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Fiji Ocean Outlook

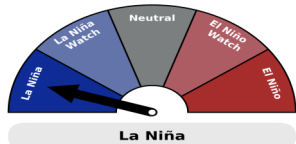
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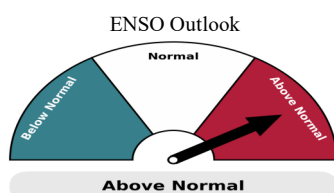
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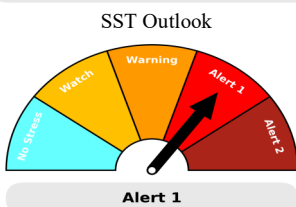
In Brief



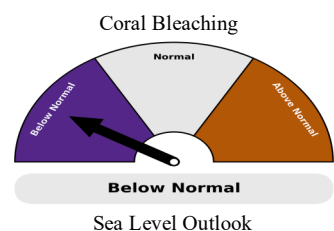
⇒ A La Niña event persists in the tropical Pacific Ocean but is gradually weakening, with a shift to ENSO-neutral conditions likely during the March to May 2026 period.



⇒ Above normal sea surface temperatures (SSTs) likely during the March to May 2026 period across Fiji Waters.



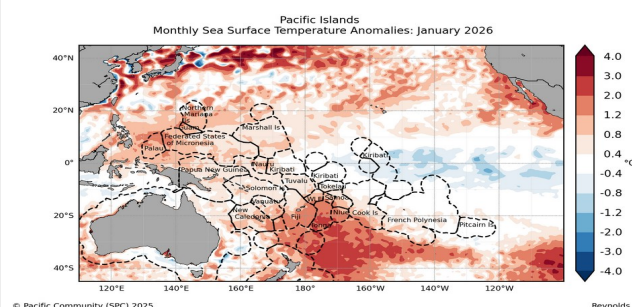
⇒ The 29°C South Pacific Convergence Zone (SPCZ) average position is likely to be displaced south of its normal location, within Fiji's EEZ, during the March to May 2026 period.



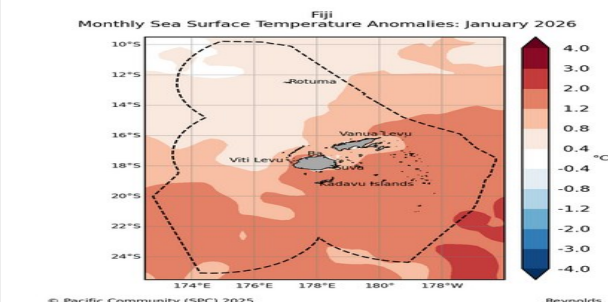
⇒ The 8-week coral bleaching outlook is at 'Alert Level 2' for most Fiji Waters, with 'Alert Level 1' for Rotuma.

⇒ From March to May 2026, below normal sea level is likely along southeastern coast of Viti Levu, parts of Lomaitiviti Group, Moala Group, and the Lau Group, above normal near Rotuma, and near normal for rest of the Fiji Group.

Pacific Sea Surface Temperatures (SSTs): Recent Observations



SST anomalies in the central and eastern Pacific Ocean were near to below normal, while most parts of the western Pacific Ocean recorded above normal SSTs.



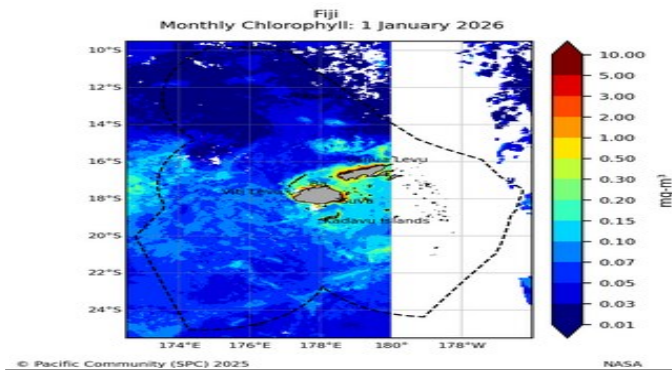
Sea surface temperatures (SSTs) anomalies around the country were mostly above normal during January, ranging from 0.4–2.0°C, with higher values of 1.2–2.0°C observed in small areas west of Viti Levu and toward the southern and eastern parts of the EEZ, including areas near Kadavu and Ono-i-Lau.

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

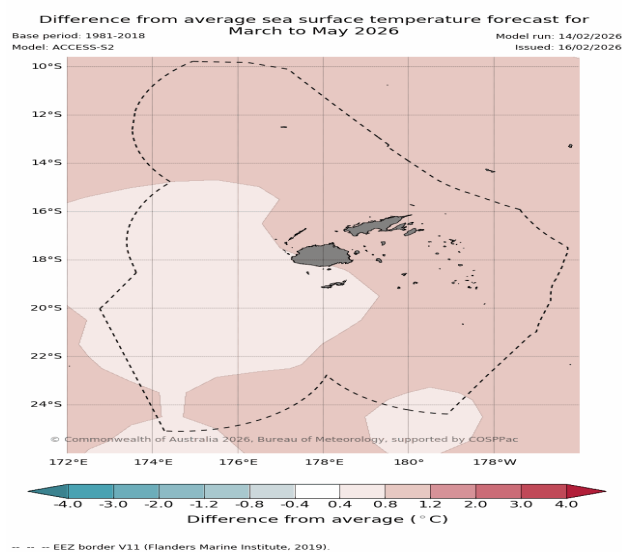


During January, high chlorophyll concentrations were recorded along the central and western coasts of Viti Levu, and around the northern and southern coasts of Vanua Levu.

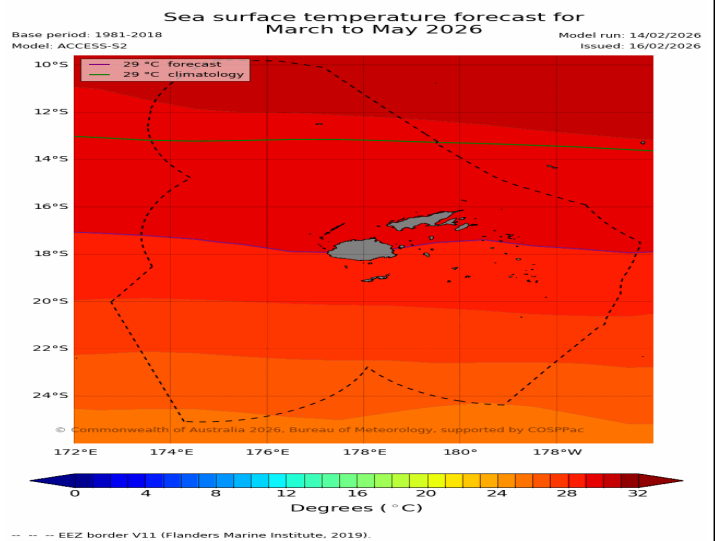
Possible Applications:

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



SSTs are likely to be *above normal* across Fiji Waters during the March to May 2026 period.

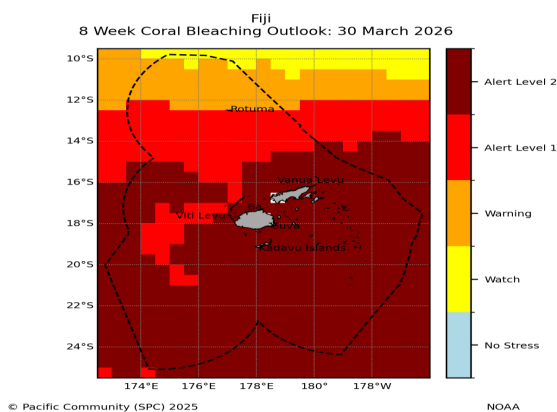


Average position of the 29°C convergence zone is likely to be displaced south of its normal position, within Fiji's EEZ, during the March to May 2026 period (purple line).

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-week coral bleaching outlook is at 'Alert Level 2' for waters along the southern to southeastern coasts of Viti Levu and the Eastern Division, an 'Alert Level 1' for the Western Division and north of Vanua Levu, and a 'Warning' for Rotuma.

The 8-week coral bleaching outlook is at 'Alert Level 2' for most Fiji Waters, with 'Alert Level 1' for Rotuma.

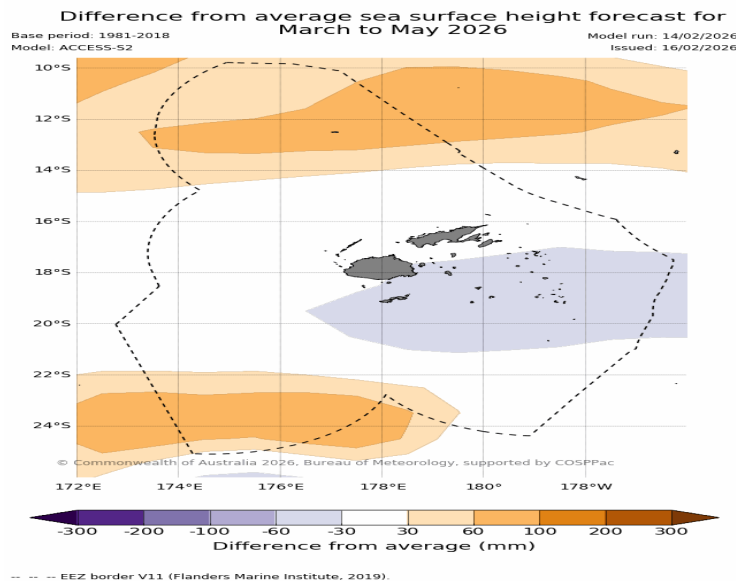
The 12-week coral bleaching outlook is at 'Alert Level 2' for parts of northern Lau Group, 'Alert Level 1' for waters north of Taveuni, and around Rabi and Rotuma, while 'No stress' for the rest of Fiji Waters.

The image on the left is for 8 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 along the southeastern coast of Viti Levu, parts of the Lomaitiviti Group and the Lau Group, while *above normal* sea level is expected around Rotuma and *near normal* sea level is likely for rest of the Fiji Group during March to May 2026.

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 (March to May 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
22 Mar	08:40	2.05m	3 Mar	00:13	0.49m	2 Mar	17:33	2.27m	3 Mar	00:00	0.38m
19 Apr	07:28	2.09m	20 Apr	14:50	0.40m	18 Apr	06:19	2.31m	19 Apr	13:33	0.33m
18 May	07:06	2.09m	18 May	13:42	0.30m	17 May	05:55	2.31m	18 May	13:21	0.24m

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
21 Mar	07:39	2.14m	3 Mar	00:05	0.23m	2 Mar	17:26	2.08m	2 Mar	23:50	0.22m
19 Apr	07:12	2.17m	19 Apr	13:38	0.18m	18 Apr	06:07	2.08m	19 Apr	13:23	0.18m
17 May	06:02	2.16m	18 May	13:25	0.08m	17 May	05:45	2.09m	18 May	13:13	0.08m

All date and time are in Fiji Standard Time.

Moon Phases (March to May 2026)

New Moon 	First Quarter 	Full Moon 	Last Quarter 
		3 rd March	11 th March
19 th March	26 th March	2 nd April	10 th April
17 th April	24 th April	2 nd May	10 th May
17 th May	23 rd May	31 st May	

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.

Disclaimer: While Fiji Meteorological Service takes all measures to provide accurate information and data, it does not guarantee 100% accuracy of the information presented in this outlook. The Department should be sought for expert advice, clarifications and additional information as and when necessary. The user assumes all risk resulting directly or indirectly from the use of this outlook.