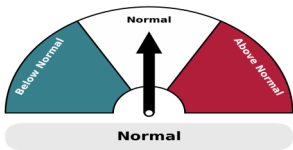


In Brief



ENSO Outlook

⇒ El Niño is currently underway in the tropical Pacific. Most global climate models suggest this event is likely to be strong to very strong. The El Niño conditions are likely to persist through the end of 2026.



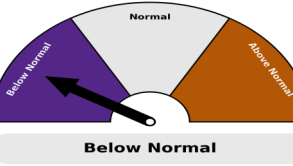
SST Outlook

⇒ Near normal sea surface temperatures (SSTs) are likely across the Fiji Group, while above normal SSTs are likely around Rotuma during July to September 2026.



Coral Bleaching

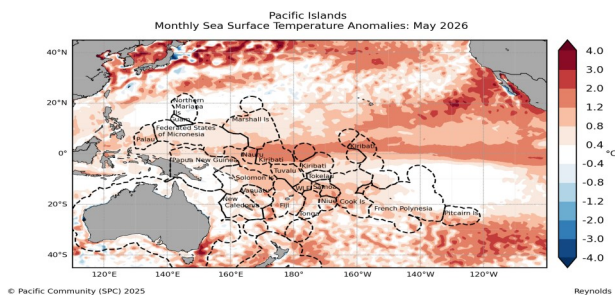
⇒ The 29°C South Pacific Convergence Zone (SPCZ) average position is likely to be displaced south of its normal position, within Fiji's EEZ, during the July to September 2026 period.



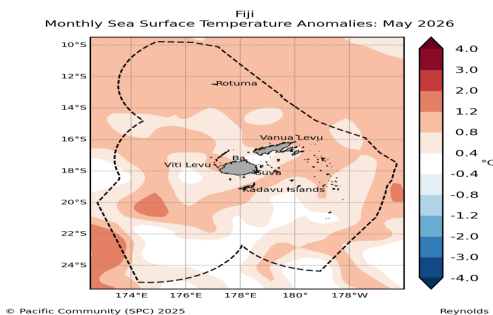
Sea Level Outlook

⇒ The 4-, 8- and 12 week coral bleaching outlook is at 'No Stress' across Fiji Waters.
 ⇒ Below normal sea level is likely for most of the Fiji Group, while above normal sea level is likely for Rotuma during July to September 2026.

Pacific Sea Surface Temperatures (SSTs): Recent Observations



Sea surface temperature (SST) anomalies ranged from near to above in the central and eastern Pacific Ocean, while above normal SSTs were observed in most parts of the western Pacific Ocean.



SST anomalies observed in Fiji's waters during May were mostly above normal, ranging from 0.4°C to 1.2°C. Warmer SST anomalies of 0.8°C to 1.2°C were observed west of Viti Levu, northern and eastern parts of Vanua Levu, parts of Lomaiviti and Moala Group and around Rotuma.

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

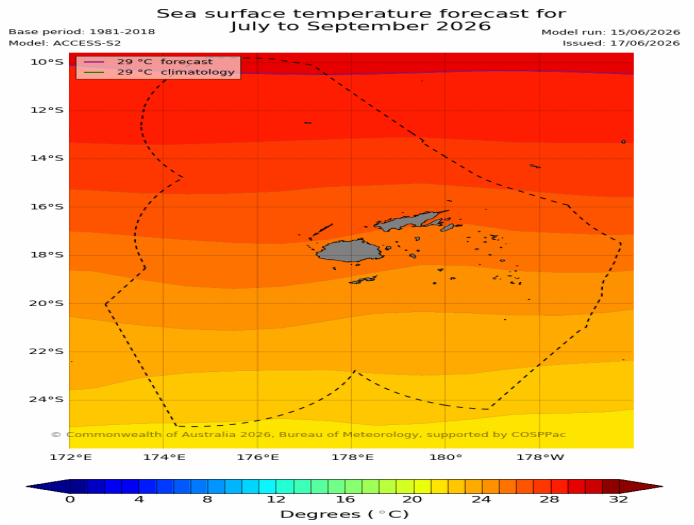
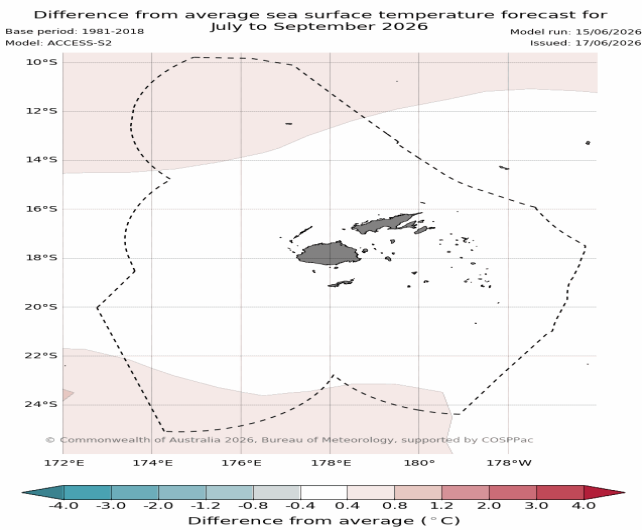
Chlorophyll Concentration

Chlorophyll concentration map could not be generated due to technical difficulties.

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



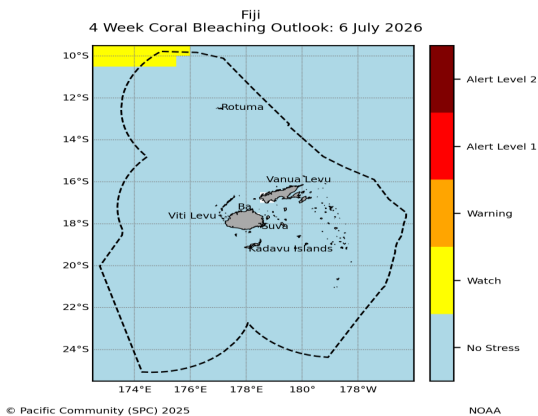
Near normal SSTs are favored across the Fiji Group, while above normal SSTs are likely around Rotuma during July to September 2026.

Average position of the 29°C convergence zone is likely to be displaced south of its normal position, within Fiji's EEZ, during the July to September 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



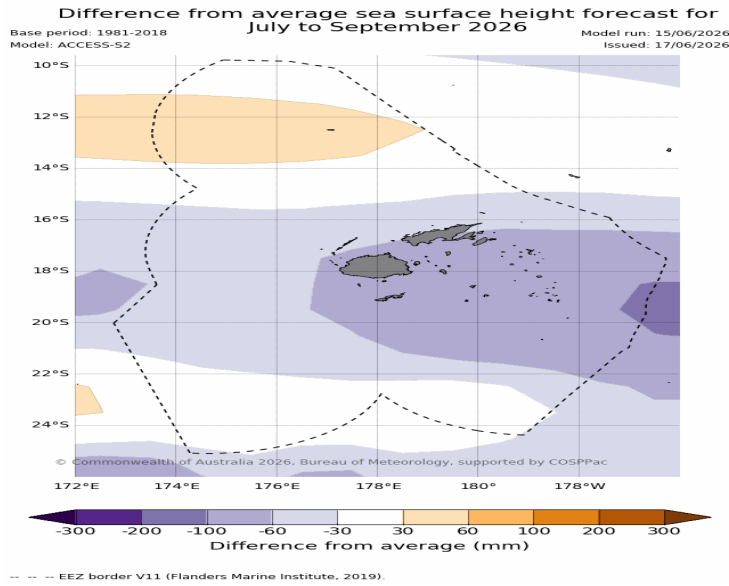
The 4-, 8- and 12 week coral bleaching outlook is at 'No Stress' across Fiji Waters.

The image on the left is for 4 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



Sea level is likely to be *below normal* for most of the Fiji Group, while *above normal* sea level is likely for Rotuma during July to September 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 (July to September 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
15 Jul	06:36	2.08m	15 Jul	13:12	0.27m	15 Jul	06:24	2.31m	15 Jul	12:58	0.18m
13 Aug	06:22	2.06m	13 Aug	12:52	0.33m	13 Aug	06:09	2.31m	13 Aug	12:37	0.23m
11 Sep	06:06	2.00m	11 Sep	12:28	0.43m	11 Sep	05:52	2.25m	10 Sep	11:30	0.34m

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
15 Jul	06:29	2.16m	15 Jul	13:00	0.03m	15 Jul	06:15	2.12m	15 Jul	12:49	0.03m
13 Aug	06:15	2.15m	13 Aug	12:40	0.09m	13 Aug	06:00	2.14m	13 Aug	12:28	0.09m
11 Sep	06:00	2.10m	10 Sep	11:34	0.21m	10 Sep	04:58	2.10m	10 Sep	11:20	0.19m

All date and time are in Fiji Standard Time.

Moon Phases (July to September 2026)

New Moon 	First Quarter 	Full Moon 	Last Quarter 
			8 th July
14 th July	21 st July	30 th July	6 th August
13 th August	20 th August	28 th August	4 th September
11 th September	19 th September	27 th September	

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 +0.4°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 -0.4°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 +30mm.

Near Normal – indicates that sea level anomalies lies in the middle 3rd of observations in a 37 year period, typically between –30mm and +30mm.

Below Normal – indicates that sea level anomalies fall within the lowest 3rd of observations in a 37 year period, typically equal to or below –30mm.

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.