

Weekly Market Update

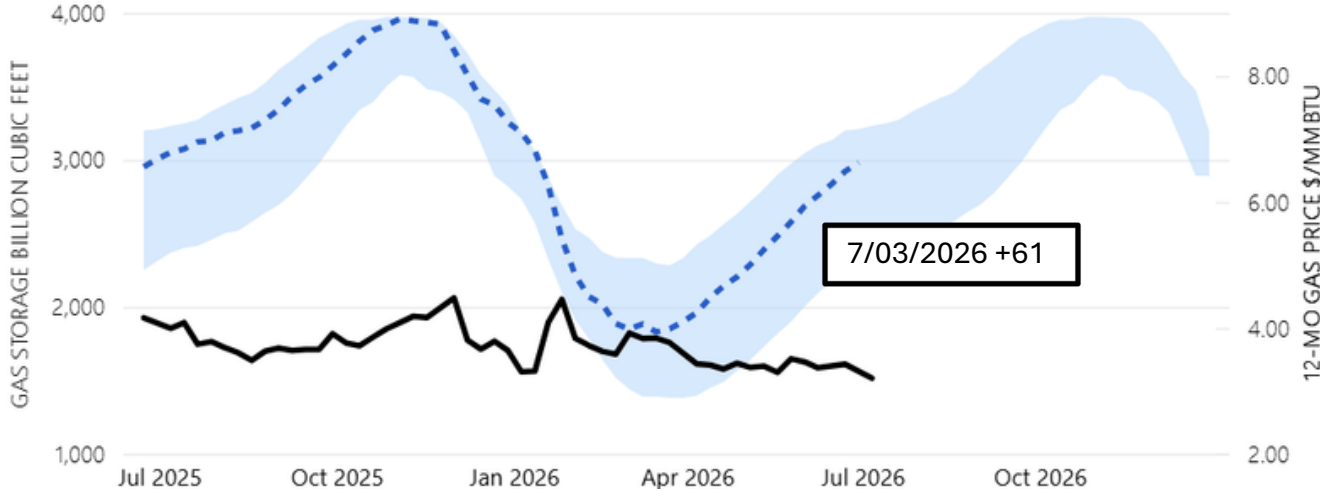
Week of July 16, 2026

NATURAL GAS STORAGE UPDATE:

The EIA reported Thursday morning that, for the week ending **July 10**, U.S. inventories accumulated **41 Bcf**, 9% short of the expected stash of 45 Bcf. Total stockpiles now stand at 3,024 Bcf, down by 0.7% since a year ago but 6.4% above the five-year average for the same week.

The NYMEX prompt month of August dipped below \$3.00/MMBtu since last week's report and was still under that level as of this report as cooler longer-range forecasts, improved renewable generation, and weaker LNG demand have overwhelmed expectations of strong demand from power burns due to near-term heat. LNG demand declined as Freeport volumes fell to zero during maintenance and Sabine Pass operated below recent levels, and strong production and comfortable inventories continue to limit upward price momentum. Toasty weather in California and the Pacific Northwest increased gas-fired generation, particularly during the evening ramp, lifting Gas Daily prices in the West to averages of \$2.29/MMBtu at PG&E Citygate and \$3.11/MMBtu at SoCal Citygate for the last seven days.

Natural Gas Storage vs Natural Gas Price



REGIONAL UPDATE:

Prices have been bullied upward from both sides this week as widespread heat has increased regional demand while sparse wind and declining hydro availability have tightened regional supply. CAISO Day-Ahead prices climbed through the first half of the week, boosted not only by the higher California temperatures but also by a steeper evening net-load ramp, and the seven-day average for CAISO real-time prices of \$42.93/MWh is basically \$20/MWh higher since last week. Although conditions should moderate later in the week, another round of significant heat in the Pacific Northwest is expected to keep demand elevated into next week.

WEST

Real-time prices are still low, again averaging under \$30/MWh across all zones this week as rain across central Texas has limited loads while wind output has remained strong. However, they are poised to rise next week as the state dries out and heat returns during the early part of the week. Given the rather mild start to summer and relatively low real-time prices, forward-term prices have also decreased considerably and created good hedging opportunities. CY27, CY28, and CY29 are currently trading around \$47/MWh, \$51/MWh, and \$55/MWh, respectively. CY27 and CY28, in particular, have shed \$3/MWh since early June.

ERCOT

Although prices have remained generally high as the heat and humidity have persisted, they have abated in certain zones since last week. In Indy Hub, this week's Day Ahead and Real Time averages are higher at \$91.89/MWh and \$73.02/MWh, respectively. On the other hand, the Day Ahead averages in AD Hub and NI Hub are lower at \$78.52/MWh and \$78.77/MWh, respectively, and the Real Time averages in those hubs are more or less half last week's at \$62.70/MWh and \$63.42/MWh. Upward revisions to both demand and wind generation are expected to put prices in the \$90s/MWh on Monday before demand should drop and deflate them into the \$60s/MWh for the balance of next week.

MW

Prices have fallen across the board this week. PJM endured triple-digit highs and issued multiple Hot Weather Alerts, yet its Day Ahead and Real Time averages for the week somehow plunged since last week to \$98.60/MWh and \$68.02/MWh, respectively. In the Hudson Valley/NYC region of NYISO, the averages dropped to \$70.53/MWh and \$59.02/MWh; in the WCMASS zone of ISO-NE, they tumbled to \$59.02/MWh and \$56.24/MWh. PJM expects its load to ease through next week as the heatwave should subside. The Northeast also anticipates a slightly cooler week, which should lower demand and bring more price relief.

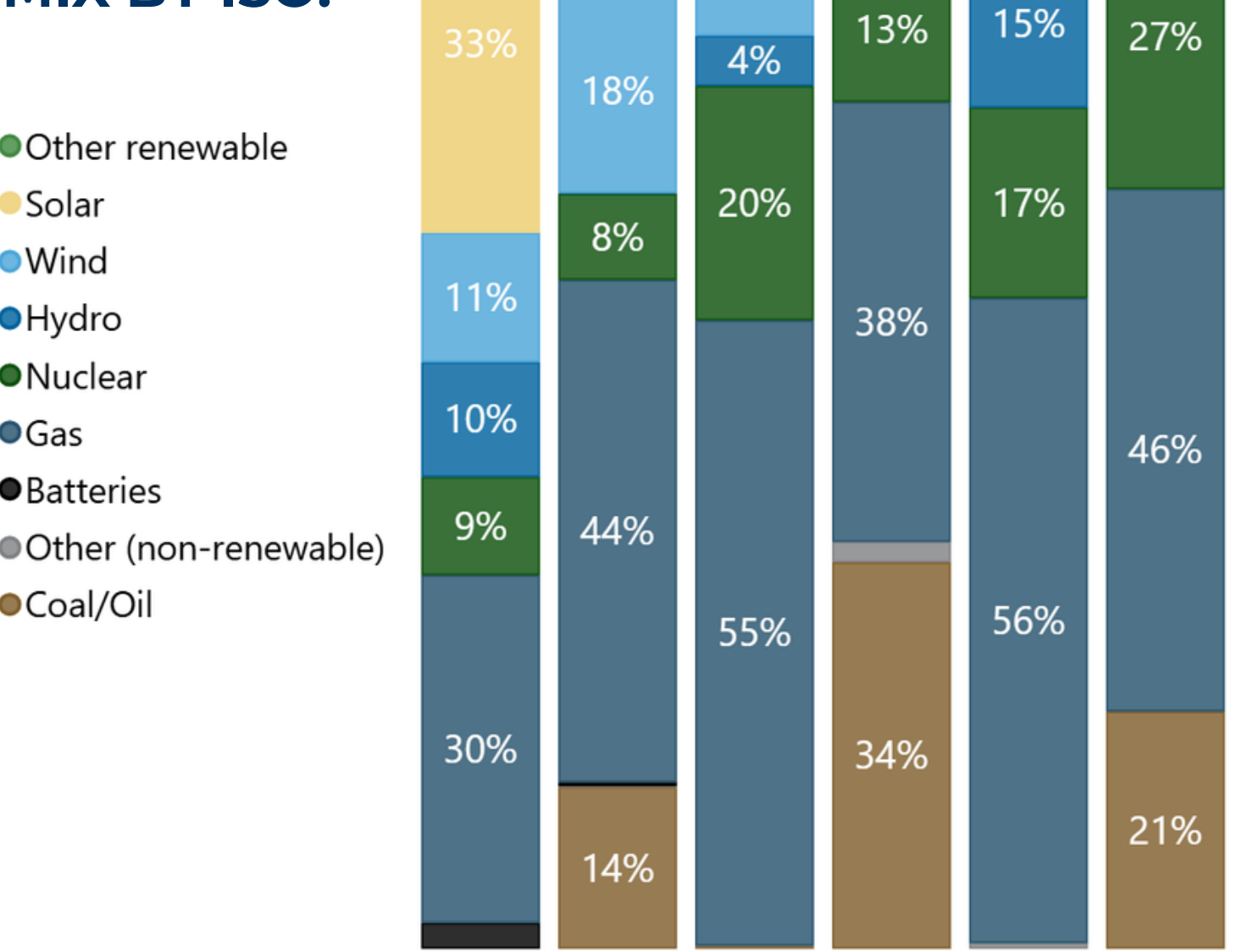
EAST

REAL TIME PRICES:

7/9/2026 – 7/15/2026

ISO	RT Average	Off Peak	On Peak	Max	Weekly Change
CAISO	\$42.93	\$44.02	\$42.11	\$786.24	\$19.98 ↑
MISO	\$78.50	\$37.04	\$124.10	\$1,004.74	\$9.53 ↑
NEISO	\$55.18	\$51.18	\$59.57	\$166.77	(\$13.95) ↓
NYISO	\$55.54	\$47.83	\$64.03	\$533.43	(\$43.72) ↓
PJM	\$60.80	\$37.27	\$86.64	\$1,015.67	(\$110.95) ↓

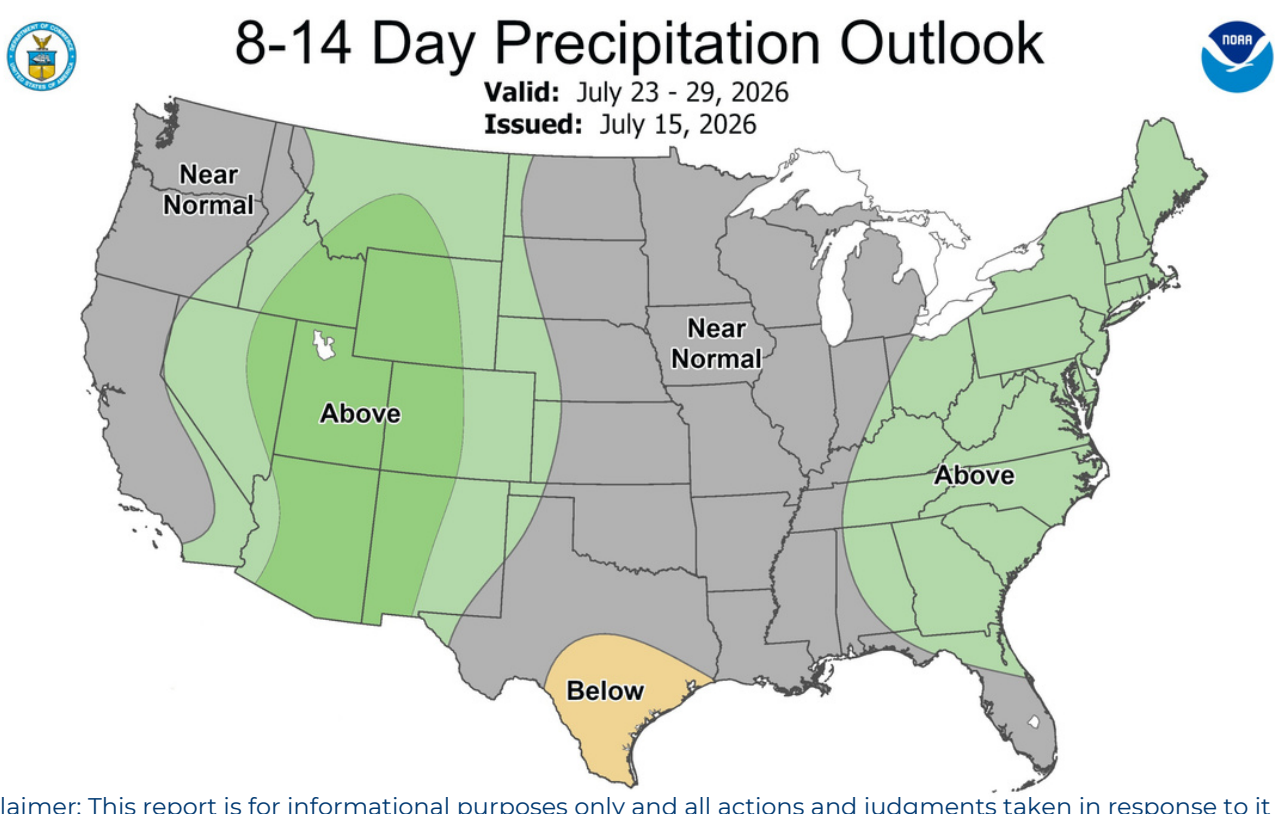
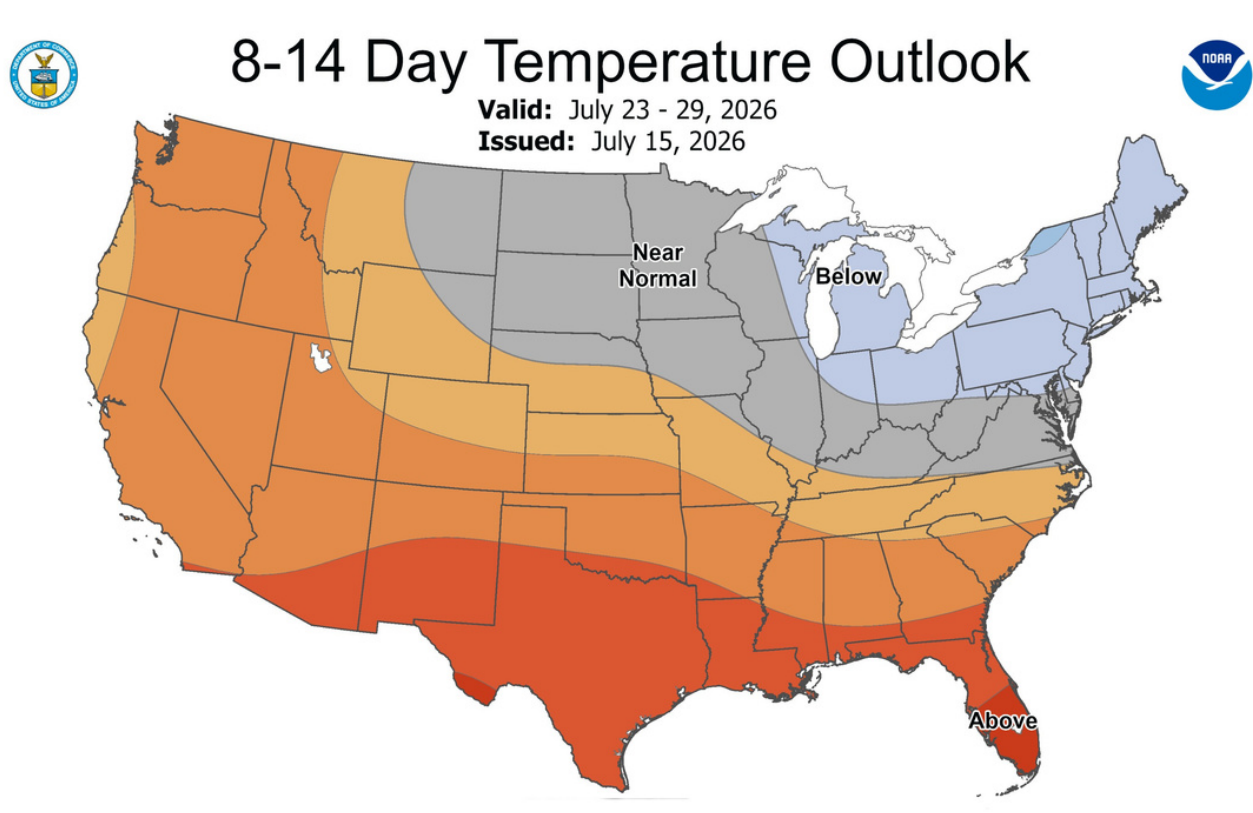
WEEKLY GENERATION MIX BY ISO:



WEEKLY WEATHER UPDATE:

While the heat will be particularly intense in the northern Great Plains and Upper Midwest over the 1-to-5-day forecast period, temperatures will be slightly above average across the rest of the Midwest and East and below average across Arizona, New Mexico, and Texas. In the 6-to-10-day forecast period, conditions should be warmer than normal throughout the West and a good portion of the South but cooler than usual in the Northeast. The Northeast and entire East Coast should expect relatively cooler weather during the 11-to-15-day forecast period while the rest of the country contends with above-average temperatures.

In addition to this weather outlook, please see the 8-14-day temperature and precipitation outlooks below, which show the probability of above, near, or below-normal conditions for the week ahead.



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