



Tonga Ocean Outlook

January—March 2026

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TONGA METEOROLOGICAL SERVICE

P. O. Box 1380,

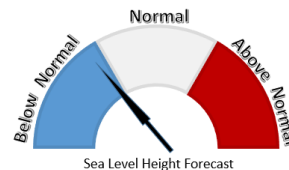
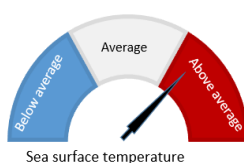
Domestic Terminal, Fua'amotu
Airport, Tonga

Phone: (676) 7400062

Website: www.met.gov.to

Email: metstaff@met.gov.to

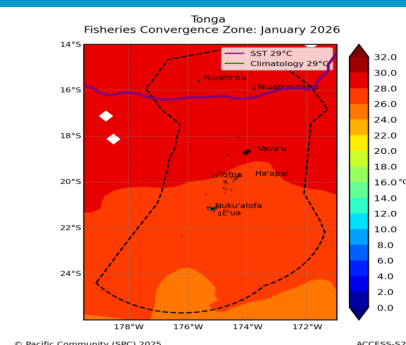
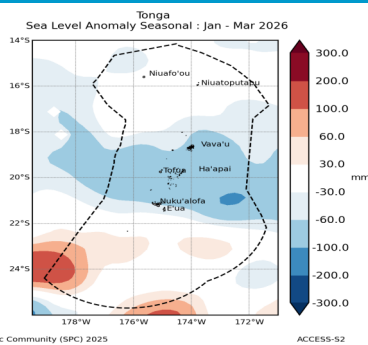
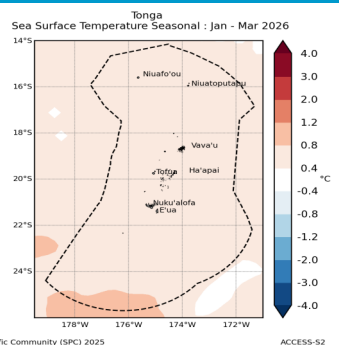
- Sea surface temperature outlook is predicted to be warmer than normal.
- Sea level is forecast to be average to below average across Tonga waters during the forecast period.
- The fisheries convergence zone is predicted to be across the Niua waters in the next few months.
- Next highest tide will be on the 4th January at 8.08pm with highest tide at 1.88m and lowest tides on the 5th January at 2:36pm with the lowest tide at 0.30m.



Sea Surface Temperature Forecast

Sea-level Forecast

Nutrient Zone Forecast



Sea surface temperature forecast for January to March 2026 shows 0.4 to 0.8°C above average across Tonga. Presence of warmer or cooler waters than usual is useful because it indicates whether El Nino or La Nina like pattern is likely during the forecast period.

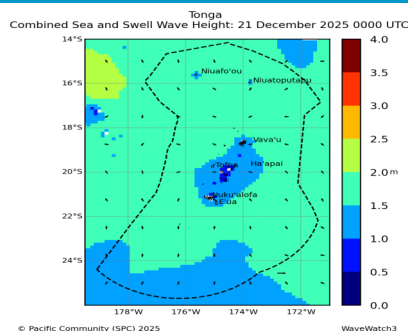
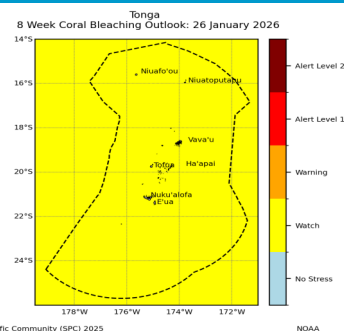
Sea level forecast shows below average (60-100mm) sea level height within Tongatapu to Vava'u waters and average height elsewhere. Stakeholders can use this forecast to make decisions about the protection of communities and infrastructure against coastal inundation, especially when there is extreme high tide.

The boundary between warm and cold ocean water is rich in nutrients and attracts Tuna. This convergence zone is normally located to far northwest of Tonga waters but in January 2025, it is forecast to be over the Niua waters. This information can be used by stakeholders to know where tuna can be found during this time period.

Coral Bleaching

Combined Sea and Swell Wave Height

The highest & Lowest tides predicted for 2025



10 highest tides for 2025			10 lowest tides for 2025		
Date	Time	Height (m)	Date	Time	Height (m)
06-Dec	20:23	1.88	28-May	14:25	0.23
31-Mar	8:42	1.88	08-Nov	3:09	0.24
05-Dec	19:28	1.88	29-May	15:19	0.24
01-Apr	9:32	1.88	26-Jun	14:10	0.25
29-Apr	8:17	1.87	07-Dec	2:53	0.25
07-Nov	20:41	1.86	09-Nov	4:03	0.25
06-Nov	19:48	1.86	27-Jun	15:01	0.26
30-Apr	9:10	1.86	07-Nov	2:15	0.26
28-Apr	7:26	1.86	27-May	13:31	0.26
07-Dec	21:19	1.85	30-Apr	15:36	0.26

Coral bleaching is at the no stress level for Tonga. Coral bleaching is a common stress response of corals, caused by warmer sea temperatures. During periods of unusually high sea temperatures, corals can bleach and may eventually die if the heat stress is intense and sustained over several weeks. This information is very useful for tourists and related stakeholders.

Tonga combined sea and swell wave height for December shows majority of the waves will come from the east and southeast to the west and north-west. The average wave height in December will be 2.0m and reaching a maximum height of 4.0m. During December, the wave height will be 1.0m to 1.5m over Tongatapu, 'Eua, Ha'apai and Vava'u coastal waters.

Tidal predictions show the highest tides of the year for Nuku'alofa. The next highest tide is 4th January with the highest tide of 1.88m at 8.08 pm and the next lowest tide on the 5th with the lowest tide at 0.30m at 2:36am. This information is very useful to everyone who wants to know these events especially to those stakeholders and people who are interested in tide predictions for guidance. Process of watering and soaking of the beach hibiscus fibre (fau) for making waist mats, shallow fishing etc.