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Fiji Ocean Outlook

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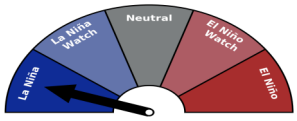
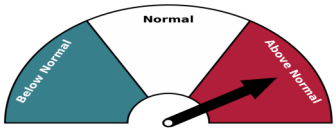
In Brief



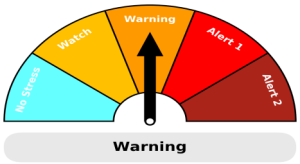
ENSO Outlook

⇒ A La Niña event is currently in place. However, the event is likely to be short lived, with a transition to neutral status favored during the first quarter of 2026.



SST Outlook

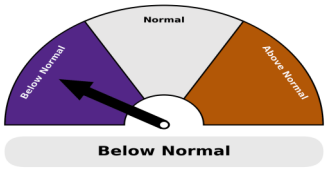
⇒ Sea surface temperatures (SSTs) are likely to be *above normal* across Fiji Waters during the January to March 2026 period.



Coral Bleaching

⇒ The 29°C South Pacific Convergence Zone (SPCZ) average position is likely to be displaced south of its normal position, close to Fiji's EEZ, during January to March 2026 period.

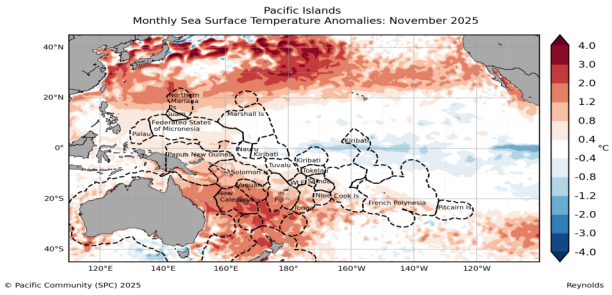
⇒ The 12 weeks coral bleaching outlook is at *'Watch'* for southern parts of Viti Levu and Kadavu, while *'Warning' is in place* for the rest of the Fiji Waters.



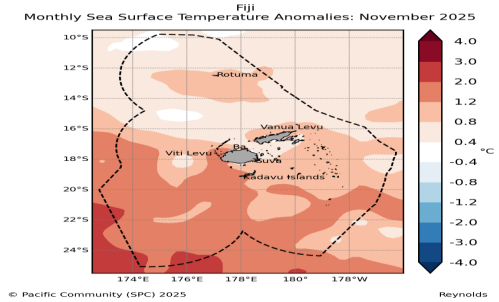
Sea Level Outlook

⇒ *Below normal* sea level is likely for most of the Fiji Group, while *near normal* sea level is likely for Rotuma during January to March 2026 period.

Pacific Sea Surface Temperatures (SSTs): Recent Observations



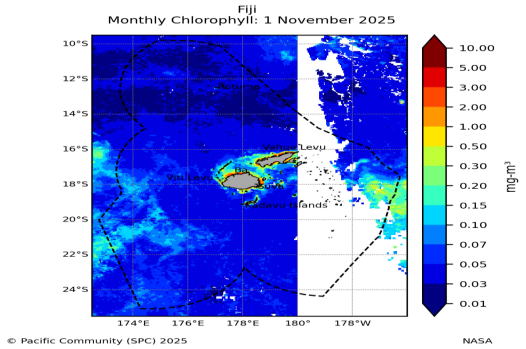
Above normal SSTs were observed in most of the Western Pacific Ocean, while *near* to *below normal* SST anomalies were observed over the central and eastern Pacific.



Sea surface temperatures (SSTs) around Fiji waters were mostly *above normal* during November, with anomalies ranging from 0.4–1.2°C, and reaching 1.2–2.0°C in small areas west of Viti Levu, near Kadavu and Ono-i-Lau.

Possible Applications:
Presence of warmer than usual waters in the central and eastern equatorial Pacific indicate persistence of an El Niño event and cool waters indicate La Niña. Monitoring warm patches of ocean gives insight into the potential for cyclone formation, and possible start or finish of the cyclone season.
For further information on ocean temperature refer to https://legacy-oceanportal.spc.int/portal/help/about_OceanTemperature.pdf

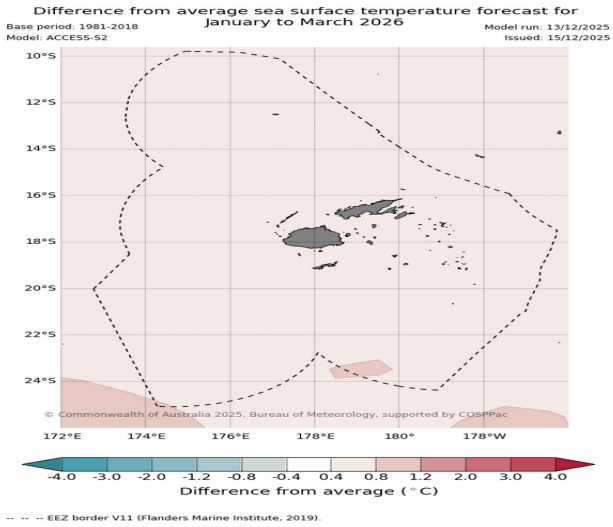
Chlorophyll Concentration

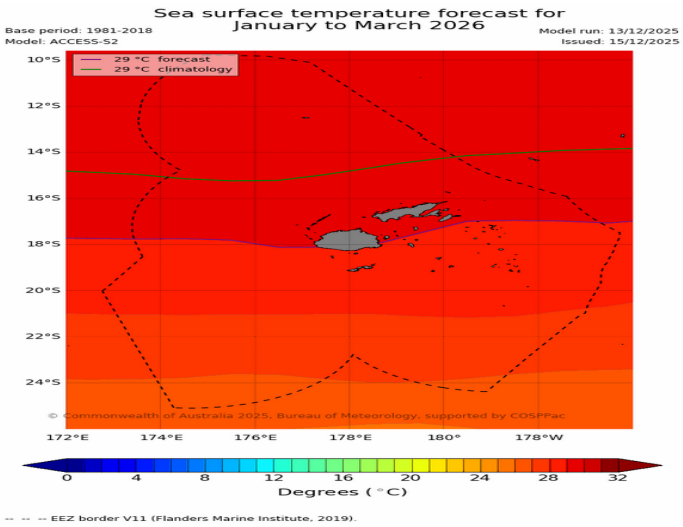


During November, high chlorophyll concentrations were recorded along the central and western coasts of Viti Levu, some parts of Yasawa-i-Rara and around the northern and southern coasts of Vanua Levu.

Possible Applications:
Chlorophyll concentration can be of great interest to fishermen targeting smaller pelagic (open sea) fish. High concentration of chlorophyll can also provide indication of potential hazardous conditions near the coast from reef fish diseases, such as ciguatera, harmful algal blooms, and outbreak of Crown of Thorns starfish, which is a coral eating pest. For further information on chlorophyll concentration refer to https://legacy-oceanportal.spc.int/portal/help/about_chlorophyll.pdf

Sea Surface Temperature (SST) Outlook



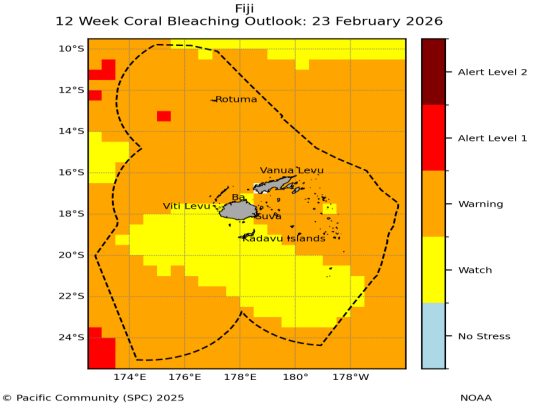


Above normal SSTs are likely across Fiji Waters during the January to March 2026 period.

Average position of the 29°C convergence zone is likely to be displaced south of its normal position, close to Fiji's EEZ, during the January to March 2026 period (purple line).

Possible Applications:
The movement of the convergence zone has an influence on relative abundance of tuna in the Pacific Ocean. The 29°C isotherm around the western Pacific warm pool forms a good proxy for the convergence zone, and can therefore be used to track the gravity center of Skipjack tuna fishing activity. For further information on seasonal sea surface temperature forecast refer to https://legacy-oceanportal.spc.int/portal/help/about_POAMA_SST.pdf

Coral Bleaching Outlook



The 4 weeks coral bleaching outlook is at *'Watch'* for Rotuma, northern parts of Vanua Levu and some parts of Yasawa-i-Rara, and *'No Stress'* for the rest of the Fiji Waters.

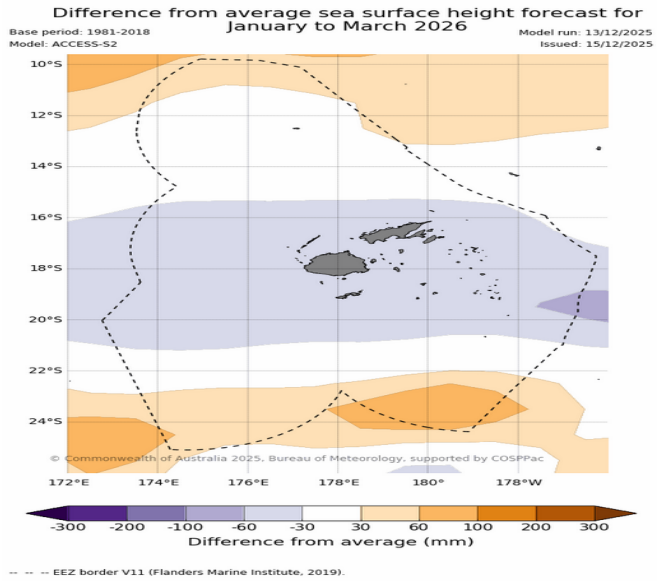
For the 8 weeks coral bleaching outlook, a *'Watch'* is current]for most of the Fiji Waters.

At 12weeks, coral bleaching outlook is at *'Watch'* for southern parts of Viti Levu, as well as Kadavu, with a *'Warning'* present for the rest of the Fiji Waters.

The image on the left is for 12 weeks outlook.

Possible Applications:
Once a potential bleaching event is detected, a management plan should be implemented to reduce the impacts of bleaching. For further information on coral bleaching refer to https://legacy-oceanportal.spc.int/portal/help/about_coralbleaching.pdf

Sea Level Outlook



Below normal sea level is likely for most of the Fiji Group, while *near normal* sea level is likely for Rotuma during January to March 2026 period.

Possible Applications:
Stakeholders can use forecasts of extreme sea level to make decisions about the protection of communities and infrastructure against coastal inundation. For further information on sea level refer to https://legacy-oceanportal.spc.int/portal/help/about_POAMA_Sea_Level.pdf

Tide Predictions (January to March 2026)

Suva						Lautoka					
Monthly Highest Tide			Monthly Lowest Tide			Monthly Highest Tide			Monthly Lowest Tide		
Date	Time	Height	Date	Time	Height	Date	Time	Height	Date	Time	Height
3 Jan	18:06	2.13m	5 Jan	01:39	0.35m	3 Jan	17:57	2.37m	5 Jan	01:23	0.25m
2 Feb	18:46	2.10m	3 Feb	01:20	0.41m	2 Feb	18:34	2.34m	2 Feb	00:21	0.30m
22 Mar	08:40	2.05m	3 Mar	00:13	0.49m	2 Mar	17:33	2.27m	3 Mar	00:00	0.38m

Port Denarau						Vatia					
Monthly Highest Tide			Monthly Lowest Tide			Monthly Highest Tide			Monthly Lowest Tide		
Date	Time	Height	Date	Time	Height	Date	Time	Height	Date	Time	Height
3 Jan	18:01	2.22m	5 Jan	01:26	0.10m	3 Jan	17:49	2.20m	4 Jan	00:27	0.13m
2 Feb	18:42	2.19m	3 Feb	01:08	0.15m	1 Feb	17:40	2.16m	2 Feb	00:12	0.16m
21 Mar	07:39	2.14m	3 Mar	00:05	0.23m	2 Mar	17:26	2.08m	2 Mar	23:50	0.22m

All date and time are in Fiji Standard Time.

Moon Phases (January to March 2026)

New Moon ●	First Quarter ◑	Full Moon ○	Last Quarter ◐
		3rd January	11th January
19th January	26th January	2nd February	10th February
18th February	25th February	3rd March	11th March
19th March	26th March		

Explanatory Notes

Anomalies – denote the departure of an element (sea surface temperature and sea level) from its long-period average value for a particular location.

Sea Surface Temperature (SST) – the temperature of the water's surface. It is usually measured using buoys, ship data, and satellites.

Sea Surface Temperature (SST) Outlook

Above Normal – indicates that SST anomalies fall within the highest 3rd of observations in a 37 year period, typically equal to or above +0.8°C.

Near Normal – indicates that SST anomalies lies in the middle 3rd of observations in a 37 year period, typically between –0.4°C and +0.4°C.

Below Normal – indicates that SST anomalies fall within the lowest 3rd of observations in a 37 year period, typically equal to or below -0.8°C.

Coral Bleaching Outlook

No Stress – Thermal stress is unlikely.

Watch – Low-level of thermal stress.

Warning – Coral bleaching possible.

Alert 1 – Coral bleaching is likely.

Alert 2 – Coral mortality is Likely.

Sea Level Outlook

Above Normal – indicates that sea level anomalies fall within the highest 3rd of observations in a 37 year period, typically equal to or above +60mm.

Near Normal – indicates that sea level anomalies lies in the middle 3rd of observations in a 37 year period, typically between –60mm and +60mm.

Below Normal – indicates that sea level anomalies fall within the lowest 3rd of observations in a 37 year period, typically equal to or below –60mm.

El Niño events are associated with warming of the central and eastern tropical Pacific. El Niño events usually result in reduction of Fiji's rainfall. Often the whole of Fiji is affected in varying degrees and it is quite unusual for one part of the country to experience a prolonged dry spell, while the other is in a wet spell.

La Niña events are associated with cooling of the central and eastern tropical Pacific. Usually La Niña results in wetter than normal conditions for Fiji, occasionally leading to flooding during the Warm/Wet Season. (November to April).

When ENSO is **Neutral**, that is, neither El Niño nor La Niña, it has little effect on global climate, meaning other climate influences are more likely to dominate.