



Tonga Ocean Update

Issued: 21 August 2026

Recent observation

TONGA METEOROLOGICAL SERVICE

SERVICE

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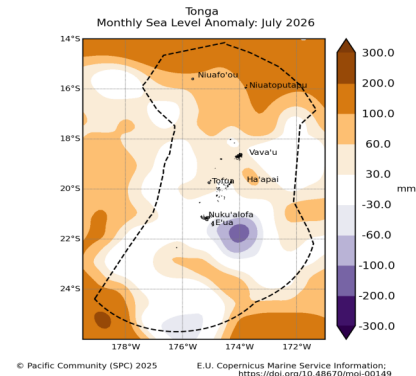
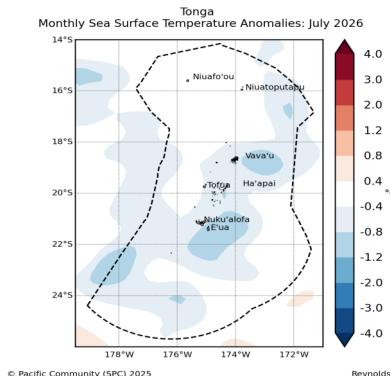
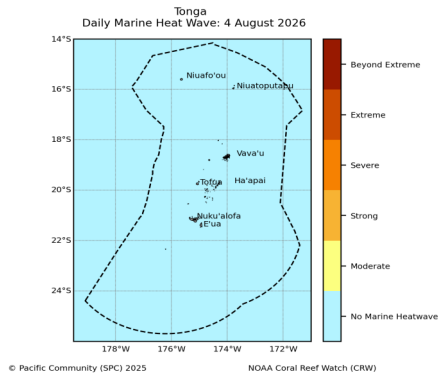
Website: www.met.gov.toEmail: metstaff@met.gov.to

- El Niño is firmly established in the Pacific and remains in force for Tonga.***
- No Marine Heat Wave over Tonga during July.
- Below average sea surface temperatures around most of Tonga over the past month.
- Below Sea level anomalies about Tongatapu and 'Eua in July.
- Coral Bleaching has been at no stress level for Tonga waters.

Marine Heat Wave

Sea Surface Temperature

Sea-level height

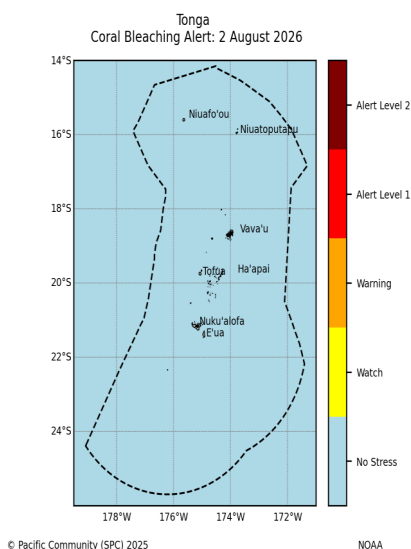


Daily monitoring shows no marine heatwave over Tonga in the past month. Marine heat wave combined with increasing temperature on land and sea are contributing to stress to marine ecosystems resulting in coral bleaching.

Cooler than average sea surface temperature was observed across the country in July. 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 during July shows below average (60-200mm) below sea level anomalies about Tongatapu and 'Eua, and 60mm to 200mm above sea level anomalies about the Niua. The rest of Tonga showed 30-60m 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

Coral Bleaching



Coral bleaching was at no stress level for Tonga.

10 highest tides for 2026

10 lowest tides for 2026

Date	Time	Height (m)	Date	Time	Height (m)
26-Dec	9:21	1.89	18-Jun	4:16	0.21
27-Dec	10:17	1.88	17-Jun	3:22	0.21
05-Jan	9:08	1.87	16-Jul	3:06	0.21
25-Dec	8:25	1.87	17-Jul	3:59	0.21
04-Jan	8:12	1.86	19-Jun	5:11	0.24
06-Jan	10:02	1.85	15-Jul	2:13	0.24
28-Dec	11:14	1.85	16-Jun	2:29	0.24
03-Jan	7:14	1.84	20-May	4:33	0.25
03-Feb	8:53	1.84	18-Jul	4:49	0.25
27-Nov	9:38	1.84	19-May	3:39	0.25

Tidal predictions show the highest & lowest tides of the year for Nuku'alofa. 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 September to November 2026

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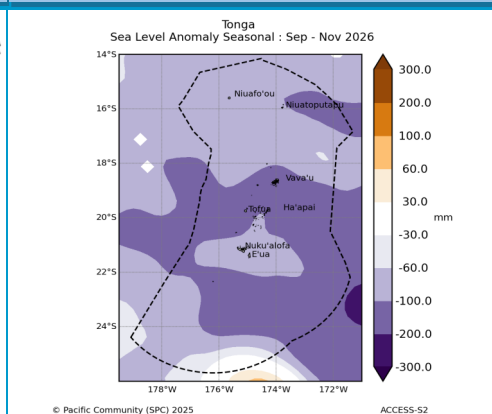
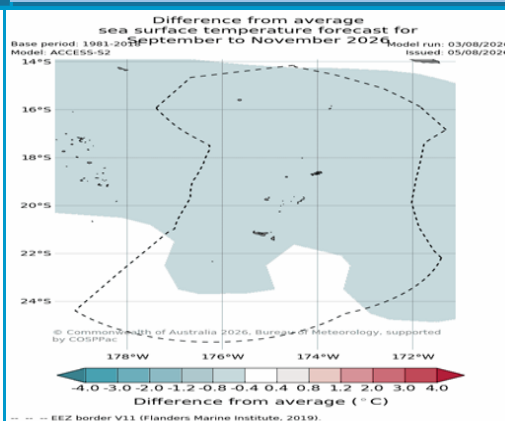
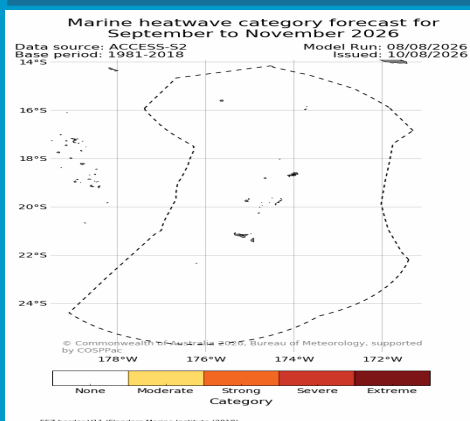
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- El Niño is firmly established. Both oceanic and atmospheric indices now reflect values consistent with a strong El Niño, with further intensification likely during September to November period.**
- Below average sea surface temperature anomalies in the coming months (0.4 to -1.2°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 Forecast

Sea Surface Temperature Forecast

Sea-level height



No marine heat wave alert for Tonga for the forecast period. Close monitoring is advised as weekly variations can lead to higher than expected impacts.

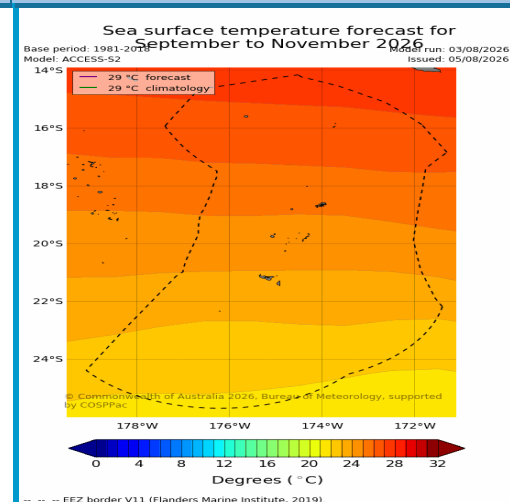
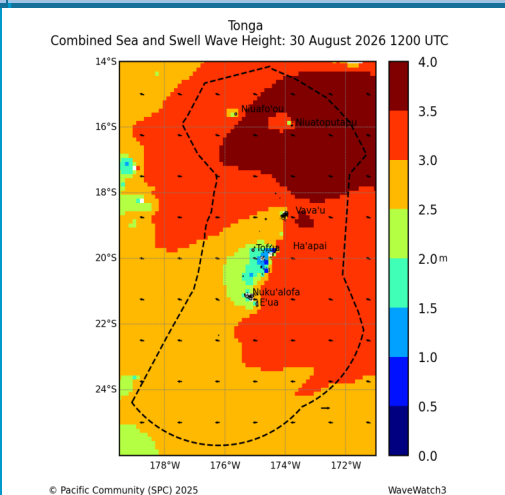
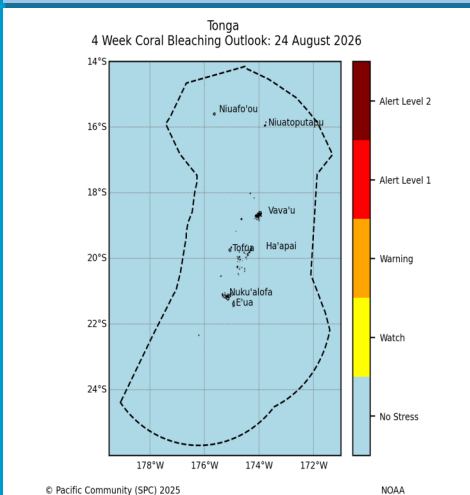
Below average sea surface temperature is predicted for Tonga. Presence of warmer than average waters intensifies stress of marine ecosystems and risks to fish and coral reefs. This information is important for communities awareness and close monitoring is therefore advised as daily and weekly variations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

Sea level height 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

Combined Sea and Swell Wave Height

Fisheries convergence zone



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.

Tonga combined sea and swell wave height by the end of August shows majority of the waves will come from the east. The average wave height in August will be 2.5 to 4.0m over most of Tonga. Patches of 1.5m to 2.0m about western waters of Tongatapu and Ha'apai.

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 Niuaus 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.