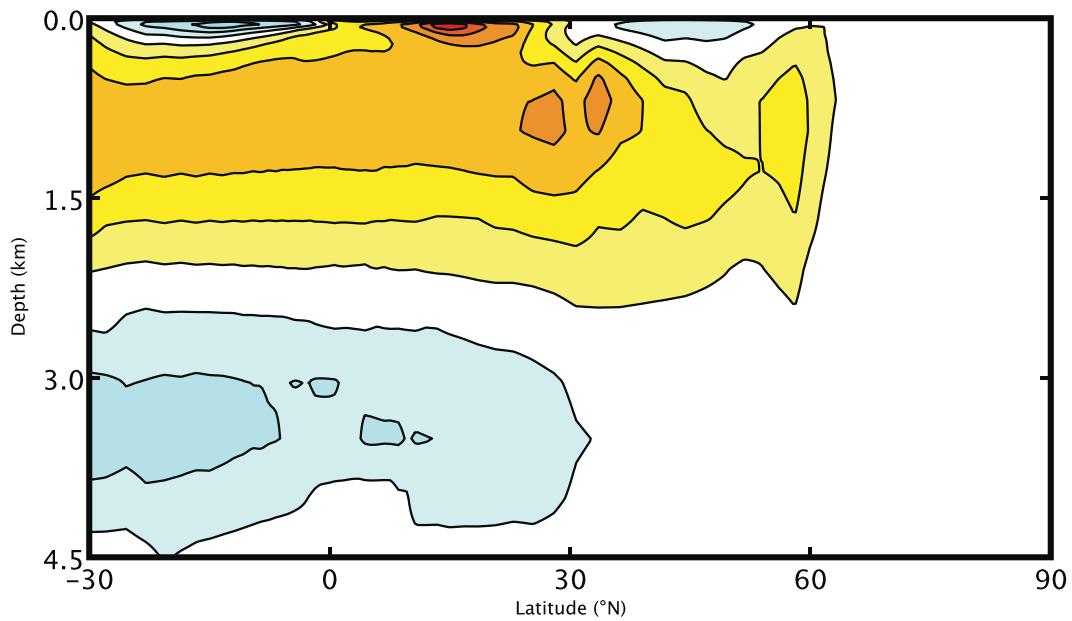
— TraCE-21K-I

— TraCE-21K-II

### Meridional Overturning Circulation



### Meridional Overturning Circulation



### Maximum Mixed-Layer Depth

