



# Tonga Ocean Update

Issued: 10 June 2026

## Recent observation

**TONGA METEOROLOGICAL SERVICE**

P. O. Box 1380,

Domestic Terminal, Fua'amotu Airport, Tonga

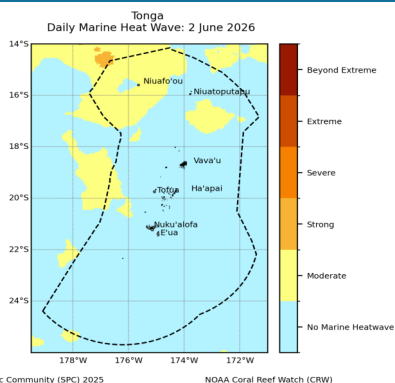
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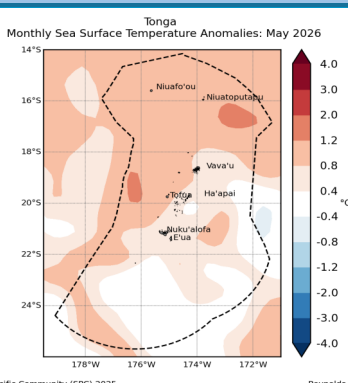
- ENSO neutral conditions remain in place in the tropical Pacific but El Nino is expected to form in the coming season.
- No Marine Heat Wave over most of Tonga
- Above average sea surface temperatures around Tonga over the past month.
- Sea level height has been above average in May.
- Coral Bleaching has been clear and at no stress level for most of Tonga except a few patches of coral bleaching alert for parts of the Niua's waters

### Marine Heat Wave



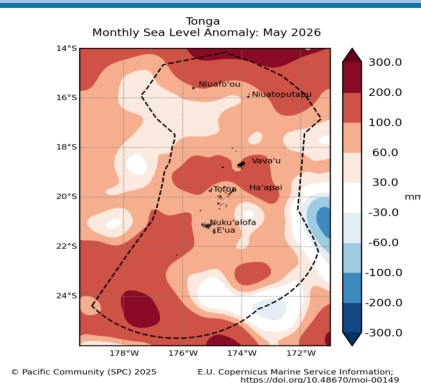
Daily monitoring shows no marine heatwave over most of Tonga in the past month except for a few patches of moderate marine heat wave still exist over waters of the Niua's. Marine heat wave combined with increasing temperature on land and sea are contributing to stress to marine ecosystems resulting in coral bleaching.

### Sea Surface Temperature



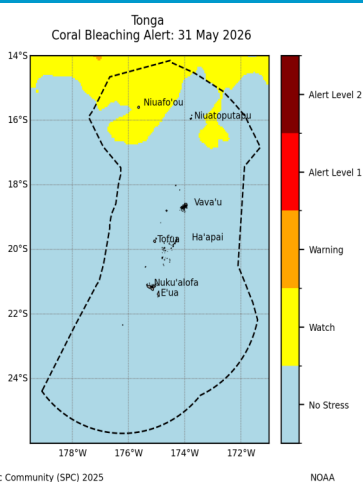
Increase in sea surface temperature still observed across the country in the past few weeks with up to 0.4 to 2.0°C above average. Presence of warmer than average waters can affect marine environment and coastal waters which is indication of heat stress on the marine ecosystem.

### Sea-level height



Sea level height during May shows above average (60-200mm) sea level height across Tonga waters. 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.

### Coral Bleaching



Coral bleaching was at no stress level for most of Tonga except for a few patches were still at watch level for the Niua's waters.

### 10 highest tides for 2026

Date	Time	Height (m)
26-Dec	9:21	1.89
27-Dec	10:17	1.88
05-Jan	9:08	1.87
25-Dec	8:25	1.87
04-Jan	8:12	1.86
06-Jan	10:02	1.85
28-Dec	11:14	1.85
03-Jan	7:14	1.84
03-Feb	8:53	1.84
27-Nov	9:38	1.84

### 10 lowest tides for 2026

Date	Time	Height (m)
18-Jun	4:16	0.21
17-Jun	3:22	0.21
16-Jul	3:06	0.21
17-Jul	3:59	0.21
19-Jun	5:11	0.24
15-Jul	2:13	0.24
16-Jun	2:29	0.24
20-May	4:33	0.25
18-Jul	4:49	0.25
19-May	3:39	0.25

Tidal predictions show the highest & lowest tides of the year for Nuku'alofa. The next highest tide is 16 June with the highest tide of 1.82m at 7:53 am and the next lowest tide was on the 17th June with the lowest tide at 0.21m at 3:16pm. 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. Monitoring of highest tides is important as it can have negative impacts if occurred at the same time with high sea swell and wind.



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## Ocean Outlook for June to August 2026

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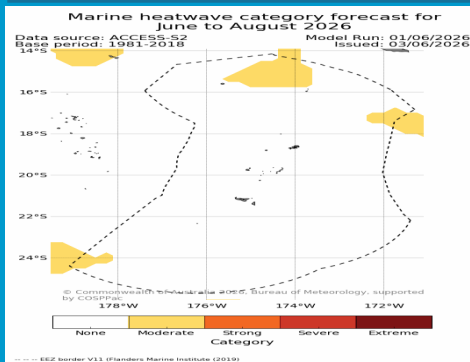
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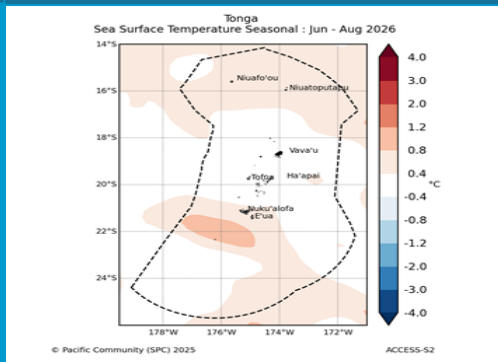
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- There is 80% chance that El Niño conditions will develop during the forecast period.
- Average to above average sea surface temperature anomalies is likely to continue in the coming months (0.4-0.8°C).
- Sea level height is forecast to be average to below average for Tonga (-30mm to -100mm)
- Coral Bleaching is at no Stress Level for most of Tonga waters during the forecast period.
- Fisheries convergence zone is located very far away from Tonga during the forecast period.

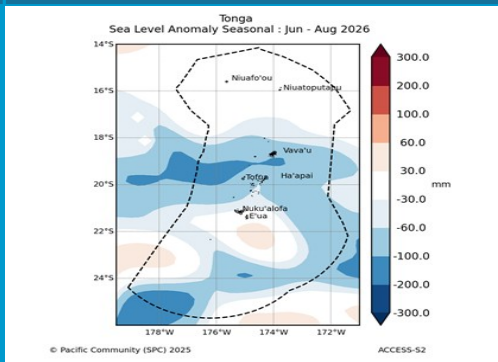
### Marine Heat Wave Forecast



### Sea Surface Temperature Forecast



### Sea-level height

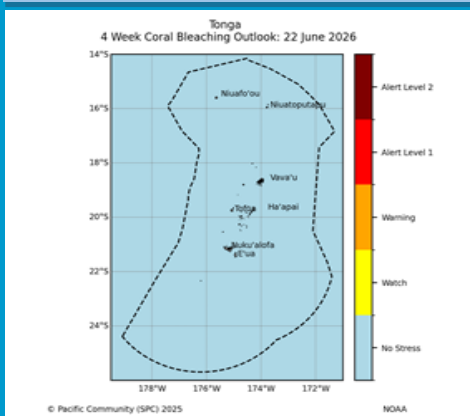


The marine heat wave alert has cleared for most of Tonga for the forecast period except for a few patches of marine heat wave still exist over the Niua waters. Close monitoring is advised as weekly variations can lead to higher than expected impacts.

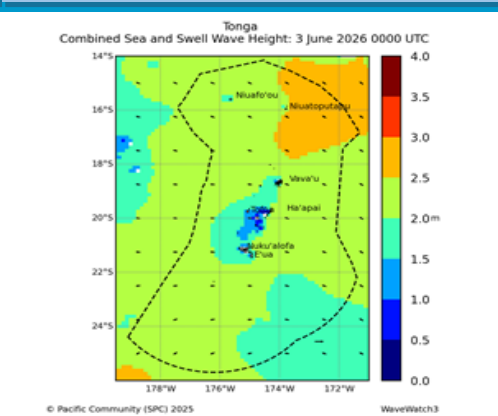
Mostly average to above average sea surface temperature anomalies is predicted for most of Tonga. Presence of warmer than average waters intensifies stress of marine ecosystems and risks to fish and coral reefs. This information is important for communities awareness and close monitoring is therefore advised as daily and weekly variations may occur.

Sea level height forecast shows mostly average to below average sea level height across most of Tonga in the next 3 months. 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.

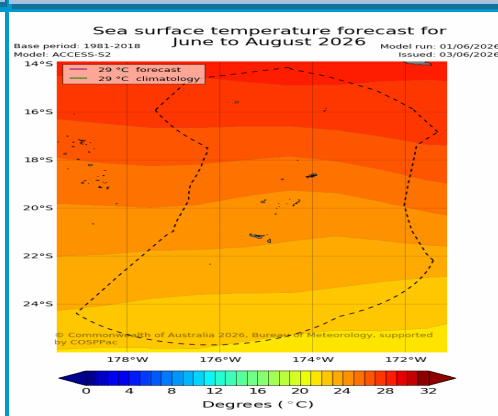
### Coral Bleaching Outlook



### Combined Sea and Swell Wave Height



### Fisheries convergence zone



Coral bleaching forecast no stress for most of Tonga waters. Coral bleaching is a common signal of stress in coral reefs and marine ecosystems caused by warmer sea temperatures. Close monitoring is advised especially to Fisheries and related stakeholders.

Tonga combined sea and swell wave height for June shows majority of the waves will come from the south-east. The average wave height in June will be 1.5 to 2.5m over most of Tonga except over Niuaotupapu where it will be 2.5 to 3.0m.

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