



1 **Centennial-scale monsoon changes since the last deglaciation linked to solar activities**  
2 **and North Atlantic cooling**

3 **Xingxing Liu<sup>1,\*</sup>, Youbin Sun<sup>1,\*</sup>, Jef Vandenberghe<sup>2</sup>, Peng Cheng<sup>1</sup>, Xu Zhang<sup>3,4</sup>, Evan J**  
4 **Gowan<sup>4</sup>, Gerrit Lohmann<sup>4</sup>, Zhisheng An<sup>1</sup>**

5 <sup>1</sup>State Key Laboratory of Loess and Quaternary Geology, Institute of Earth Environment,  
6 Chinese Academy of Sciences, Xi'an 710061, China

7 <sup>2</sup>Institute of Earth Sciences, Vrije Universiteit, De Boelelaan 1085, 1081 HV Amsterdam, The  
8 Netherlands

9 <sup>3</sup>Key Laboratory of Western China's Environmental Systems (Ministry of Education), College of  
10 Earth and Environmental Sciences, Lanzhou University, Lanzhou, 730000, China

11 <sup>4</sup>Alfred Wegener Institute Helmholtz Centre for Polar and Marine Research, Bussestrasse 24, D-  
12 27570 Bremerhaven, Germany

13 \*Corresponding author: Xingxing Liu ([liuwx@ieecas.cn](mailto:liuwx@ieecas.cn)) and Youbin Sun ([sunyb@ieecas.cn](mailto:sunyb@ieecas.cn))

14 **Abstract**

15 Rapid monsoon changes since the last deglaciation remain poorly constrained due to the scarcity  
16 of geological archives. Here we present a high-resolution scanning X-ray fluorescence (XRF)  
17 analysis of a 13.5-m terrace succession on the western Chinese Loess Plateau (CLP) to infer  
18 rapid monsoon changes since the last deglaciation. Our results indicate that Rb/Sr and Zr/Rb are  
19 sensitive indicators of chemical weathering and wind sorting, respectively, which are further  
20 linked to the strength of the East Asia summer and winter monsoon. These two parameters  
21 exhibit an anti-phase relationship between the summer and winter monsoon changes on



22 centennial timescale during 16~1 ka BP. Comparison of these monsoon changes with solar  
23 activity and North Atlantic cooling events reveals that both factors can lead to abrupt changes on  
24 the centennial timescale in the early Holocene. During the late Holocene, North Atlantic cooling  
25 became the major forcing of centennial monsoon events.

26 **Keywords:** Chinese Loess Plateau; East Asian monsoon; elemental ratios; centennial variability;  
27 monsoon dynamics

## 28 **1 Introduction**

29 The East Asian monsoon (EAM) is one of the most important atmospheric circulation  
30 systems linked to climate changes over high- and low-latitude regions of the Northern  
31 Hemisphere (Ding, 1994). It consists of summer and winter monsoons (EASM and EAWM) with  
32 significantly seasonal changes in moisture transportation and wind direction. During the past  
33 three decades, variability of the rain-bearing EASM on millennial to centennial time scales has  
34 been investigated extensively from cave deposits (Dykoski et al., 2005; Wang et al., 2005; Cheng  
35 et al., 2016), loess sequences (An et al., 1991; Ding et al., 1995; Sun et al., 2006, 2016; Kang et  
36 al., 2018), lake sediments (Yancheva et al., 2007; An et al., 2012; Chen et al., 2015; Liu et al.,  
37 2016), marine sediments (Huang et al., 2011), and model simulations (Wen et al., 2016). These  
38 previous studies show a series of oscillations and/or abrupt events, such as the 4.2, 8.2, 9.2 and  
39 10.3 ka events. These records suggest the summer monsoon variations are not only induced by  
40 changes in Northern Hemisphere summer insolation, but also strongly modulated by internal  
41 land-ocean-air interactions of the Earth-climate systems (e.g., An et al., 2015).

42 Unlike abundant proxies of the EASM variability, high-resolution records reflecting  
43 millennial to centennial EAWM variability are still sparse. Though various proxies from



44 different paleoclimatic archives have been used to document EAWM evolution since the last  
45 deglaciation, great differences were observed on the inferred winter monsoon changes and  
46 forcing mechanisms (Yancheva et al., 2007; Huang et al., 2011; Wang et al., 2012; Li and  
47 Morrill, 2015; Kang et al., 2018) . There are four primary factors contribute to these conflicting  
48 records. First, the loess-paleosol record on the Chinese Loess Plateau (CLP) (Sun et al., 2012;  
49 Kang et al., 2018) or marine sediments from the South China Sea (Huang et al., 2011) are not of  
50 sufficiently high resolution to detect centennial EAWM changes due to relatively-low  
51 sedimentation rates. Second, the sensitivity of various archives and proxies to changes in the  
52 monsoon intensity is different (e.g., Yancheva et al., 2007; Huang et al., 2011; Kang et al., 2018).  
53 Some environmental proxies commonly show different amplitudes and timing of variation, likely  
54 reflecting the fact that they respond to different aspects of climate and environment (temperature,  
55 wind and precipitation). Third, the proxies used for the EAWM remains controversial, such as  
56 whether Titanium (Ti) in Huguang Maar Lake is a proxy for local hydrology or EAWM intensity  
57 (Yancheva et al., 2007; Zhang et al., 2007). Fourth, uncertain chronologies from diverse natural  
58 archives (e.g., loess, lake, and marine) may lead to timing mismatch on centennial timescales.

59 Wen et al. (2016) performed a set of long-term transient simulations that suggest the  
60 EASM and EAWM are anti-correlated on millennial timescales in response to North Atlantic  
61 meltwater forcing during the last 21 ka. However, there is still a lack of high-resolution proxies  
62 to support this modelling result. This hampers our understanding of the effects of external solar  
63 forcing and internal meltwater feedbacks (Li and Morrill, 2015; Wen et al., 2016). Though  
64 numerous studies have focused on the rapid climate changes on the EASM and EAWM since the  
65 last deglaciation, significant differences and asynchronous changes still exist (e.g., Wang et al.,  
66 2005; Yancheva et al., 2007; Huang et al., 2011; An et al., 2012; Chen et al., 2015). Therefore, it



67 is crucial to investigate high-resolution, independent proxies with robust chronology of the  
68 summer and winter monsoon intensities in one single archive to improve our understanding of  
69 rapid monsoon changes and dynamics in particular the centennial variability and coherent  
70 forcing mechanisms.

71 In this study, we investigate a thick terrace succession on the western CLP to determine  
72 EAWM and EASM variability since the last deglaciation for the first time. Our results provide  
73 valuable insights into the relationship between the EAWM and EASM variability at centennial  
74 timescales using high-resolution (5-mm interval) elemental records obtained by X-ray  
75 fluorescence (XRF) core scanning. We compare the elemental ratios (Zr/Rb and Rb/Sr) with  
76 other paleo-records of abrupt monsoon changes to determine the links with external solar forcing  
77 and internal feedbacks.

## 78 **2 Materials and Methods**

79 The Dadiwan section (DDW, 35.02°N, 105.8°E, 1454 m a.s.l) in Qin'an County, Gansu  
80 Province is located on the first terrace of the Wei River on the western CLP (Fig. 1A). Fluvio-  
81 aeolian sediments are thick and widely deposited on river terraces of the Wei River and its  
82 tributaries in this area (Fig. 1B). From 1981 to 2010, the mean annual precipitation and mean  
83 annual temperature in Qin'an County is 507.3 mm and 10.4°C, respectively. Dadiwan is known  
84 as the oldest example and type site of the “Dadiwan cultural” or “Laoguantai cultural” complex,  
85 which is the westernmost expression of early millet agriculture in North China. Previous studies  
86 in Dadiwan area based on organic carbon and pollen revealed that the middle Holocene was the  
87 most humid interval since the last deglaciation (Feng et al., 2004). During April 2015, we  
88 retrieved a 13.5-m core using a hydraulic-static drilling rig with a dual-tube (outer and inner



89 tubes) core barrel. The core recovery rate was almost 100%, though some cores were slightly  
90 compressed (Fig. 1C).

91 After splitting the cores into a working and archive half with a Geotek core splitter, the  
92 surface of the cores was carefully smoothed to reduce scanning errors caused by irregularities  
93 from core slicing (Fig. 1C). The split core surface was subsequently covered with a 4  $\mu$ m  
94 Ultralene film during core logging in order to avoid contamination of the XRF detector window  
95 and to prevent desiccation of the core surface. The split cores were scanned every 5-mm using an  
96 Avaatech XRF core scanner at the Institute of Earth Environment, Chinese Academy of Sciences.  
97 The elements measured range from Al to Fe in the periodic table were detected at an X-ray  
98 voltage of 10 kV, Co to Mo at 30 kV, and Te to Ba at 50 kV (Richter et al., 2006; Weltje and  
99 Tjallingii, 2008). On the basis of the processed model, we used the WinAxil and WinAxilBatch  
100 software to calculate the element counts (counts per second, CPS) as peak integrals and applied  
101 background subtraction. The quality of every single spectrum and peak integral can be easily  
102 checked with the  $\chi^2$  value (Van Espen et al., 1977). As the variation in element concentrations of  
103 loess can be related to grain size sorting and chemical weathering (Chen et al., 1999, 2006; Peng  
104 and Guo, 2001), three elements (Rb, Zr and Sr) with high concentrations and low analytical  
105 uncertainties which were detected at 30 kV are discussed in this study.

106 After core scanning, sub-samples were taken at contiguous 1-cm intervals. A total of  
107 1350 sub-samples were obtained for grain size and magnetic susceptibility analyses (see Fig. 2 in  
108 Liu et al., 2018 for a detailed description). A rough chronology of the DDW section was  
109 established by accelerator mass spectrometer (AMS)  $^{14}\text{C}$  dates based on five total organic carbon  
110 from bulk sediments (Liu et al., 2018). In this study, seven additional  $^{14}\text{C}$  dates from bulk  
111 organic matter were obtained in order to get more reliable age control. The samples were



112 pretreated with 1M HCl (2 hr, 60°C) to remove carbonate, and then were thoroughly rinsed with  
113 distilled water (Zhou et al., 2006). Pretreated samples and CuO powder were placed into 9-mm  
114 quartz tubes, evacuated to  $1 \times 10^{-5}$  Torr, and then combusted. The pure CO<sub>2</sub> was collected using  
115 liquid nitrogen and reduced to graphite for AMS dating. For the AMS analysis, the CO<sub>2</sub> was  
116 reduced to graphite using Zn/Fe catalytic reduction. All these selected 12 samples were analyzed  
117 using a 3MV tandem accelerator at the Xi'an accelerated mass spectroscopy center and  
118 calibrated using calib. 7.0.2 (Reimer et al., 2004).

### 119 **3 Results**

120 Based on soil structure, color, magnetic susceptibility and grain size, the 13.5-m DDW  
121 core can be divided lithologically into three sub-units from bottom to top: 13~13.5 m, fluvial  
122 sediments; 6~13 m, loess deposits; 0~6 m, paleosol interbedded with four weakly weathered  
123 paleosol layers (Fig. 2A). The 12 radiocarbon ages have a linear correlation with depth. This is  
124 consistent with a continuous sediment accumulation under a stable environment between 16~1  
125 ka BP. The age-depth model is constructed using linear regression ( $y=1.1465x+1.2546$ ,  
126  $R^2=0.9921$ ) (Fig. 2B). We can resolve centennial-scale monsoon variations since the last  
127 deglaciation, due to the dating errors range from 24 to 50 years and the sedimentation rate is high  
128 (0.09 cm/yr).

129 The magnetic susceptibility displays a stepwise increase from  $\sim 13.7 \times 10^{-8} \text{m}^3 \text{kg}^{-1}$  below 6  
130 m to  $15.5 \sim 138.6 \times 10^{-8} \text{m}^3 \text{kg}^{-1}$  above 6 m, with maximum values at three strongly weathered soil  
131 layers (Fig. 2C). Mean grain size, however, exhibits a two-stage variability except for the lower  
132 0.5-m fluvial sandy layers (not shown here because it goes off the scale) (Fig. 2D); The lower  
133 part (13.5~6 m) exhibits large fluctuations (7.9~121.3  $\mu\text{m}$ ) while the loess-paleosol alternations  
134 (6~0 m) show small fluctuations (6.4~28.8  $\mu\text{m}$ ). Generally, high magnetic susceptibility



135 corresponds to fine mean grain-size, but the abrupt MS increase around 6 m is different from the  
136 gradual fining of the mean grain size between 8.2~6.8 m.

137 Similar to variations of magnetic susceptibility and grain-size, Rb, Sr and Zr exhibit  
138 significant variability, with ranges of 3400~8827 cps for Rb (Fig. 2E), 7000~40000 cps for Sr  
139 (Fig. 2F), and 7000~30000 cps for Zr (Fig. 2G). Low Rb/Sr ratio values correspond to low  
140 magnetic susceptibility, with values in the range from 0.18 to 0.6, revealing distinct pedogenic  
141 weathering effects. (Fig. 2H). The variation of the Zr/Rb ratio ranges from 1.2 to 5.8. High Zr/Rb  
142 ratios occur where grain-size is coarse, suggesting grain-size sorting effects (Fig. 2I).

#### 143 **4 Discussion**

##### 144 4.1 Centennial monsoon variability since the last deglaciation

145 A number of elements (e.g. Al, Si, K, Ca, Ti, Fe, Mn, Rb, Zr, Sr) based on scanning XRF  
146 have been used to acquire information of past climatic and environmental changes (Richter et al.,  
147 2006; Liang et al., 2012; Sun et al., 2016). However, the interpretation of lighter elements data  
148 require careful consideration due to the instrument detection limits and analytical uncertainties  
149 (e.g. organic matter and water content) (Richter et al., 2006). Considering the sedimentary  
150 characteristics and geochemical behavior of Zr (commonly abundant in coarse-grained sediments  
151 and resistant to weathering), Rb (enriched in clay deposits, relatively stable) and Sr (easily  
152 mobilized during chemical weathering), the ratios of Zr/Rb can be an indicator of grain-size  
153 sorting and Rb/Sr is an indicator of chemical weathering (Chen et al., 1999, 2006; Peng and Guo,  
154 2001). Previous studies demonstrated that grain size and magnetic susceptibility of loess-  
155 paleosol sequences have been widely used as proxies for winter and summer monsoons,  
156 respectively (An et al., 1991; Ding et al, 1995; Sun et al., 2006). Taking into account the ratio of



157 Zr/Rb and Rb/Sr are highly consistent with grain-size and magnetic susceptibility (Fig. 2), we  
158 used Zr/Rb and Rb/Sr ratios as proxies for EAWM and EASM intensity, respectively.

159 The Zr/Rb and Rb/Sr ratios reveal significant centennial- to millennium-scale variability  
160 (Fig. 3). During the last deglaciation, the Zr/Rb ratio has large-amplitude, high-frequency  
161 fluctuations, in contrast to small-amplitude and low-frequency oscillations during the Holocene  
162 (Fig.3B). The Rb/Sr ratio exhibits relatively small-amplitude fluctuations during the last  
163 deglaciation to early Holocene (16~9.7 ka BP) and mid-to-late Holocene (7-1 ka BP). In the  
164 early to mid-Holocene (9.7-7 ka BP), there are large amplitude fluctuations (Fig. 3C). It reveals  
165 a anti-phased relationship between EAWM and EASM on centennial-scale. That is, when the  
166 EAWM is strong, the EASM is weak. A series of strong EAWM and weak EASM events (e.g.,  
167 H1, YD, 11.1, 10.1, 9.3, 8.2, 7.3, 6.7, 5.9, 4.6 and 2.1 ka) can be identified from Zr/ Rb and  
168 Rb/Sr values. However, some of the intervals (e.g., YD, 11.1, 6.7 ka) are more distinct in the  
169 Zr/Rb ratio, while some intervals such as the 7.3 ka event is more distinct in the Rb/Sr ratio. The  
170 differences between the two proxies records during these abrupt intervals shows that they have  
171 variable sensitivity to monsoonal wind and precipitation intensity changes (Sun et al., 2012;  
172 Chen et al., 2015).

173 The centennial-scale winter monsoon changes since the last deglaciation reconstructed at  
174 DDW are partially consistent with previous high-resolution Ti records from Lake Huguang Maar  
175 in southern China (Fig. 3A, Yancheva et al., 2007). This support that the record of Ti counts can  
176 be a measure of winter monsoon strength although it is still controversial due to the provenance  
177 of the lake sediments (Yancheva et al., 2007; Zhang et al., 2007). Some of the strong winter  
178 monsoon intervals (e.g., 7.3 ka) are not significant in the Lake Huguang Maar, which indicate  
179 that DDW, located in northern China, is more sensitive to the EAWM system.



180 Compared with other summer monsoon proxy records in China, the centennial-scale  
181 EASM changes at DDW are consistent with the Lake Qinghai summer monsoon index (SMI)  
182 (Fig.3D, An et al., 2012) and the  $^{18}\text{O}$  record from Dongge Cave stalagmites in eastern China  
183 (Fig.3E, Dykoski et al., 2005; Wang et al., 2005). Almost all the weak summer monsoon  
184 intervals, within dating errors, appear to coincide with major changes in the  $^{18}\text{O}$  record from  
185 Dongge Cave. This indicates that Rb/Sr from DDW and  $^{18}\text{O}$  record of Dongge Cave both  
186 responded to changes in solar output (Wang et al., 2005; Dykoski et al., 2005). There are some  
187 discrepancies between DDW and Qinghai Lake, such as the 8.2 ka event, which was not  
188 significant in the Qinghai Lake. This could be ascribed to age model discrepancies, or the  
189 variable sensitivity of different proxies to changes in monsoon intensity (Chen et al., 2015).  
190 Therefore, the other weak EASM intervals existing in three different regions (CLP, northeast of  
191 Tibetan Plateau and eastern China) may have recorded centennial EASM variability since the  
192 last deglaciation.

#### 193 4.2 Links between solar forcing and high-latitude climate changes

194 We removed the long-term trend of Zr/Br and Rb/Sr ratios to investigate the high  
195 frequency components of the signal ( $<1$  kyr), then compare the results with the North Atlantic  
196 hematite-stained grains records (HSG, Fig. 4A) (Bond et al., 2001) and atmospheric  $^{14}\text{C}$   
197 production rate ( $\Delta^{14}\text{C}$ ) (Fig. 4D) (Reimer et al., 2013). HSG is a tracer of drift ice in the North  
198 Atlantic, high values of HSG indicate cold conditions (Bond et al., 2001). Higher values of  
199 atmospheric  $\Delta^{14}\text{C}$  represent weak solar activity and vice versa (Stuiver and Quay, 1980). High-  
200 frequency components of the EAWM and EASM proxies from DDW exhibit large-amplitude  
201 fluctuations during the early Holocene (11.5~7 ka), while the amplitude variations were more  
202 moderate during the late Holocene (7~1 ka), especially the Rb/Sr ratio (Fig. 4B and C). All the



203 strong winter and weak summer monsoon intervals from DDW records can either be correlated  
204 with HSG (Fig. 4A), or with high atmospheric  $\Delta^{14}\text{C}$  (Fig. 4D). This indicate possible  
205 relationship with Northern Hemisphere cooling and solar activity.

206 During the early Holocene (11.5~7 ka), all of the strong EAWM/weak EASM intervals  
207 (e.g., 11.1, 10.1, 9.3, 8.2, 7.3 ka BP) within the limits of dating error are correlated with HSG  
208 and high  $\Delta^{14}\text{C}$ . High similarity of these records suggests that the North Atlantic cooling events  
209 and solar activity probably simultaneously affect the EAM systems on centennial timescales.  
210 During the late Holocene (7~1 ka), all the strong EAWM and weak EASM events (e.g., 6.7, 5.9,  
211 4.6, 3.3, 2.8 and 2.1 ka BP) correspond well to the abrupt events in the North Atlantic region.  
212 This indicates that North Atlantic cooling plays an important role in driving the centennial  
213 monsoon changes during the late Holocene. The 3.3 and 2.8 ka events are also correlated well  
214 with high  $\Delta^{14}\text{C}$ , which indicate solar forcing also plays a role during those times.

215 In order to further confirm the possible link of monsoon variability with internal North  
216 Atlantic feedbacks and external solar forcing on centennial-scale, spectral analyses were  
217 conducted on these proxies for the early (11.5~7 ka) and late (7~1 ka) Holocene (Fig. 4). The  
218 spectral results reveal that the Zr/Rb and Rb/Sr records both display a prominent periodicity at  
219 1.0 kyr (Fig. 4F and G). This matches with the cycle of HSG (Fig. 4E) and  $\Delta^{14}\text{C}$  (Fig. 4H)  
220 during the early Holocene. The similarity in periodicity further confirm the link of centennial  
221 EAM variability to North Atlantic cooling and solar activities during the early Holocene (11.5~7  
222 ka). However, the dominant periodicity (~1.27 kyr) of HSG, Zr/Br and Rb/Sr records are not  
223 evident in the  $\Delta^{14}\text{C}$  spectrum during the late Holocene (7~1 ka) (Fig.4I-L), implying that solar  
224 forcing is not the dominant cause of centennial monsoon variability during this period.



225 North Atlantic cooling and solar activity are two commonly accepted drivers of  
226 centennial climate variability. There is a teleconnection between rapid monsoon changes and  
227 abrupt events in the North Atlantic region (the ocean thermohaline circulation) (Broecker et al.,  
228 1992; Alley et al., 1997; Bond et al., 2001; Wang et al., 2005). The strength of the Siberian High,  
229 located north of our DDW section, increases when the North Atlantic is in a cold mode (Gong et  
230 al., 2001). The Intertropical Convergence Zone (ITCZ) shifted southward due to changes in the  
231 Atlantic Meridional Overturning Circulation (AMOC) and temperature gradients across the  
232 northern hemisphere. When ITCZ shifted southward, the EASM weakened and EAWM  
233 strengthened (Broccoli et al., 2006; Sun et al., 2012; Wen et al., 2016). Speleothem records from  
234 China (Dykoski et al., 2005; Cheng et al., 2006; Wang et al., 2008) and many model simulations  
235 (Chiang and Bitz 2005; Broccoli et al. 2006) support this.

236 The change in solar activity could contribute to the regional monsoon variability by  
237 affecting low-latitude hydrological processes (Liu et al. 2009; Yan et al. 2015). Specifically,  
238 decreased summer insolation results in changes to the land-ocean thermal contrast. The sea  
239 surface temperature in the western tropical Pacific decreases and the Northwest Pacific  
240 Subtropical High weakens (Liu et al., 2003; Cai et al., 2010). This decreased thermal contrast  
241 would result in a southward migration of the ITCZ and also weaken the EASM strength by  
242 reducing the monsoon moisture transport from the tropical ocean to the continent in low latitudes  
243 (Liu et al. 2009; Yan et al. 2015). Since changes in solar output are large at centennial-scale  
244 during the early Holocene, this may amplify the solar output effect due to nonlinear responses  
245 and feedback processes of the climate system (Mohtadi et al., 2016). During the late Holocene  
246 (7~1 ka), there is a decrease of summer insolation and the small-amplitude fluctuations of solar



247 activities (Fig. 4D) (Berger, 1978). This is probably why it play a less important role in EAM  
248 system.

## 249 **5 Conclusions**

250 We recovered a high-resolution last deglaciation record of EAWM and EASM from terrace  
251 sediments on the western CLP. Ratios of Zr/Rb and Rb/Sr are sensitive indicators of winter wind  
252 intensity and chemical weathering, respectively, and thus can be regarded as an index of EAWM  
253 and EASM. A number of strong and weak monsoon changes are identified by means of Zr/Br  
254 and Rb/Sr values from DDW, such as strong EAWM/weak EASM intervals around H1, YD,  
255 11.1, 10.1, 9.3, 8.2, 5.9, 4.6, 3.3, 2.8 and 2.1 ka, which reveals a negative co-variability between  
256 the EAWM and EASM on centennial time scale. Our Zr/Rb and Rb/Sr records are consistent  
257 with the Ti content from Lake Huguang Maar (EAWM proxy), the SMI from Lake Qinghai and  
258 the  $^{18}\text{O}$  record from the Dongge cave (both EASM proxies). Comparing with North Atlantic  
259 cooling and solar activity proxies, our record shows that both are possible driving factors of  
260 centennial monsoon variability. North Atlantic cooling events and solar activity are the dominant  
261 forcing of the EAM system during the early Holocene, while North Atlantic cooling became  
262 more important during the late Holocene.

## 263 **Data availability**

264 All data are accessible from the authors. Correspondence and requests for materials should be  
265 addressed to Xingxing Liu (liuwx@ieecas.cn).

## 266 **Author contributions**

267 Xingxing Liu and Youbin Sun designed the study and performed the fieldwork and experiments.  
268 Jef Vandenberghe, Xu Zhang contributed to data analysis. Peng Cheng conducted the AMS 14C



269 analysis. Evan J Gowan, Gerrit Lohmann and Zhisheng An improved the manuscript with their  
270 contributions.

### 271 **Competing interests**

272 The authors declare that they have no conflict of interest.

### 273 **Acknowledgments**

274 This work was supported by The National Key Research and Development Program of China  
275 (2016YFA0601902), the National Science Foundation of China (41807425 and 41525008), and  
276 the Open Foundation of State Key Laboratory of Loess and Quaternary Geology  
277 (SKLLQG1633).

### 278 **References**

279 Alley, R.B., Mayewski, P.A., Sowers, T., Stuiver, M., Taylor, K.C., and Clark, P.U.: Holocene  
280 climatic instability: A prominent, widespread event 8200 yr ago, *Geology*, 25 (6), 483-486,  
281 1997.

282 An, Z.S., Colman, S.M., Zhou, W.J., Li, X.Q., Brown, E.T., Jull, A.J.T., Cai, Y.J., Huang, Y.S.,  
283 Lu, X.F., Chang, H., Song, Y.G., Sun, Y.B., Xu, H., Liu, W.G., Jin, Z.D., Liu, X.D., Cheng,  
284 P., Liu, Y., Ai, L., Li, X.Z., Liu, X.J., Yan, L.B., Shi, Z.G., Wang, X.L., Wu, F., Qiang,  
285 X.K., Dong, J.B., Lu, F.Y., and Xu, X.W.: Interplay between the Westerlies and Asian  
286 monsoon recorded in Lake Qinghai sediments since 32 ka, *Scientific Reports*, 2, 619, 2012.

287 An, Z.S., Kukla, G., Porter, S.C., and Xiao, J.L.: Late Quaternary dust flow on the Chinese loess  
288 plateau, *Catena*, 18 (2), 125-132, 1991



- 289 An, Z.S., Wu, G.X., Li, J.P., Sun, Y.B., Liu, Y.M., Zhou, W.J., Cai, Y.J., Duan, A.M., Li, L.,  
290 Mao, J.Y., Cheng, H., Shi, Z.G., Tan, L.C., Yan, H., Ao, H., Chang, H., and Juan, F.:  
291 Global Monsoon Dynamics and Climate Change, *Annu. Rev. Annual Review of Earth and*  
292 *Planetary Sciences*, 43, 2.1-2.49, 2015.
- 293 Berger, A.: Long term variations of daily insolutions and quaternary climatic changes, *Journal of*  
294 *the Atmospheric Sciences*, 35, 2362-2367, 1978.
- 295 Berntsson, A., Rosqvist, G.C., and Velle, G.: Late-Holocene temperature and precipitation  
296 changes in Vindelfjällen, mid-western Swedish Lapland, inferred from chironomid and  
297 geochemical data, *The Holocene*, 24: 78-92. doi: 10.1177/0959683613512167, 2014.
- 298 Bond, G., Kromer, B., Beer, J., Muscheler, R., Evans, M.N., Showers, W., Hoffmann, S., Lotti  
299 Bond, R., Hajdas, I., and Bonani, G.: Persistent solar influence on North Atlantic climate  
300 during the Holocene, *Science*, 294 (5549), 2130-2136, 2001.
- 301 Broccoli, A. J., Dahl, K. A., and Stouffer, R. J.: Response of the ITCZ to Northern Hemisphere  
302 cooling, *Geophysical Research Letters*, 33(1), 2006.
- 303 Broecker, W., Bond, G., Klas, M., Clark, E., and McManus, J.: Origin of the northern Atlantic's  
304 Heinrich events, *Climate Dynamics*, 6 (3-4), 265-273, 1992.
- 305 Cai, Y.J., Tan, L.C., Cheng, H., An, Z.S., Edwards, R.L., Kelly, M.J., Kong, X.G., and Wang,  
306 X.F.: The variation of summer monsoon precipitation in Central China since the last  
307 deglaciation, *Earth and Planetary Science Letters*, 291 (1), 21-31, 2010.
- 308 Chen, F., Xu, Q., Chen, J., Birks, H.J.B., Liu, J., Zhang, S., Jin, L., An, C., Telford, R.J., Cao, X.,  
309 Wang, Z., Zhang, X., Selvaraj, K., Lu, H., Li, Y., Zheng, Z., Wang, H., Zhou, A., Dong, G.,



- 310 Zhang, J., Huang, X., Bloemendal, J., and Rao, Z.: East Asian summer monsoon  
311 precipitation variability since the last deglaciation, *Scientific Reports*, 5, 11186, 2015.
- 312 Chen, J., An, Z.S., Wang, Y.J., Ji, J.F., Chen, Y., and Lu, H.Y.: Distribution of Rb and Sr in the  
313 Luochuan loess-paleosal sequence of China during the last 800 ka implications for  
314 paleomonsoon variations, *Science China Earth Sciences*, 42, 225-232, 1999.
- 315 Chen, J., Chen, Y., Liu, L., Ji, J., Balsam, W., Sun, Y., and Lu, H.: Zr/Rb ratio in the Chinese  
316 loess sequences and its implication for changes in the East Asian winter monsoon strength,  
317 *Geochimica et Cosmochimica Acta*, 70, 1471-1482, 2006.
- 318 Cheng, H., Edwards, R. L., Wang, Y., Kong, X., Ming, Y., Kelly, M. J., Wang, X.F., Gallup,  
319 C.D., and Liu, W.G.: A penultimate glacial monsoon record from Hulu Cave and two-phase  
320 glacial terminations, *Geology*, 34(3), 217-220, 2006.
- 321 Cheng, H., Edwards, R.L., Sinha, A., Spotl, C., Yi, L., Chen, S.T., Kelly, M., Kathayat, G.,  
322 Wang, X.F., Li, X.L., Kong, X.G., Wang, Y.J., Ning, Y.F., and Zhang, H.W.: The Asian  
323 monsoon over the past 640,000 years and ice age terminations, *Nature*, 534, 640-646, 2016.
- 324 Chiang, J.C.H., and Bitz, C.M.: Influence of high latitude ice cover on the marine Intertropical  
325 Convergence Zone, *Climate Dynamics*, 25, 477-496, 2005.
- 326 Ding, Y.H.: *Monsoon over China*, Kluwer Academic, p. 420, 1994.
- 327 Ding, Z.L., Liu, T.S., Rutter, N.W., Yu, Z.W., Guo, Z.T., and Zhu, R.X.: Ice-volume forcing of  
328 East Asian winter monsoon variations in the past 800,000 years, *Quaternary Research*, 44  
329 (2), 149-159, 1995.
- 330 Dykoski, C.A., Edwards, R.L., Cheng, H., Yuan, D.X., Cai, Y.J., Zhang, M.L., Liu, Y.S., Qing,  
331 J.M., An, Z.S., and Revenaugh, J.: A high-resolution, absolute-dated Holocene and



- 332 deglacial Asian monsoon record from Dongge cave, China. *Earth and Planetary Science*  
333 *Letters*, 233 (1), 71-86, 2005.
- 334 Feng, Z.D., An, C.B., Tang, L.Y., and Jull, A.J.T.: Stratigraphic evidence of a Megahumid  
335 climate between 10,000 and 4000 years BP in the western part of the Chinese Loess Plateau,  
336 *Global and Planetary Change*, 43 (3), 145-155, 2004.
- 337 Gong, D.Y., Wang, S.W., and Zhu, J.H.: East Asian winter monsoon and Arctic Oscillation,  
338 *Geophysical Research Letters*, 28 (10), 2073-2076, 2001.
- 339 Huang, E., Tian, J., and Steinke, S.: Millennial-scale dynamics of the winter cold tongue in the  
340 southern South China Sea over the past 26 ka and the East Asian winter monsoon,  
341 *Quaternary Research*, 75 (1), 196-204, 2011.
- 342 Kang, S.G., Wang, X.L., Roberts, H. M., Duller, G. A., Cheng, P., Lu, Y.C., and An, Z.S.: Late  
343 Holocene anti-phase change in the East Asian summer and winter monsoons, *Quaternary*  
344 *Science Reviews*, 188, 28-36, 2018.
- 345 Li, Y., and Morrill, C.: A Holocene East Asian winter monsoon record at the southern edge of  
346 the Gobi Desert and its comparison with a transient simulation, *Climate Dynamics*, 45,  
347 1219-1234, 2015.
- 348 Liang, L.J., Sun, Y.B., Yao, Z.Q., Liu, Y.G., and Wu, F.: Evaluation of high-resolution elemental  
349 analyses of Chinese loess deposits measured by X-ray fluorescence core scanner, *Catena*, 92:  
350 75-82, 2012.
- 351 Liu, J., Wang, B., Ding, Q., Kuang, X., Soon, W., and Zorita, E.: Centennial variations of the  
352 global monsoon precipitation in the last millennium: results from ECHO-G model, *Journal*  
353 *of Climate*, 22:2356-2371, 2009.



- 354 Liu, X.X., Sun, Y.B., Vandenberghe, J., Li, Y., and An, Z.: Palaeoenvironmental implication of  
355 grain-size compositions of terrace deposits on the western Chinese Loess Plateau, *Aeolian*  
356 *Research*, 32, 202-209, 2018.
- 357 Liu, X.X., Vandenberghe, J., An, Z.S., Li, Y., Jin, Z.D., Dong, J.B., and Sun, Y.B.: Grain size of  
358 Lake Qinghai sediments: implications for riverine input and Holocene monsoon variability,  
359 *Palaeogeography, Palaeoclimatology, Palaeoecology*, 449, 41-51, 2016.
- 360 Liu, Z., Otto-Bliesner, B., Kutzbach, J., Li, L., and Shields, C.: Coupled climate simulation of  
361 the evolution of global monsoons in the Holocene, *Journal of Climate*, 16 (15), 2472-2490,  
362 2003.
- 363 Mohtadi, M., Prange, M., and Steinke, S.: Palaeoclimatic insights into forcing and response of  
364 monsoon rainfall, *Nature*, 533, 191-199, 2016.
- 365 Peng, S.Z., and Guo, Z.T.: Geochemical indicator of original eolian grain size and implications  
366 on winter monsoon evolution, *Science in China Series D: Earth Sciences*, 44: 261-266, 2001.
- 367 Rasmussen, S.O., Andersen, K.K., Svensson, A.M., Steffensen, J.P., Vinther, B.M., Clausen,  
368 H.B., Siggaard-Andersen, M.L., Johnsen, S.J., Larsen, L.B., Dahl-Jensen, D., Bigler, M.,  
369 Röhlisberger, R., Fischer, H., Goto-Azuma, K., Hansson, M.E., and Ruth, U.: A new  
370 Greenland ice core chronology for the last glacial termination, *Journal of Geophysical*  
371 *Research: Atmospheres*, 111(D6), 2006.
- 372 Reimer, P.J., Baillie, M.G.L., Bard, E., Bayliss, A., Beck, J.W., Bertrand, C.J.H., Blackwell, P.G.,  
373 Buck, C.E., Burr, G.S., Cutler, K.B., Damon, P.E., Edwards, R.L., Fairbanks, R.G.,  
374 Friedrich, M., Guilderson, T.P., Hogg, A.G., Hughen, K.A., Kromer, B., McCormac, G.,  
375 Manning, S., Ramsey, C.B., Reimer, R.W., Remmele, S., Southon, J.R., Stuiver, M.,



- 376 Talamo, S., Taylor, F.W., van der Plicht, J., and Weyhenmeyer, C.E.: IntCal04 terrestrial  
377 radiocarbon age calibration, 0-26 cal kyr BP, Radiocarbon, 46 (3), 1029-1058, 2004.
- 378 Reimer, P.J., Bard, E., Bayliss, A., Beck, J.W., Blackwell, P.G., Bronk Ramsey, C., Buck, C.E.,  
379 Cheng, H., Edwards, R.L., and Friedrich, M.: IntCal13 and Marine13 radiocarbon age  
380 calibration curves 0-50,000 years cal BP, Radiocarbon, 55, 1869-1887, 2013.
- 381 Richter, T. O., Van der Gaast, S., Koster, B., Vaars, A., Gieles, R., de Stigter, H. C., Haas, H.D.,  
382 and van Weering, T. C.: The Avaatech XRF Core Scanner: technical description and  
383 applications to NE Atlantic sediments, Geological Society, London, Special Publications,  
384 267(1), 39-50, 2006.
- 385 Shala, S., Helmens, K., Jansson, K., Kylander, M., Risberg, J., and Lowemark, L.:  
386 Palaeoenvironmental record of glacial lake evolution during the early Holocene at Sokli,  
387 NE Finland, Boreas, 43: 362-376. doi: 10.1111/bor.12043, 2014.
- 388 Stuiver, M., and Quay, P.D.: Changes in atmospheric carbon-14 attributed to a variable sun,  
389 Science, 207 (4426), 11-19, 1980.
- 390 Sun, Y.B., Chen, J., Clemens, S.C., Liu, Q.S., Ji, J.F., and Tada, R.: East Asian monsoon  
391 variability over the last seven glacial cycles recorded by a loess sequence from the  
392 northwestern Chinese Loess Plateau, Geochemistry, Geophysics, Geosystems, 7 (12), 2006.
- 393 Sun, Y.B., Clemens, S.C., Morrill, C., Lin, X.P., Wang, X.L., and An, Z.S.: Influence of Atlantic  
394 meridional overturning circulation on the East Asian winter monsoon, Nature Geoscience, 5  
395 (1), 46-49, 2012.



- 396 Sun, Y.B., Liang, L.J., Bloemendal, J., Li, Y., Wu, F., Yao, Z.Q., and Liu, Y.G.: High-resolution  
397 scanning XRF investigation of Chinese loess and its implications for millennial - scale  
398 monsoon variability, *Journal of Quaternary Science*, 31(3), 191-202, 2016.
- 399 Van Espen, P., Nullens, H., and Adams, F.: A computer analysis of X-ray fluorescence spectra,  
400 *Nuclear Instruments and Methods*, 142(1-2), 243-250, 1977.
- 401 Wang, L., Li, J.J., Lu, H.Y., Gu, Z.Y., Rioual, P., Hao, Q.Z., Mackay, A.W., Jiang, W.Y., Cai,  
402 B.G., Xu, B., Han, J.T., and Chu, G.Q.: The East Asian winter monsoon over the last 15,000  
403 years: its links to high-latitudes and tropical climate systems and complex correlation to the  
404 summer monsoon, *Quaternary Science Reviews*, 32, 131-142, 2012.
- 405 Wang, Y.J., Cheng, H., Edwards, R.L., He, Y., Kong, X., An, Z.S., Wu, J., Kelly, M.J., Dykoski,  
406 C.A., and Li, X.: The Holocene Asian monsoon: links to solar changes and North Atlantic  
407 climate, *Science*, 308, 854-857, 2005.
- 408 Weltje, G. J., and Tjallingii, R.: Calibration of XRF core scanners for quantitative geochemical  
409 logging of sediment cores: theory and application, *Earth and Planetary Science Letters*,  
410 274(3-4), 423-438, 2008.
- 411 Wen, X.Y., Liu, Z.Y., Wang, S.W., Cheng, J., and Zhu, J.: Correlation and anticorrelation of the  
412 East Asian summer and winter monsoons during the last 21,000 years, *Nature*  
413 *Communications*, 7, 11999, 2016.
- 414 Yan, H., Soon, W., and Wang, Y.: A composite sea surface temperature record of the northern  
415 South China Sea for the past 2500 years: a unique look into seasonality and seasonal  
416 climate changes during warm and cold periods, *Earth-Science Reviews*, 141, 122-135, 2015.



417 Yancheva, G., Nowaczyk, N.R., Mingram, J., Dulski, P., Schettler, G., Negendank, J.F.W., Liu,  
418 J., Sigman, D.M., Peterson, L.C., and Haug, G.H.: Influence of the intertropical  
419 convergence zone on the East Asian monsoon, *Nature*, 445, 74-77, 2007.

420 Zhang, D. E., and Lu, L.: Anti-correlation of summer/winter monsoons?. *Nature*, 450(7168), E7,  
421 2007.

422 Zhou, W.J., Zhao, X.L., Lu, X.F., Liu, L., Wu, Z.K., Cheng, P., Zhao, W.N., and Huang, C.H.:  
423 The 3MV multi-element AMS in Xi'an, China: unique features and preliminary tests,  
424 *Radiocarbon*, 48(2), 285-293, 2006.

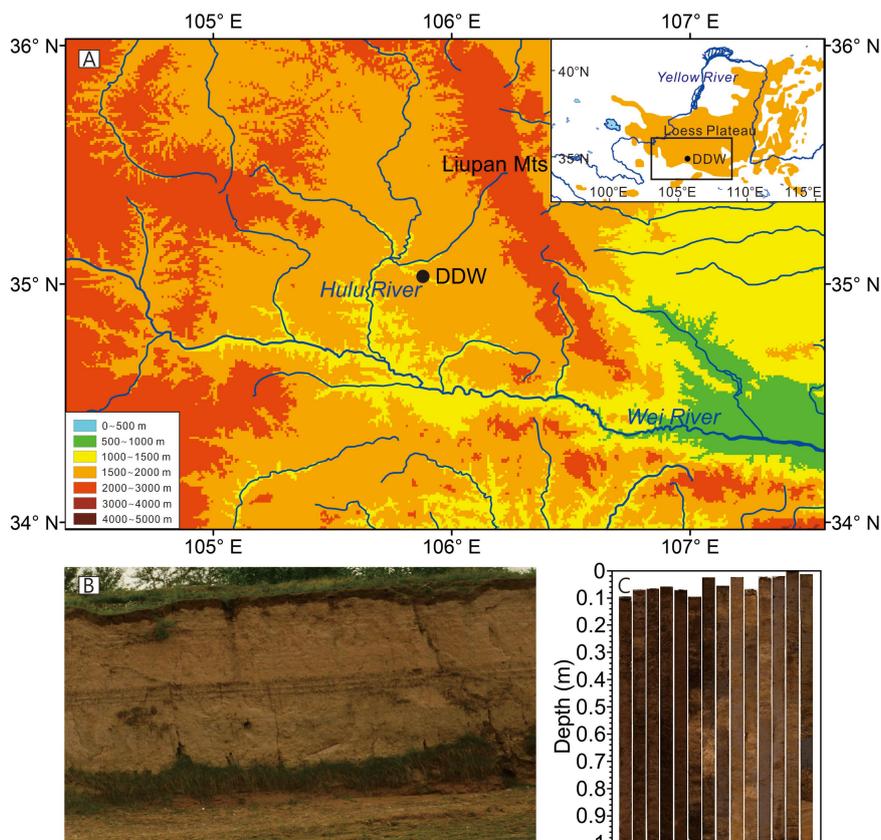
425

426

427



428 **Figures**

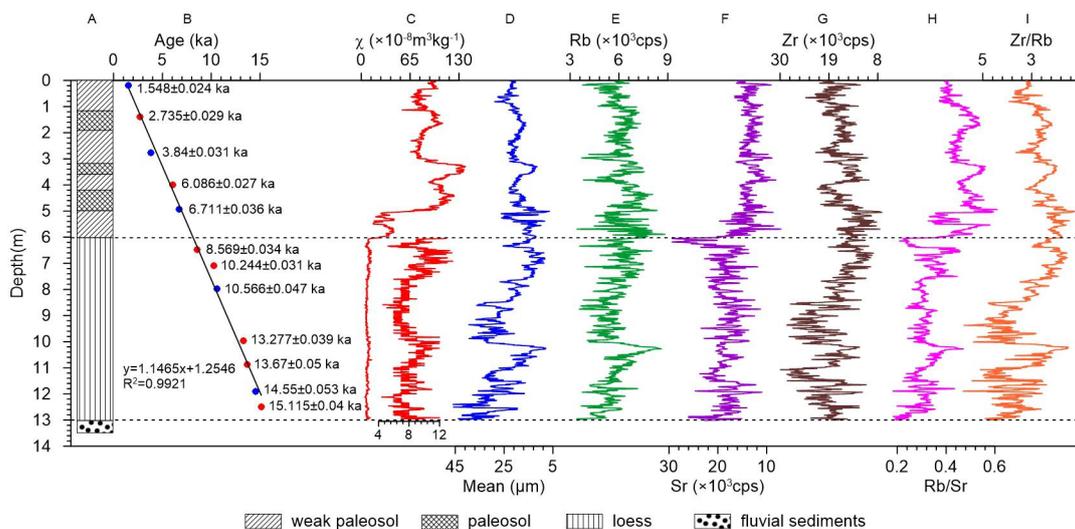


429

430 Fig 1. Map showing the CLP and location of the DDW (A), photographs of DDW terrace

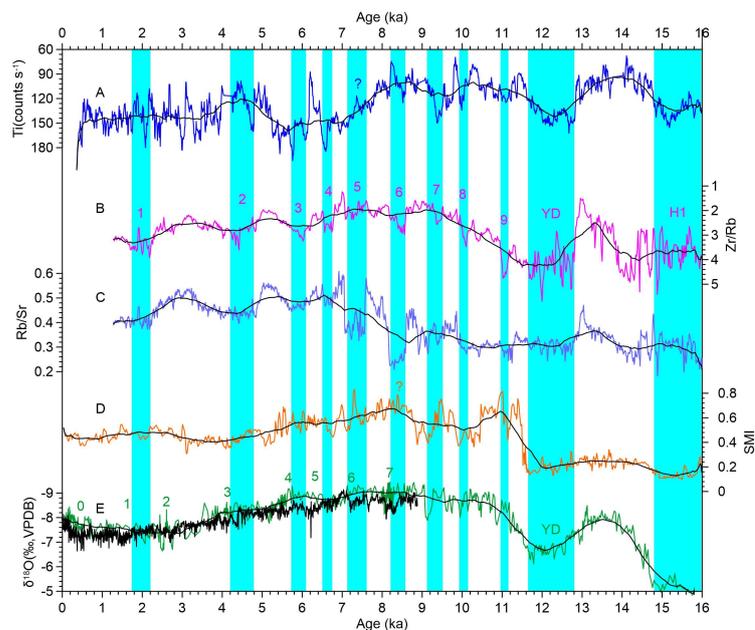
431 outcrop (B) and cores (C).

432



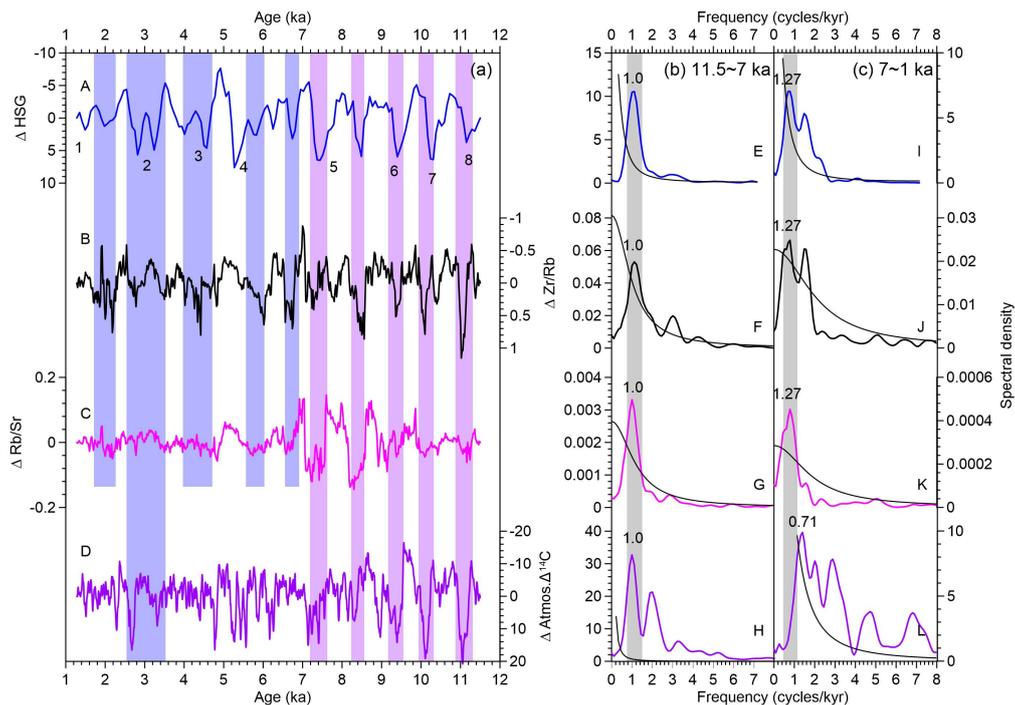
433 weak paleosol paleosol loess fluvial sediments  
 434 Fig 2. Stratigraphy (A), age-depth model (B), magnetic susceptibility (C), grain-size results (D)  
 435 and elemental results (E, F, G, H, I) measured by scanning XRF of the DDW core. Five red dots  
 436 are ages in previous work (Liu et al., 2018). Blue dots are seven additional ages in this study.  
 437 The elemental results were smoothed with a 3-point moving average.

438



439

440 Fig 3. Comparisons of DDW records and other paleoclimatic records. (A) Ti content of Lake  
441 Huguang Maar (Yancheva et al., 2007); (B) Zr/Rb of DDW core; (C) Rb/Sr of DDW core; (D)  
442 Lake Qinghai summer monsoon index (SMI) (An et al., 2012); (E) Speleothem  $\delta^{18}\text{O}$  from  
443 Dongge Cave (Dykoski et al., 2005; Wang et al., 2005). The cyan bars indicate the timing of  
444 abrupt monsoon events in different records.



445

446 Fig 4. Centennial components (a) of Zr/Rb (B) and Rb/Sr (C) with the North Atlantic HSG

447 (Bond et al., 2001) (A) and atmosphere  $\Delta^{14}\text{C}$  record (Reimer et al., 2013) (D). The purple and

448 blue bars indicate abrupt monsoon events. The right panel shows the spectra of the proxy records

449 during the early (b) and late Holocene (c). Spectral peaks that are above the 80% confidence

450 levels (black lines) are marked. The grey vertical bands indicate the most significant cycle.

451