



Tonga Ocean Update

Issued: 20 July 2026

Recent observation

TONGA METEOROLOGICAL SERVICE

P. O. Box 1380,

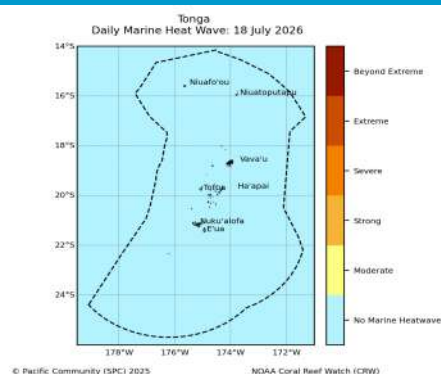
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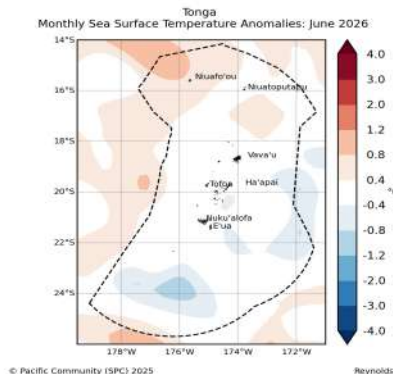
- **El Nino is currently underway in the Pacific and remains in-force for Tonga.**
- No Marine Heat Wave over Tonga during June.
- Below average sea surface temperatures around most of Tonga over the past month.
- Sea level height has been above average in June across most of Tonga waters.
- Coral Bleaching has been at no stress level for Tonga waters.

Marine Heat Wave



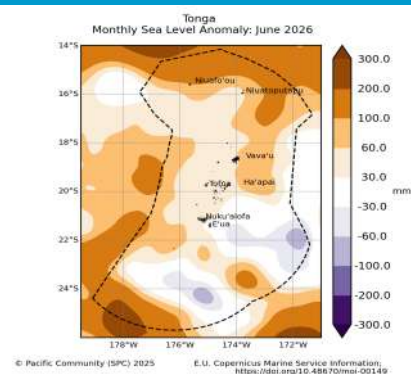
Daily monitoring shows no marine heatwave over Tonga in the past month. Marine heat wave combined with increasing temperature on land and sea are contributing to stress to marine ecosystems resulting in coral bleaching.

Sea Surface Temperature



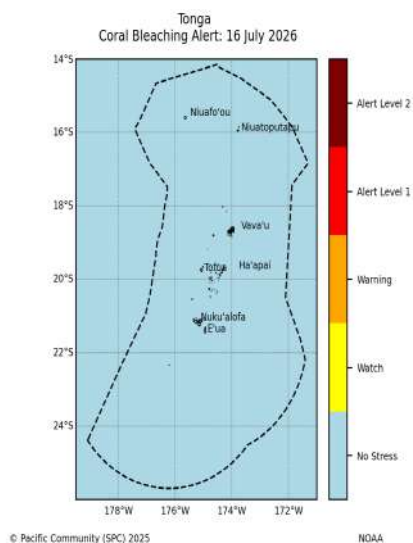
Cooler than average sea surface temperature was observed across the country in June except for a few patches of warmer than average sea surface temperature about waters of the Niua with up to 0.4 to 1.2°C above average. Presence of warmer than average waters can affect marine environment and coastal waters which is indication of heat stress on the marine ecosystem.

Sea-level height



Sea level height during June shows below average (30-60mm) sea level height to the south eastern and southern Tonga waters. The rest of Tonga showed 30-200mm above sea level anomalies. 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 Tonga.

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 Nukunono. The next highest and lowest tide will be on the 13 August with the highest tide of 1.77m at 07:26 am and the lowest tide will be 0.26m at 02:48pm. 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 strong wind.



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Ocean Outlook for August to October 2026

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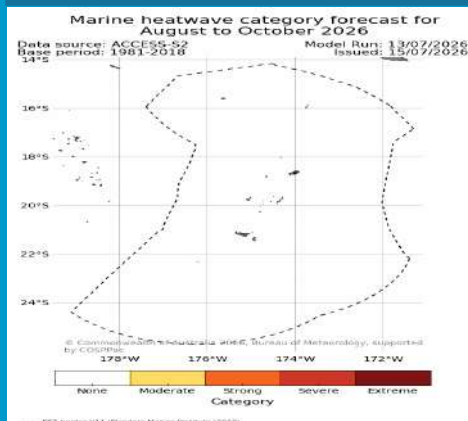
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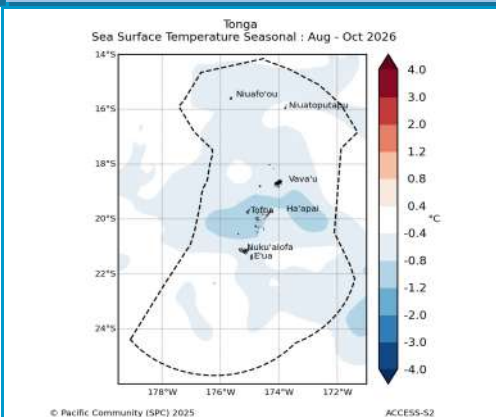
- **There is 100% chance that El Nino will continue during the forecast period, August—October.**
- Below average sea surface temperature anomalies in the coming months (0.4 to -2.0°C).
- Sea level height is forecast to be below average for Tonga (-60mm to -200mm)
- Coral Bleaching is at no Stress Level for Tonga waters during the forecast period.
- Fisheries convergence zone is located very far north from Tonga during the forecast period.
- Marine Heat Wave is clear for Tonga for the forecast period.

Marine Heat Wave Forecast



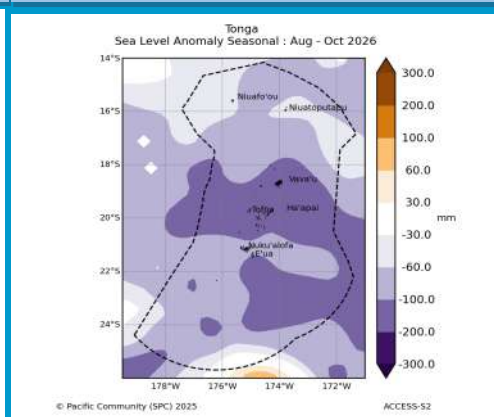
The marine heat wave alert has cleared for Tonga for the forecast period. Close monitoring is advised as weekly variations can lead to higher than expected impacts.

Sea Surface Temperature Forecast



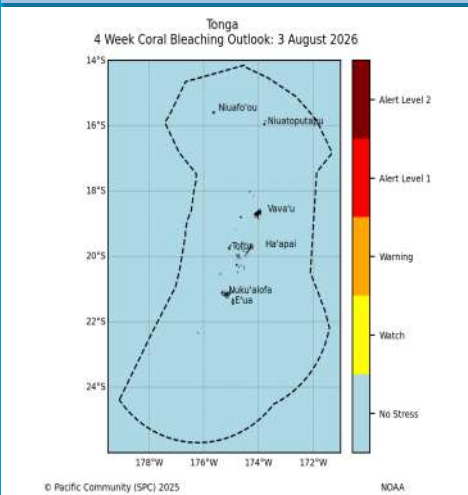
Below average sea surface temperature anomalies is predicted for Tonga. Presence of warmer than average waters intensifies stress of marine ecosystems and risks to fish and coral reefs. This information is important for communities awareness and close monitoring is therefore advised as daily and weekly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

Sea-level height



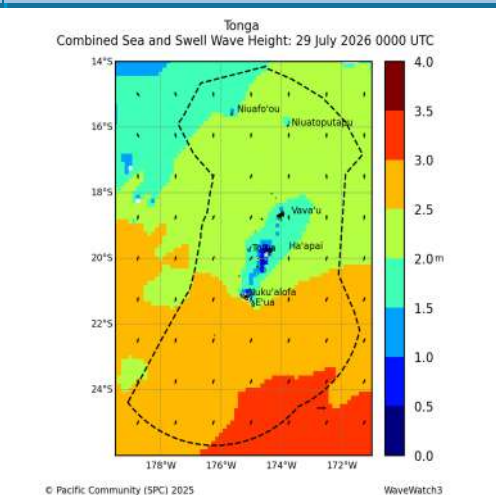
Sea level height forecast shows below average -60 to -200mm sea level height across Tonga in the next 3 months. Stakeholders can use this forecast to make decisions about the protection of communities and infrastructure against coastal inundation, especially when there is extreme high tide.

Coral Bleaching Outlook



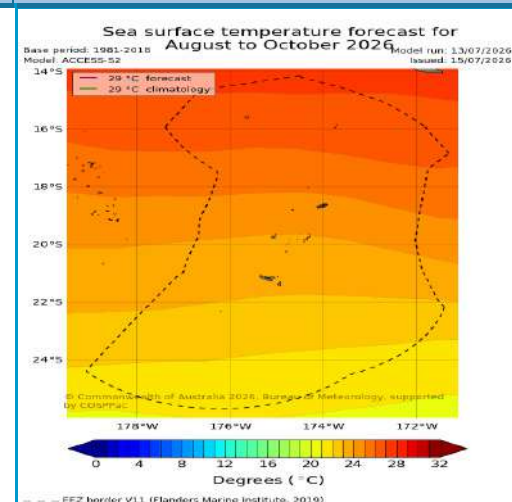
Coral bleaching forecast no stress for Tonga waters. Coral bleaching is a common signal of stress in coral reefs and marine ecosystems caused by warmer sea temperatures. Close monitoring is advised especially to Fisheries and related stakeholders.

Combined Sea and Swell Wave Height



Tonga combined sea and swell wave height for July shows majority of the waves will come from the south. The average wave height in July will be 0.5 to 2.0m over most of Tongatapu and 'Eua across to Ha'apai and Vava'u coastal waters. Over the Niuas it will be 2.0 to 2.5m. South of Tongatapu and 'Eua waters will be 2.5 to 3.5m.

Fisheries convergence zone



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 Niuas and during the forecast period, it is forecast to be displaced a little 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.