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Fiji Ocean Outlook

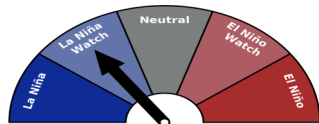
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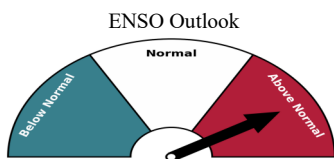
Next Issue: November 20, 2025

In Brief



La Niña Watch

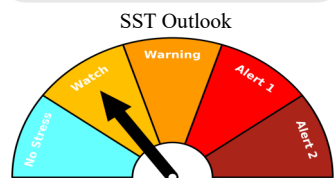
⇒ ENSO-neutral conditions persist, however, there is a slight favor for La Niña to develop towards the end of the year.



ENSO Outlook

Above Normal

⇒ Sea surface temperatures (SSTs) are likely to be *above normal* across the waters in Fiji during the November 2025 to January 2026 period.



SST Outlook

Watch

⇒ 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 November 2025 to January 2026 period.

Coral Bleaching

⇒ The 8 and 12 weeks coral bleaching outlook is at 'Watch' for waters around Rotuma.

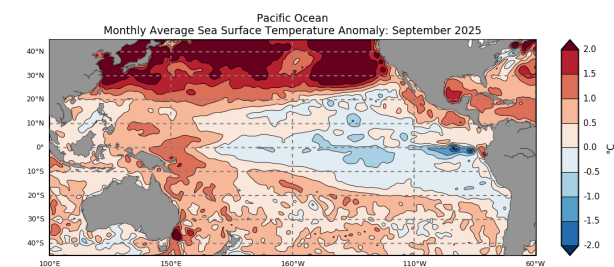


Below Normal

Sea Level Outlook

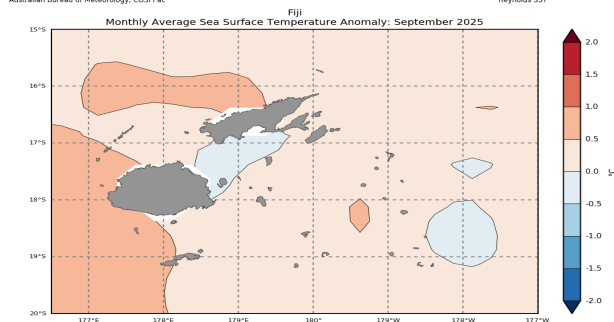
⇒ *Below normal* sea level is likely for the most of the Fiji Group, while *near normal* sea levels are likely for Rotuma during November 2025 to January 2026 period.

Pacific Sea Surface Temperatures (SSTs): Recent Observations



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Reynolds SST



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Reynolds SST

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.

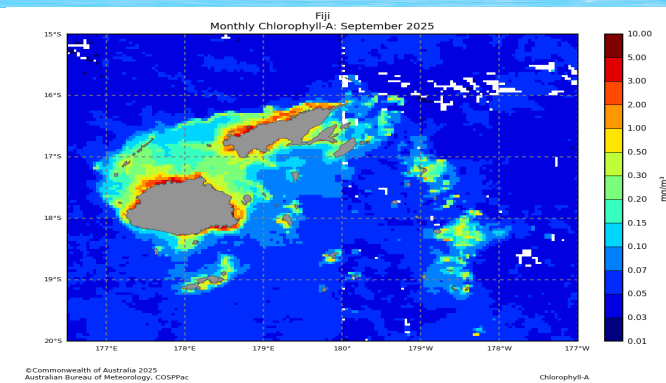
Sea surface temperatures (SSTs) around Fiji waters were generally *below to above normal* during September, with positive anomalies ranging from 0.5–1.0°C around most of the country, while *below normal* anomalies were observed across the Vatu-I-Ra channel and east of the Lau Group.

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 http://oceanportal.spc.int/portal/help/about_OceanTemperature.pdf

Chlorophyll Concentration

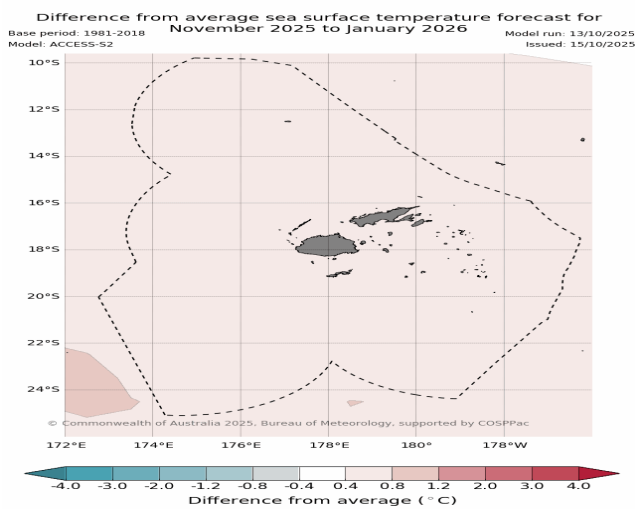


During September, high chlorophyll concentrations were recorded along the central and western coasts of Viti Levu, around the northern and southern coasts of Vanua Levu, as well as parts of the Eastern Division.

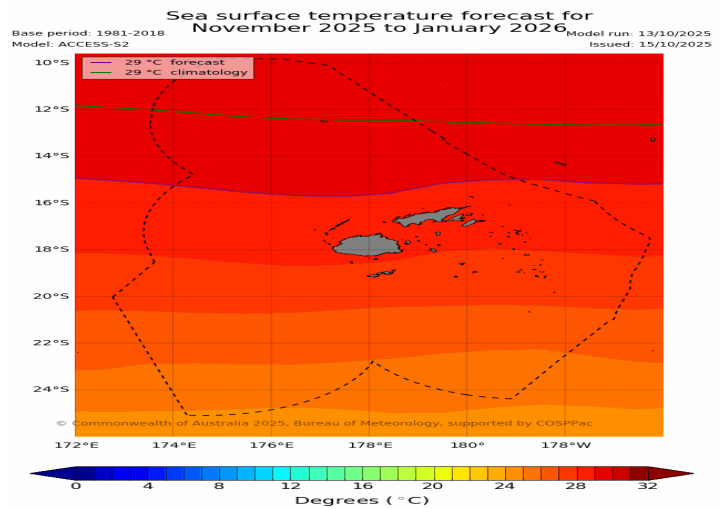
Possible Applications:

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 http://oceanportal.spc.int/portal/help/about_chlorophyll.pdf

Sea Surface Temperature (SST) Outlook



Above normal SSTs are likely across the waters in Fiji during the November 2025 to January 2026 period.

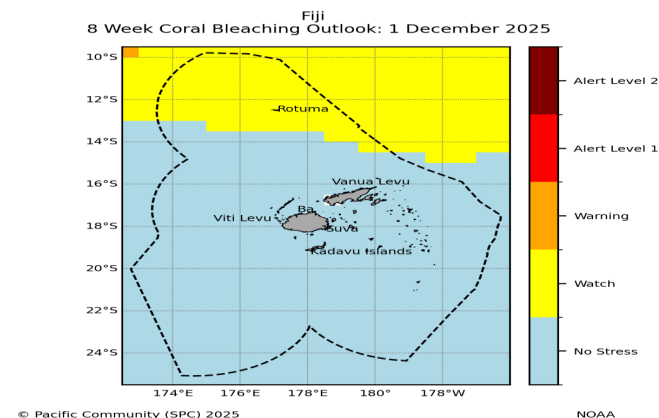


Average position of the 29°C convergence zone is likely to be displaced south of its normal position, close to Fiji's EEZ, during the November 2025 to January 2026 period (purple line).

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 http://oceanportal.spc.int/portal/help/about_POAMA_SST.pdf

Coral Bleaching Outlook



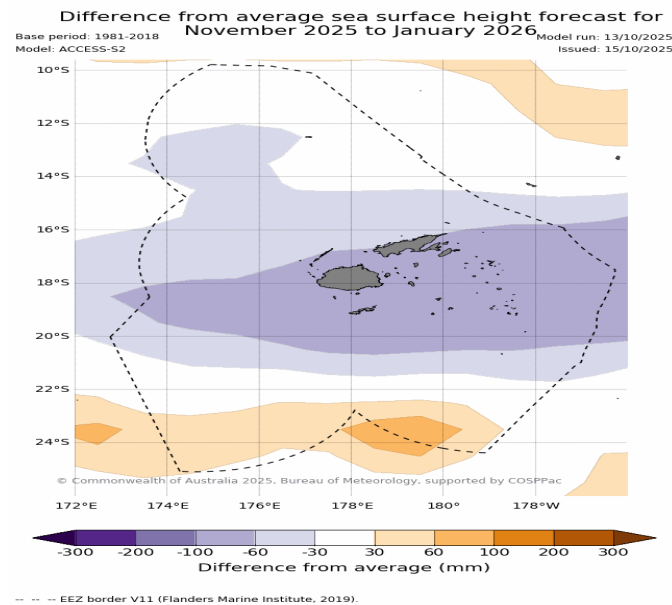
The 8 and 12 weeks coral bleaching outlook is at 'Watch' for waters around Rotuma.

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 http://oceanportal.spc.int/portal/help/about_coralbleaching.pdf

Sea Level Outlook



Below normal sea level is likely for the most of the Fiji Group, while *near normal* sea levels are likely for Rotuma during November 2025 to January 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 http://oceanportal.spc.int/portal/help/about_POAMA_Sea_Level.pdf

Tide Predictions (October to December 2025)

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
6 Nov	18:40	2.15m	8 Nov	02:07	0.33m	6 Nov	18:21	2.40m	7 Nov	00:54	0.26m
5 Dec	18:20	2.14m	7 Dec	01:54	0.32m	5 Dec	18:05	2.39m	6 Dec	00:44	0.24m
3 Jan	18:06	2.13m	5 Jan	01:39	0.35m	3 Jan	17:57	2.37m	5 Jan	01:23	0.25m

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
6 Nov	18:27	2.27m	7 Nov	00:59	0.11m	5 Nov	17:24	2.23m	7 Nov	00:45	0.15m
5 Dec	18:11	2.25m	6 Dec	00:47	0.09m	4 Dec	17:05	2.22m	6 Dec	00:36	0.13m
3 Jan	18:01	2.22m	5 Jan	01:26	0.10m	3 Jan	17:49	2.20m	4 Jan	00:27	0.13m

All date and time are in Fiji Standard Time.

Note:

The highest astronomical tide of the year will be on 5th November at Vatia Wharf and the 6th at the Suva, Lautoka and Denarau Wharves. The highest tide at Vatia Wharf will be around 5.24pm with a predicted tide height of 2.23m, the highest at Suva Wharf will be at 6.40pm with a predicted tide height of 2.15m, the highest tide at Port Denarau will occur around 6.27pm with a predicted tide height of 2.27m and the highest predicted tide for Lautoka with a tide height of around 2.4m will occur at 6.21pm.

Moon Phases (November 2025 to January 2026)

New Moon 	First Quarter 	Full Moon 	Last Quarter 
		6 th November	12 th November
20 th November	28 th November	5 th December	12 th December
20 th December	28 th December	3 rd January	11 th January
19 th January	26 th January		

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.