SEASONAL CLIMATE OUTLOOK FOR JULY-AUGUST -SEPTEMBER 2025

1. Prevailing global climate conditions

1.1 The El Niño–Southern Oscillation (ENSO)

The El Niño–Southern Oscillation (ENSO) is in a neutral phase. Sea-surface temperature anomalies across the Niño regions are near average. The ENSO-neutral conditions are likely during July–September 2025 (68% of chance) and may persist through September-November 2025 (52% of chance). (see *Figure 1*)

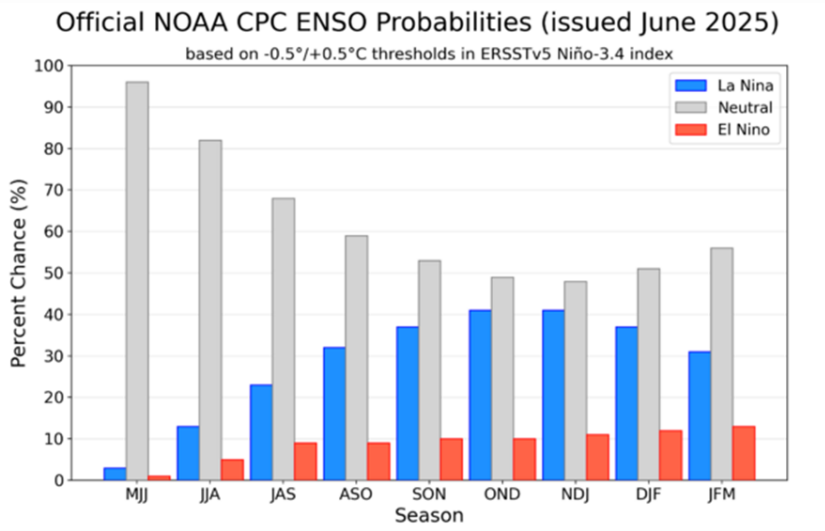


Figure 1: Forecasted Nino 3.4 Index (Source: Official NOAA CPC)

1.1 The Indian Ocean Dipole (IOD)

The Indian Ocean Dipole (IOD) is neutral. A neutral state of the IOD is predicted until at least August 2025. (*see Figure 2*)

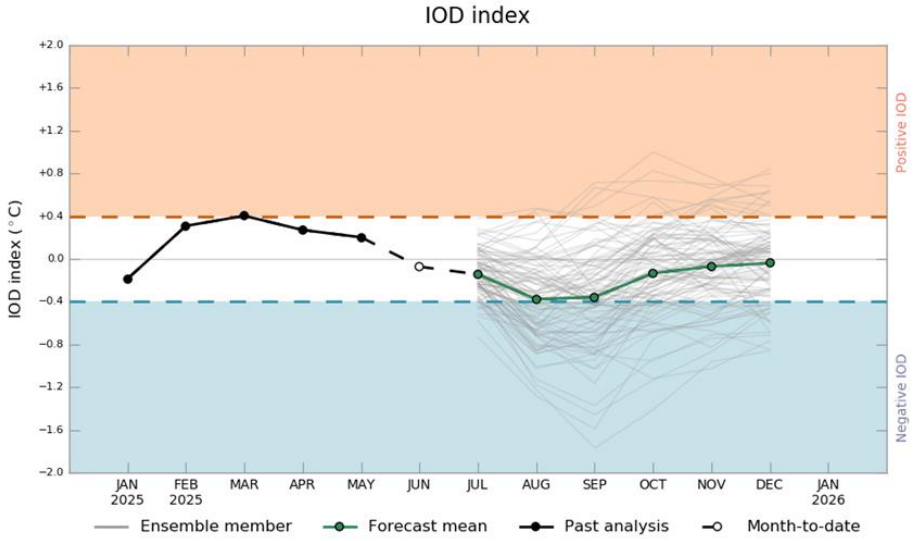


Figure 2: Observed and Forecasted IOD Index (Source: BoM)

2. Seasonal forecast for July-August-September 2025

For July-August-September 2025, Normal rainfall with increased chances of below-normal rainfall is expected over Mahe, Praslin and La Digue. (see Figure 3)

Mean temperatures for the July–August–September 2025 are likely to be within the normal to above-normal range over Mahe. According to the expected conditions, mean temperatures are likely to be around 26.8°C.

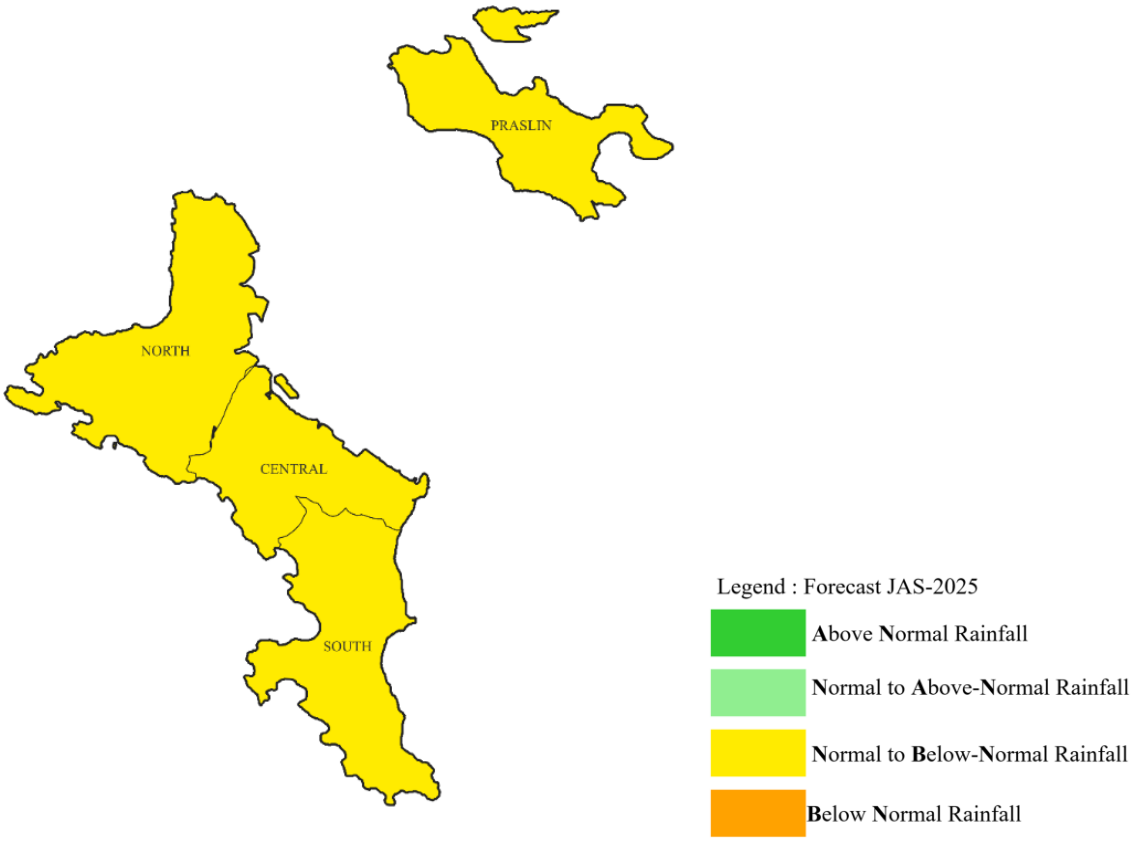


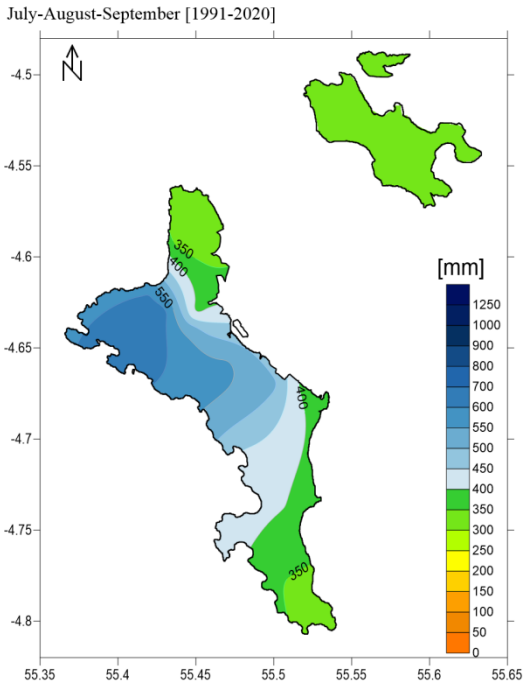
Figure 3: Rainfall Forecast for July-August-September 2025

The table below gives a summary of climatological statistics for July-August-September based on the expected conditions.

	North	Central	South	Praslin
Average JAS rainfall (**mm**)	[298.3 - 441]	[302 - 456.4]	[224.6 - 359.4]	[153 - 313.5]
Number of Rainy days* (**days**)	[45 - 47]	[43 - 47]	[35 - 38]	[22 - 29]
Number of days when Rainfall > 10mm (**days**)	[7 - 11]	[7 - 11]	[5 - 9]	[4 - 7]

** Note: A rainy day is defined as a day on which the recorded rainfall exceeds 1 mm.*

3. Climatology of July-August-September



The map illustrates the spatial distribution of rainfall in the Seychelles for the July to September period from 1991 to 2020. Rainfall is measured in millimeters (mm) and represented using a color gradient, where dark blue indicates higher rainfall amounts and orange represents lower values.

Western, central, and most eastern parts of Mahe receive 400–600 mm of rain. Rainfall amounts exceeding 600mm are observed in the northern part of western Mahe. The amount observed at the island's northern and southern falls below 350 mm. Meanwhile, Praslin and La Digue receive only 300–350 mm.

Figure 4: Climatology of July-August-September rainfall (1991-2020)

NOTE: This Outlook applies specifically to seasonal timescales (three-month overlapping periods) and may not fully capture intra-seasonal (month-to-month) variations. Therefore, it is highly recommended to use this seasonal forecast alongside the daily and weekly forecasts provided by the Seychelles Meteorological Authority.