



# European LNG Tracker

May 2026

IEEFA's European LNG Tracker is an interactive dataset that visualises Europe's\* LNG infrastructure, demand and import flows. It is built by compiling data from a range of sources, including Kpler, Gas Infrastructure Europe, Aggregated LNG Storage Inventory, Eurostat, the Digest of UK Energy Statistics and IEEFA analysis.

The tracker is available at <https://ieefa.org/european-lng-tracker/>

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## How to use this document

This document includes a roundup of highlights from IEEFA's updated European LNG Tracker, with new data for 2025 and the first quarter of 2026.

For this project, the term "Europe" refers to the 27 member states of the EU (EU27), the UK, Norway and Türkiye.

The document is divided into two sections:

1. Key findings and stories.
2. EU and country highlights ([EU27](#), [Belgium](#), [Croatia](#), [France](#), [Germany](#), [Greece](#), [Italy](#), [the Netherlands](#), [Poland](#), [Russia](#), [Spain](#), [Türkiye](#), [the UK](#) and [the US](#)).



## KEY STORIES

### **Energy crisis deepens Europe's dependence on US LNG**

- Europe's pivot away from Russian gas has increased its reliance on US LNG. European imports of US LNG more than tripled between 2021 and 2025.
- Europe sourced 63% of its LNG imports from the US in the first quarter of 2026. Given the ongoing disruptions to Qatari LNG exports, IEEFA forecasts that Europe will source two-thirds of its LNG imports from the US in 2026.
- In January 2026, before the Middle East crisis started, IEEFA warned that the EU risked a new energy dependence where the US could account for 75–80% of its LNG imports by 2030. At this rate of growth, the EU will source 80% of its LNG imports from the US in 2028 or 2029.
- Six European countries sourced more than 70% of their LNG imports from the US in the first quarter of 2026: Germany (89%), Croatia (87%), the UK (81%), the Netherlands (77%), Poland (75%) and Greece (73%).

### **EU can reduce geopolitical risk by cutting LNG imports**

- Building new LNG terminals and diversifying suppliers have not resolved Europe's energy insecurity.
- The ongoing energy crisis caused by the war in the Middle East has disrupted around 20% of global LNG supply, increased gas price volatility and left Europe's energy security at risk again.
- Europe may have no control over LNG supply disruptions, but it can adjust its energy use and diversify to cleaner alternatives to reduce its import reliance.
- IEEFA forecasts that the EU could reduce LNG imports by 29% by 2030 and lower its exposure to geopolitical risk.



## **Europe's imports of Russian LNG reach a quarterly record**

- Russia is Europe's second-largest LNG supplier, accounting for 13% of imports in the first quarter of 2026. Europe's imports of Russian LNG reached a quarterly record in the first three months of 2026.
- While the EU aims to phase out Russian gas, imports of LNG from the country increased by 16% year on year in the first quarter of 2026.
- Five European countries imported Russian LNG in the first quarter of 2026: France, Spain, Belgium, the Netherlands and Portugal.
- France imported more Russian LNG than any other European country in the first quarter of 2026, as 35% of its imports came from Russia. France's monthly imports of Russian LNG reached a record high in January 2026.

## **Falling gas demand risks overbuilding LNG infrastructure**

- Europe's gas consumption fell by 19% between 2021 and 2024. It then increased by 3% in 2025, in part because of cold weather and lower renewables output.
- IEEFA forecasts that Europe's gas consumption could continue declining this year and fall by 14% between 2025 and 2030, meaning LNG demand could decrease by about 23% over the same period.
- However, European countries still plan to build more LNG terminals. Between 2025 and 2030, Europe could increase its LNG import capacity by 24%.
- If Europe continues with its efforts to reduce gas consumption, IEEFA forecasts that its 2030 LNG import capacity could be higher than its total gas demand and three times more than LNG demand.



## EU AND COUNTRY HIGHLIGHTS

### EU27

IMPORTS	<p>EU LNG imports increased by 27% in 2025 and by 13% year on year in the first quarter of 2026.</p> <p>EU imports of US LNG rose by 59% in 2025 and by 27% year on year in the first quarter of 2026.</p> <p>EU imports of Russian LNG increased by 16% year on year in the first quarter of 2026, despite the bloc's plans to phase out Russian gas.</p> <p>EU imports of Qatari LNG decreased by 29% year on year in the first quarter of 2026.</p>
SPENDING	<p>EU countries' spending on LNG imports increased by almost 30% in 2025.</p> <p>Between 2022 and 2025, EU countries spent about:</p> <ul style="list-style-type: none"><li>• €281 billion on LNG imports</li><li>• €131.5 billion on US LNG</li><li>• €37.8 billion on Russian LNG</li><li>• €36.2 billion on Qatari LNG</li></ul> <p>On average, US LNG is the most expensive for EU buyers.</p>
TERMINAL UPDATES	<p>The average utilisation rate of EU LNG terminals was 55% in the first quarter of 2026, up from 51% in 2025 and 42% in 2024.</p> <p>Nine of the EU's 30 LNG terminals had utilisation rates below 30% in the first quarter of 2026.</p>
OUTLOOK	<p>IEEFA forecasts that the EU's LNG regasification capacity will increase by 32% between 2025 and 2030, when it will be higher than the bloc's gas demand.</p> <p>IEEFA forecasts that declining gas demand will lower the average utilisation rate of EU LNG terminals in the coming years.</p>



## Belgium

IMPORTS	<p>Belgium's imports of Russian LNG increased by 60% in 2025 and by 23% year on year in the first quarter of 2026.</p> <p>Belgium is the only European country where Russia is the top LNG supplier. 40% of Belgium's LNG imports came from Russia in 2025.</p> <p>Belgium's Zeebrugge terminal imported more Russian LNG than any other European terminal in the first quarter of 2026.</p> <p>Belgium sourced 13% of its LNG imports from Qatar in the first quarter of 2026.</p>
SPENDING	<p>Belgium paid the highest average price for Qatari LNG of any EU country in 2025, €38.2 per megawatt-hour, and the second highest for Russian LNG, €33.9 per megawatt-hour.</p> <p>In 2025, Belgium spent about €1.8 billion on Russian LNG, €1.2 billion on Qatari LNG and €1.0 billion on US LNG.</p>
TERMINAL UPDATES	<p>Zeebrugge, Belgium's only LNG terminal, has a capacity of 17.1bcm. Belgium expanded Zeebrugge by 1.8bcm in January 2025.</p>
OUTLOOK	<p>Belgium has no known plans to install or expand any more LNG terminals.</p>



## Croatia

IMPORTS	Croatia sourced 87% of its LNG imports from the US in the first quarter of 2026. The remainder was from Algeria.
SPENDING	Croatia paid the third-highest average price for US LNG of any EU country in 2025: €36.3 per megawatt-hour.  Croatia spent about €600 million on US LNG in 2025.
TERMINAL UPDATES	The capacity of the FSRU at the Krk terminal increased from 2.9bcm to 6.1bcm in 2025.
OUTLOOK	Croatia has no known plans to install or expand any more LNG terminals.



## France

IMPORTS	<p>France reduced its LNG imports by 14% year on year in the first quarter of 2026. Nonetheless, France is the EU's largest LNG importer.</p> <p>France imported more Russian LNG than any other European country in the first quarter of 2026, with 35% of its imports from Russia.</p> <p>France's monthly imports of Russian LNG reached a record high in January 2026.</p> <p>France accounted for 41% of Europe's imports of Russian LNG in the first quarter of 2026.</p>
SPENDING	<p>In 2025, France spent around €5.5 billion on imports of US LNG and €3.2 billion on imports of Russian LNG.</p>
TERMINAL UPDATES	<p>The 2025 closure of a floating storage and regasification unit in the port of Le Havre reduced France's LNG import capacity by 13%. Le Havre had an average utilisation rate of 30% between October 2023 and July 2024 and was idle from July 2024.</p> <p>The Fos Tonkin and Fos Cavaou terminals' LNG send-out capacity was restricted as of early October 2025 due to a pipeline outage and staff strikes.</p> <p>Fos Cavaou recorded its lowest utilisation rate since 2023 in the first quarter of 2026.</p>
OUTLOOK	<p>There are plans to expand the capacity of the Fos Cavaou terminal by 2bcm in 2030.</p>



## Germany

IMPORTS	Germany sourced 89% of its LNG imports from the US in the first quarter of 2026 — a higher percentage than any other European country.
SPENDING	IEEFA estimates that Germany spent more than €3.0 billion on US LNG in 2025.
TERMINAL UPDATES	<p>Germany's LNG terminals had an average utilisation rate of 48% in the first quarter of 2026.</p> <p>Deutsche Energy Terminal's second terminal in Wilhelmshaven started operations in August 2025 using the Excelerate Excelsior FSRU.</p> <p>The FSRU Höegh Gannet at Brunsbüttel experienced significant downtime in 2025 and was offline for maintenance from 18 September 2025 until mid-November 2025.</p> <p>Energos Power FSRU started operating at Germany's Mukran port in 2024. But in February 2025, terminal operator Deutsche ReGas announced that it had ended a contract with Germany's government for the vessel, which has since moved to Egypt.</p> <p>Deutsche Energy Terminal expected the Energos Force FSRU to start operations in 2024 at the Stade terminal. However, following delays to the facility's commissioning, the FSRU was sublet to Jordan in 2025.</p>
OUTLOOK	<p>Deutsche Energy Terminal plans to expand the capacity of the second terminal in Wilhelmshaven in 2026 and 2027.</p> <p>IEEFA forecasts that Germany's LNG regasification capacity will increase from 20.1bcm in 2025 to 56.1bcm in 2030.</p>



## Greece

IMPORTS	<p>Greece sourced 73% of its LNG imports from the US in the first quarter of 2026.</p>
SPENDING	<p>Greece has been consistently paying the highest price for US LNG among EU Member States: It paid an average of €38.7 per megawatt-hour in 2025, 12% above the EU average.</p>
TERMINAL UPDATES	<p>The average utilisation rate of Greece's LNG terminals was 41% in the first quarter of 2026.</p> <p>The Alexandroupolis FSRU terminal started operations in late 2024. Operations were suspended in January 2025 because of a technical issue. This meant the terminal had a utilisation rate of 4% in 2025.</p> <p>Terminal operator Gastrade said regasification services at Alexandroupolis resumed in August 2025 but at a reduced capacity.</p>
OUTLOOK	<p>In January 2025, Dioriga Gas FSRU in Corinth received approval to begin operations in 2026.</p> <p>In May 2025, Mediterranean Gas reportedly announced that its 5.2bcm Argo FSRU project in Volos was scheduled to commence operations in July 2027.</p> <p>Elpedison is progressing with plans to install an FSRU in the port of Thessaloniki by 2029.</p> <p>In January 2026, Greece granted environmental approval for a new terminal, Thrace FSRU. The terminal could have a capacity of 6bcm and be operational by 2028. <a href="#">Estimated construction costs</a> of nearly €600 million mean the project will need support from European financial instruments or state funds.</p> <p>If all proposed projects go ahead, Greece's LNG regasification capacity will increase from 12.5bcm in 2025 to 33.5bcm in 2030.</p>



## Italy

IMPORTS	<p>Italy is more reliant on Qatari LNG than any other European country, with 33% of its 2025 LNG imports from Qatar.</p> <p>Italy sourced 55% of its LNG imports from the US in the first quarter of 2026.</p>
SPENDING	<p>Italy spent about €3.5 billion on US LNG in 2025.</p>
TERMINAL UPDATES	<p>Italy's Ravenna terminal began operations in 2025 using the FSRU BW Singapore; it had a utilisation rate of 25% in March 2026.</p> <p>The regasification capacity of the Adriatic LNG terminal was increased by 0.5bcm to 9.5bcm on 31 December 2025.</p> <p>The Panigaglia terminal had a utilisation rate of 12.4% in the first quarter of 2026, the lowest in the EU.</p>
OUTLOOK	<p>The proposed Porto Empedocle LNG terminal in Sicily has not been confirmed.</p> <p>The Gioia Tauro terminal was planned for commissioning in 2026, but this has not been confirmed.</p>



## The Netherlands

IMPORTS	<p>The Netherlands sourced 77% of its LNG imports from the US in the first quarter of 2026.</p> <p>The Netherlands is one of five European countries that imported Russian LNG in the first quarter of 2026, when 12% of its LNG imports were from Russia.</p>
SPENDING	<p>The Netherlands paid the highest average price for Russian LNG of any EU country in 2025: €38.4 per megawatt-hour.</p> <p>The Netherlands spent more on US LNG than any other EU country in 2025, about €7.0 billion.</p>
TERMINAL UPDATES	<p>The EemsEnergy terminal recorded its lowest utilisation rate since 2023 in the first quarter of 2026.</p> <p>The companies behind Zeeland Energy Terminal, a proposed LNG terminal in the Netherlands that will feature an FSRU, said they expect it to start operations in 2028 or 2029.</p>
OUTLOOK	<p>IEEFA forecasts that the Netherlands' LNG regasification capacity will increase from 25bcm in 2025 to 36.5bcm in 2030.</p>



## Poland

IMPORTS	<p>Poland sourced 75% of its LNG imports from the US in the first quarter of 2026.</p> <p>Poland sourced 21% of its LNG imports from Qatar in the first quarter of 2026.</p> <p>Poland is among the most vulnerable European countries to disruptions to Qatar's LNG supply.</p>
SPENDING	<p>IEEFA estimates that Poland spent more than €2.0 billion on US LNG in 2025.</p>
TERMINAL UPDATES	<p>Poland's sole LNG terminal, Świnoujście, was expanded in 2024.</p>
OUTLOOK	<p>Construction started on the Gdańsk terminal in 2025. It will feature an FSRU and is scheduled for commissioning in early 2028.</p> <p>In 2023, terminal operator Gaz-System shelved plans for a second FSRU at Gdańsk due to a lack of interest. Gaz-System announced plans to revive the project in September 2025.</p> <p>Poland plans to increase its LNG import capacity from 8.3bcm in 2026 to 14.4bcm in 2028.</p>



## Russia

EUROPEAN IMPORTS	<p>Europe's imports of Russian LNG reached a quarterly record in the first quarter of 2026, increasing by 16% year on year.</p> <p>Russia is Europe's second-largest LNG supplier, accounting for 13% of Europe's LNG imports in the first quarter of 2026.</p> <p>Five European countries imported Russian LNG in the first quarter of 2026: France, Spain, Belgium, the Netherlands and Portugal.</p> <p>France imported more Russian LNG than any other European country in the first quarter of 2026, as 35% of its imports came from Russia. France's monthly imports of Russian LNG reached a record high in January 2026.</p> <p>Spain's imports of Russian LNG rose by 43% year on year in the first quarter of 2026. Spain's monthly imports of Russian LNG reached a record high in March 2026.</p> <p>Belgium is the only European country where Russia is the top LNG supplier. Belgium's imports of Russian LNG jumped by 23% in the first quarter of 2026.</p> <p>Belgium's Zeebrugge imported more Russian LNG than any other European terminal in the first quarter of 2026, followed by Dunkerque and Montoir-de-Bretagne (France) and Bilbao (Spain).</p>
SPENDING	<p>EU countries spent about €6.7 billion on Russian LNG in 2025.</p>
SANCTIONS	<p>In January 2026, EU Member States formally adopted a regulation to phase out imports of Russian pipeline gas and LNG by 30 September 2027.</p> <p>The EU has banned purchases of Russian LNG on a short-term basis since 25 April 2026. The EU ban on imports of Russian LNG under long-term contracts will come into effect from January 2027. EU imports of Russian pipeline gas under short- and long-term contracts are banned from 17 June 2026 and 30 September 2027, respectively.</p>



## Spain

IMPORTS	<p>Spain's imports of Russian LNG rose by 43% year on year in the first quarter of 2026. 26% of Spain's LNG imports were from Russia in that quarter.</p> <p>Spain's monthly imports of Russian LNG reached a record high in March 2026.</p> <p>Spain is the EU's second-largest LNG importer. Its imports of the fuel increased by 8% year on year in the first quarter of 2026.</p> <p>Spain sourced 55% of its LNG imports from the US in the first quarter of 2026, up from 45% in 2025.</p>
SPENDING	<p>In 2025, Spain spent about €3.7 billion on US LNG and €1.3 billion on Russian LNG.</p>
TERMINAL UPDATES	<p>Spain's El Musel terminal had the second-lowest utilisation rate among EU LNG terminals in the first quarter of 2026 (13.9%).</p> <p>The average utilisation rate of Spain's LNG terminals was 31% in the first quarter of 2026.</p>
OUTLOOK	<p>Spain has no known plans to install or expand any more LNG terminals.</p>



## **Türkiye**

IMPORTS	<p>Türkiye became Europe's largest LNG importer in the first quarter of 2026.</p> <p>Türkiye sourced 60% of its LNG imports from the US in the first quarter of 2026.</p>
OUTLOOK	<p>Türkiye has no known plans to install or expand any more LNG terminals.</p>



## The UK

IMPORTS	<p>The UK imported more US LNG than any other European country in the first quarter of 2026, with deliveries up 17% year on year.</p> <p>The UK sourced 81% of its LNG imports from the US in the first quarter of 2026.</p> <p>UK LNG imports declined by 12% between 2021 and 2025; they increased by 16% year on year in the first quarter of 2026.</p>
TERMINAL UPDATES	<p>In August 2025, British Gas owner Centrica and US-based investor Energy Capital Partners announced the acquisition of the UK's Isle of Grain LNG terminal for an enterprise value of £1.5 billion. Grain is Europe's largest LNG terminal.</p>
OUTLOOK	<p>Grain is currently undergoing an expansion that will increase its regasification capacity from 21.7bcm to 27bcm and its storage capacity by 20%.</p>



## The US

EUROPEAN IMPORTS	<p>The US accounted for 63% of Europe's LNG imports in the first quarter of 2026, up from 57% in the first quarter of 2025.</p> <p>European imports of US LNG more than tripled between 2021 and 2025.</p> <p>The UK imported more US LNG than any other European country in the first quarter of 2026.</p> <p>Six European countries sourced more than 70% of their LNG imports from the US in the first quarter of 2026: Germany (89%), Croatia (87%), the UK (81%), the Netherlands (77%), Poland (75%) and Greece (73%).</p> <p>In January 2026, IEEFA warned that the EU could source 75–80% of its LNG imports from the US by 2030. At this rate of growth, the EU will source 80% of LNG imports from the US by 2028 or 2029.</p>
SPENDING	<p>On average, US LNG is the most expensive for EU buyers.</p> <p>EU countries spent €131.2 billion on US LNG between 2022 and 2025.</p>

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