

SEYCHELLES METEOROLOGICAL AUTHORITY

Seychelles International Airport

P O Box 1604, Victoria, Mahé, Republic of Seychelles

Telephone: (248) 4670700/711 /718

E-mail: info@meteo.sc Web: www.meteo.sc**SEASONAL FORECAST BULLETIN****SMA/CLI/FM/010****Created by : T. Nomenjanahary****Revision Number : 0(NEW)****Page 1 of 9****SEYCHELLES NATIONAL CLIMATE OUTLOOK:****OCTOBER 2025 TO MARCH 2026****1. Summary**

Mahe, Praslin and La Digue are likely to receive normal to below-normal rainfall during October to December (OND-2025) and November to January (NDJ-2025). Improvement of the rainfall conditions is expected from December to February (DJF-2025) through January to March (JFM) 2026. Mahe, Praslin and La Digue are expected to have normal to above normal rainfall.

Temperature outlook for the entire 2025/26 rainfall season indicates that above-normal mean temperatures are expected to dominate across Mahe.

2. Prevailing global climate conditions**1.1 The El Niño–Southern Oscillation (ENSO)**

In August 2025, ENSO-neutral conditions persisted. Sea surface temperatures (SSTs) were near to below average across the central and eastern equatorial Pacific Ocean, consistent with neutral ENSO conditions. A transition from ENSO-neutral to La Niña is likely to occur in the next couple of months, with a 71% chance of La Niña during October - December 2025. Thereafter, La Niña is favored but chances decrease to 54% in December 2025 - February 2026. ENSO-neutral is expected from January-February-March 2026. (see *Figure 1*)

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Official NOAA CPC ENSO Probabilities (issued September 2025)

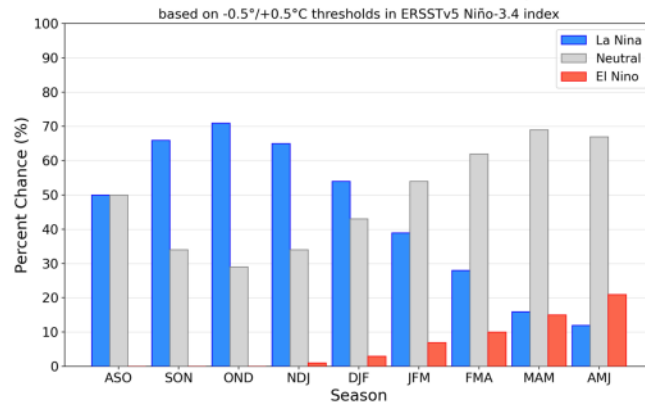


Figure 1: Forecasted Nino 3.4 Index (Source: Official NOAA CPC)

1.1 The Indian Ocean Dipole (IOD)

A negative phase of the Indian Ocean Dipole (IOD) is underway. The IOD is expected to continue throughout October-November, with a return to neutral in early summer. (see Figure 2)

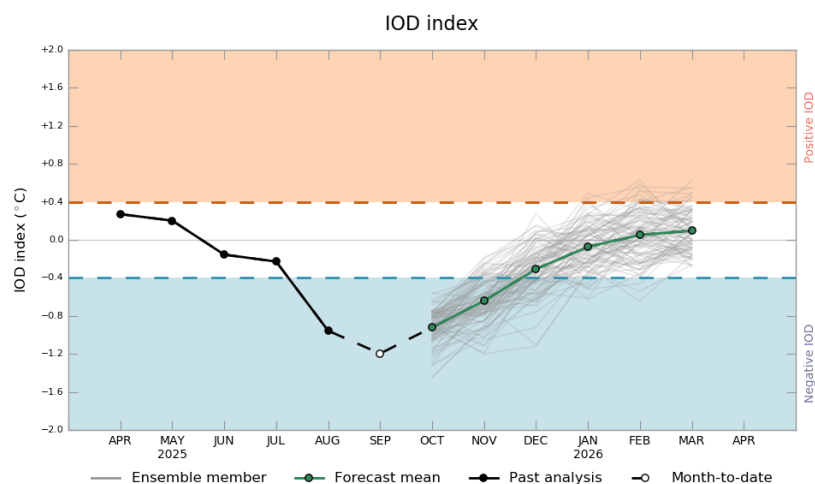


Figure 2: Observed and Forecasted IOD Index (Source: BoM)

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3. OUTLOOK

The period from October to March is the main period of interest for this outlook for Seychelles.

The rainy season has been divided into four overlapping three-month periods: October-November-December (OND), November-December-January (NDJ), December-January-February (DJF) and January-February-March (JFM).

The maps show the forecasted rainfall categories. Four categories are utilized:

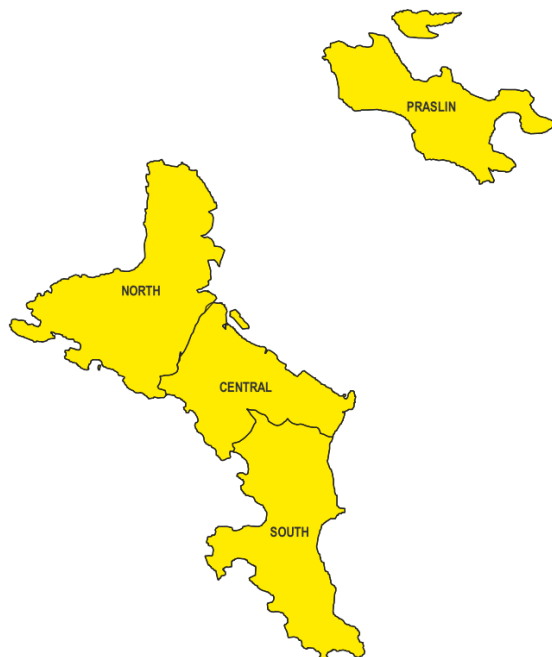
- Category 1 (bright green) denotes above-normal rainfall amounts.
- Category 2 (light green) represents normal to above normal rainfall amounts.
- Category 3 (yellow) indicates normal to below-normal rainfall amounts.
- Category 4 (orange) implies below-normal rainfall amounts.

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For October-November-December 2025, normal rainfall with increased chances of below-normal rainfall is expected over Mahe, Praslin and La Digue. (see Figure 3)

Legend : Forecast OND-2025

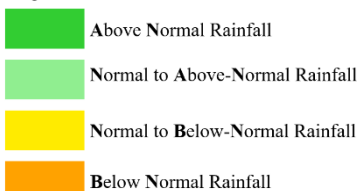


Figure 3: Rainfall Forecast for October-November-December 2025

The table below gives a summary of climatological statistics for October-November-December based on the expected conditions.

	North	Central	South	Praslin
Average OND rainfall (mm)	[585.4 - 847.5]	[573 - 886.7]	[422.9 - 649.9]	[283.7 - 400]
Number of Rainy days* (days)	[41 - 50]	[42 - 51]	[33 - 45]	[25 - 33]
Number of days when Rainfall > 10mm (days)	[17 - 24]	[18 - 25]	[12 - 19]	[9 - 11]

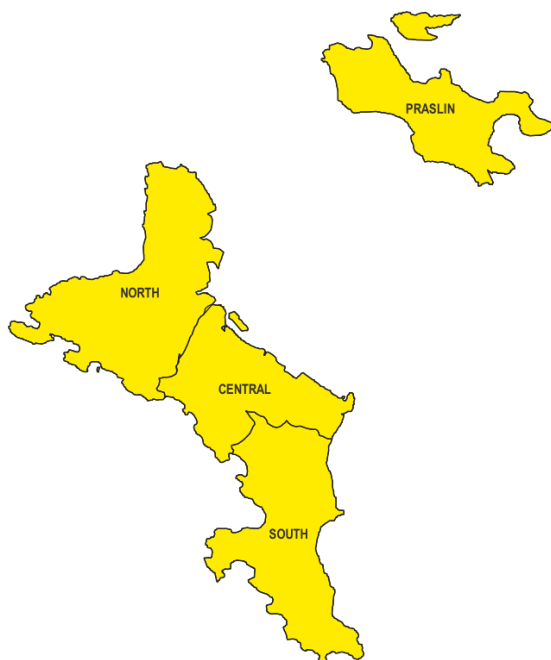
* Note: A rainy day is defined as a day on which the recorded rainfall exceeds 1 mm.

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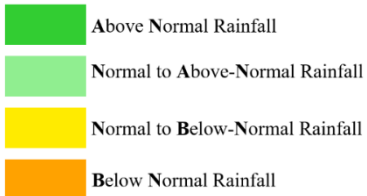
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Legend : Forecast NDJ-2025



For November-December 2025- January 2026, normal rainfall with increased chances of below-normal rainfall is expected over Mahe, Praslin and La Digue.
(see Figure 4)

Figure 4: Rainfall Forecast for November-December 2025- January 2026

The table below gives a summary of climatological statistics for November-December-January based on the expected conditions.

	North	Central	South	Praslin
Average NDJ rainfall (mm)	[895.1 - 1132.2]	[845.4 - 1125.3]	[600.6 - 796]	[396.1 - 578.8]
Number of Rainy days* (days)	[51 - 55]	[52 - 55]	[43 - 50]	[32 - 39]
Number of days when Rainfall > 10mm (days)	[25 - 29]	[25 - 30]	[17 - 23]	[12 - 18]

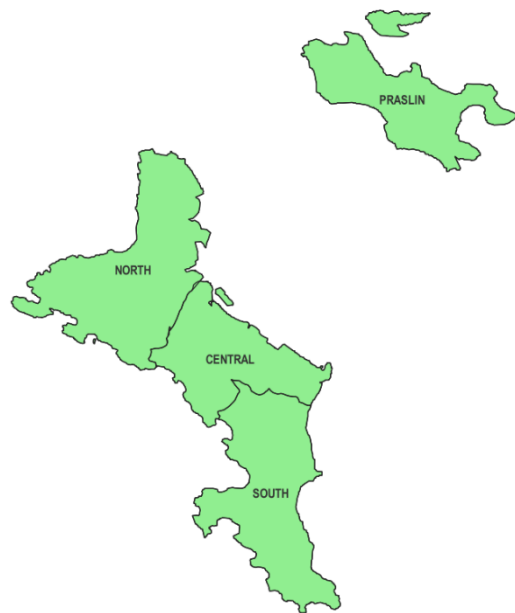
* Note: A rainy day is defined as a day on which the recorded rainfall exceeds 1 mm.

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There is an increase in normal to above normal rainfall across Mahe, Praslin and La Digue during December 2025 - January-February 2026. (see Figure 5)

Legend : Forecast DJF-2025

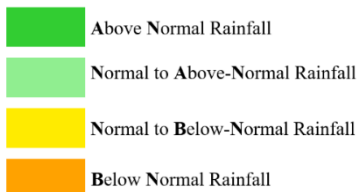


Figure 5: Rainfall Forecast for December 2025 - January-February 2026

The table below gives a summary of climatological statistics for December-January-February based on the expected conditions.

	North	Central	South	Praslin
Average DJF rainfall (<i>mm</i>)	[1131.6 - 1448.6]	[1150.8 - 1372]	[738.2 - 937.5]	[547.5 - 756.5]
Number of Rainy days (<i>days</i>)	[55 - 56]	[54 - 57]	[44 - 48]	[35 - 41]
Number of days when Rainfall > 10mm (<i>days</i>)	[28.2 - 34.6]	[31 - 34]	[21 - 25]	[15 - 22]

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

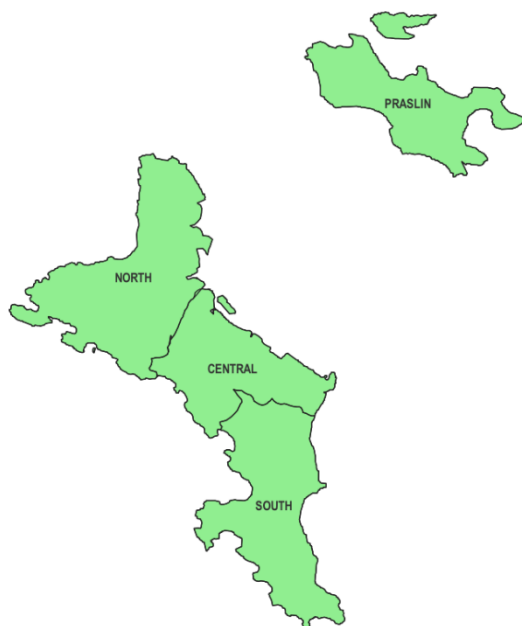
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For January-February-March 2026, normal rainfall with increased chances of below-normal rainfall is expected over Mahe, Praslin and La Digue. (see Figure 3)

Legend : Forecast JFM-2026

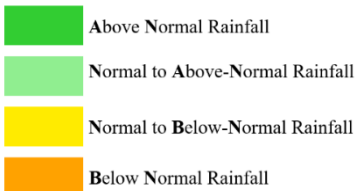


Figure 3: Rainfall Forecast for January-February-March 2026

The table below gives a summary of climatological statistics for January-February-March based on the expected conditions.

	North	Central	South	Praslin
Average JFM rainfall (<i>mm</i>)	[1016.7 - 1310.6]	[1045 - 1311.7]	[631.7 - 814.1]	[486.7 - 714.8]
Number of Rainy days (<i>days</i>)	[46 - 52]	[48 - 55]	[38 - 42]	[27 - 35]
Number of days when Rainfall > 10mm (<i>days</i>)	[24 - 31]	[26 - 32]	[18 - 22]	[14 - 18]

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

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3.5 Mean temperatures

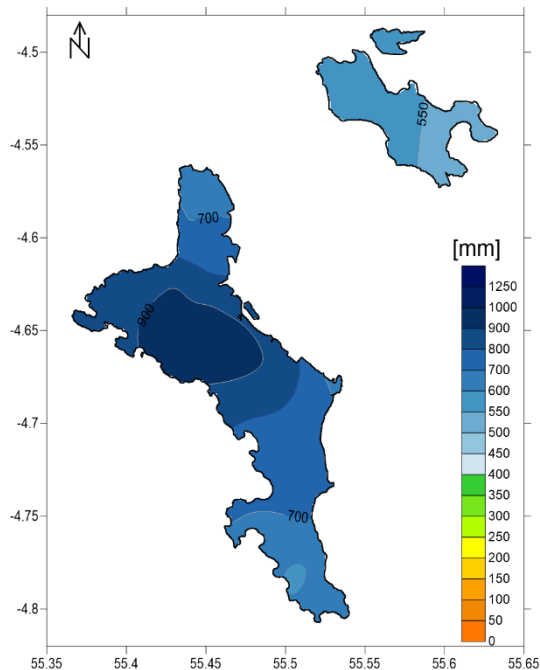
For the upcoming seasons, mean temperatures over Mahe are expected to be within the above-normal range. Based on the forecast conditions, mean temperatures are likely to exceed the following thresholds: OND-2025: 27.5 °C, NDJ-2025: 27.6 °C, DJF-2025: 27.7 °C, JFM-2026: 28.0 °C.

4. Normal conditions

The maps illustrate the spatial distribution of rainfall in the Seychelles from October-November-December (OND) to January-February-March (JFM). It consists of climatological averages for the period 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.

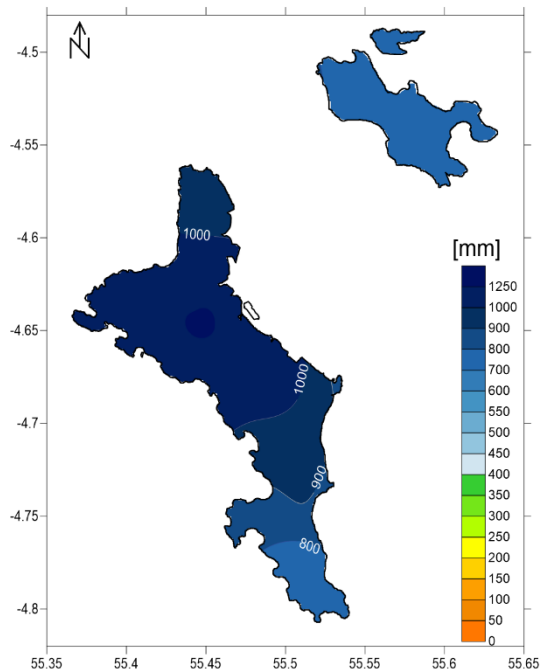
a)

October-November-December [1991-2020]



b)

November-December-January [1991-2020]



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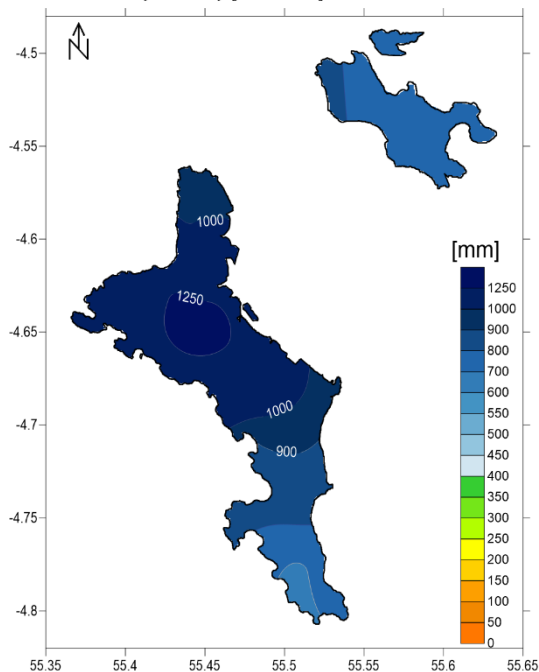
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c)

December-January-February [1991-2020]



d)

Jan-Feb-Mar [1991-2020]

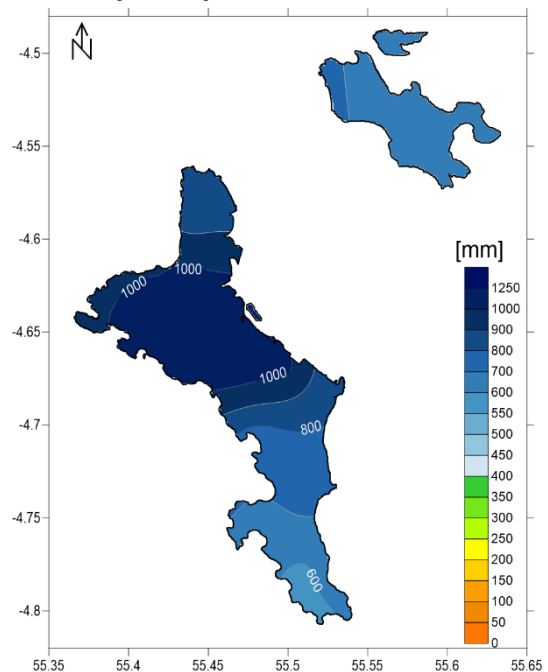


Figure 4: Climatology of a) October-November-December, b) November-December-January, c) December-January-February, d) January-February-March rainfall (1991-2020)

NOTE: The Seychelles Meteorological Authority will continue to monitor seasonal climate indicators which influence Seychelles's rainfall as they evolve. Thus, the seasonal rainfall predictions will be updated on a monthly basis, starting the end of October. 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.