This paper describes a new approach to online forecasting of power output from solar thermal collectors. The method is suited for online forecasting in many applications and in this paper it is applied to predict hourly values of power from a standard single glazed large area flat plate collector. The method is applied for horizons of up to 42 hours. Solar heating systems naturally come with a hot water tank, which can be utilized for energy storage also for other energy sources. Thereby such systems can become an important part of energy systems with a large share of uncontrollable energy sources, such as wind power. In such a scenario online forecasting is a vital tool for optimal control and utilization of solar heating systems. The method is a two-step scheme, where first a non-linear model is applied to transform the solar power into a stationary process, which then is forecasted with robust time-adaptive linear models. The approach is similar to the one by Bacher et al. (2009), but contains additional effects due to differences between solar thermal collectors and photovoltaics. Numerical weather predictions provided by Danish Meteorological Institute are used as input. The applied models adapt over time enabling tracking of changes in the system and in the surrounding conditions, such as decreasing performance due to wear and dirt, and seasonal changes such as leaves on trees. This furthermore facilitates remote monitoring and check of the system.