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 FOR JANUARY-FEBRUARY-MARCH 2026

1. Prevailing global climate conditions

1.1.The El Niño–Southern Oscillation (ENSO)

La Nina conditions persisted in November 2025, with sea surface temperatures (SSTs) remaining below average across the central and eastern equatorial Pacific Ocean. La Niña is favored to continue through December-February (DJF) 2025/2026. Thereafter, a transition to ENSO-neutral conditions is expected during January-March (JFM) 2026, with a 68% chance.

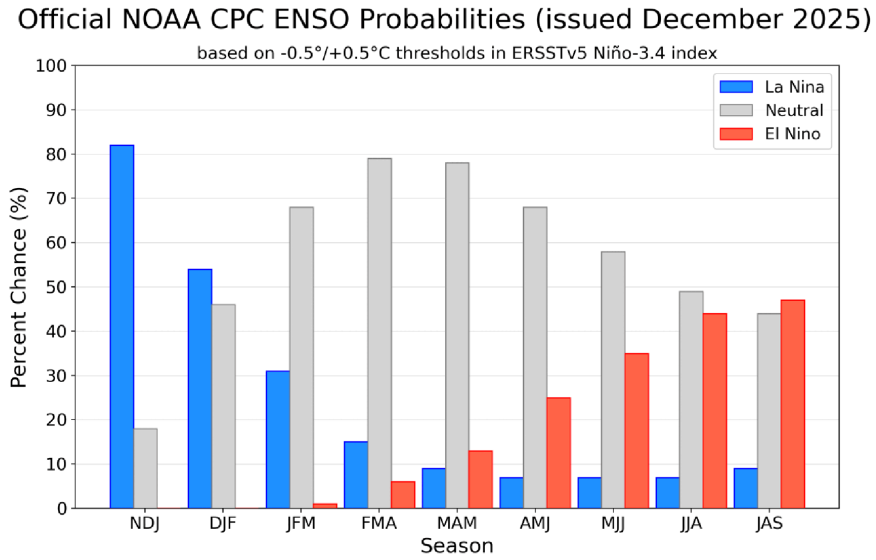

Figure 1: Forecasted Nino 3.4 Index (Source: Official NOAA CPC)

1.2.The Indian Ocean Dipole (IOD)

The negative Indian Ocean Dipole (IOD) event has ended, and conditions have returned to a neutral phase. The IOD is likely to remain neutral throughout the forecast period (January-March 2026). (*see Figure 2*)

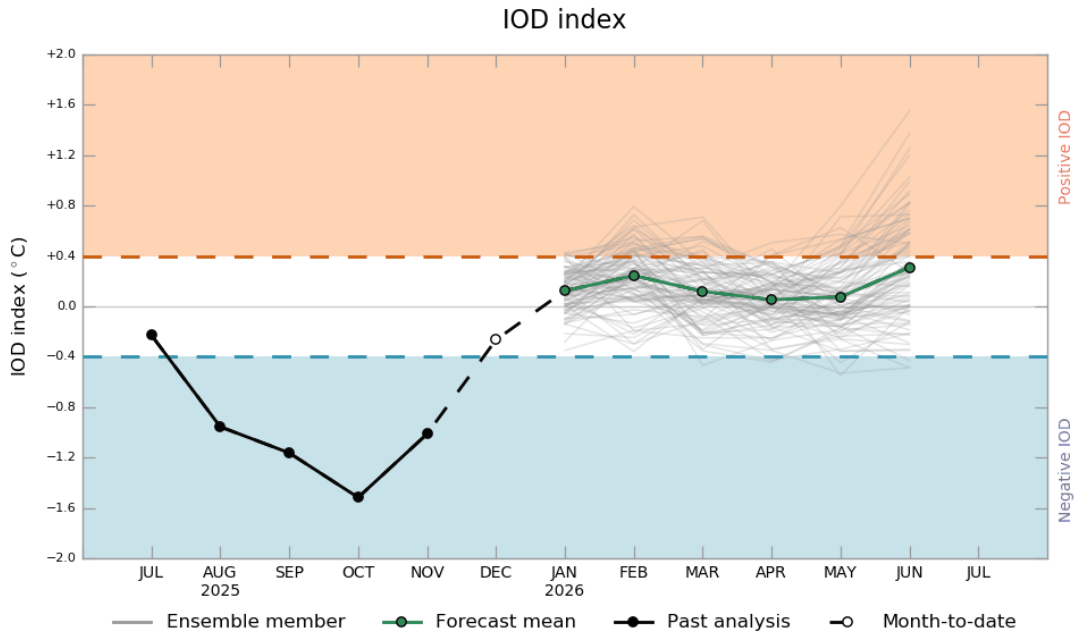

Figure 2: Observed and forecasted IOD Index (Source: BoM)

2. Seasonal forecast for January-February-March 2026

During January-March 2026, normal rainfall with increased chances of above-normal rainfall is forecasted across the northern and central zones of Mahe, as well as over Praslin and La Digue. However, normal rainfall with increased chances of below-normal rainfall is expected across the southern zone of Mahe. (*see Figure 3)*

Mean temperature for the January-March 2026 is forecasted to be within the normal to above-normal range over Mahe. Mean temperatures are expected to be 27.8°C under the anticipated conditions.

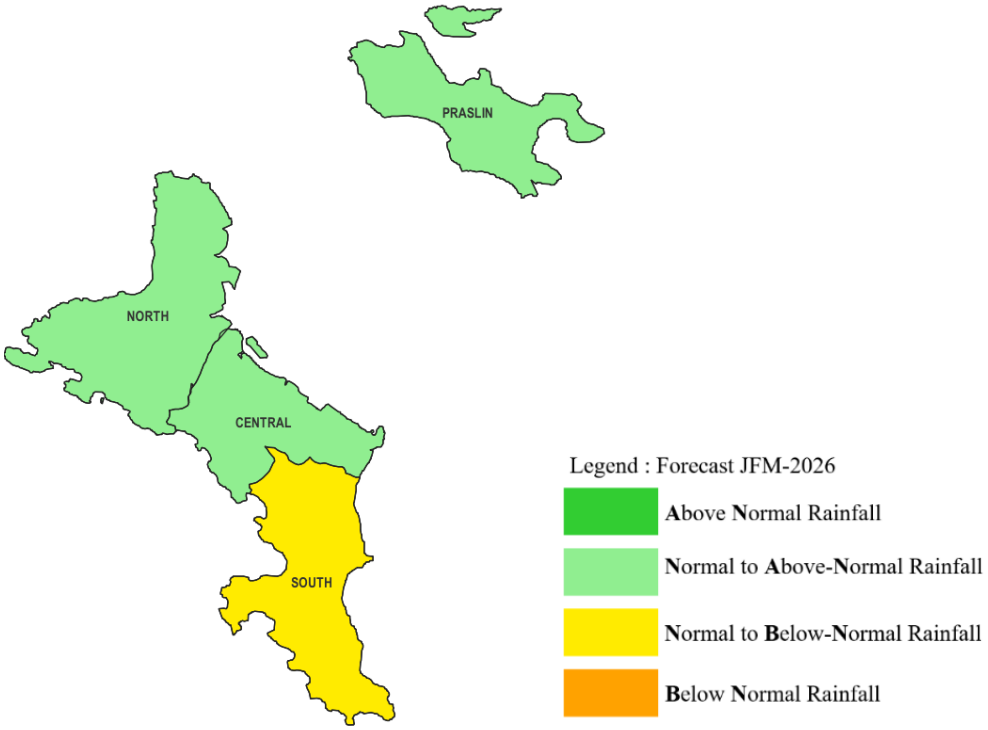

Figure 3: Rainfall forecast for January-February-March 2026

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 ***(mm)***	[1016.7 - 1310.6]	[1045 - 1311.7]	[472 – 631.7]	[486.7 - 714.8]
Number of Rainy days ***(days)***	[46 - 52]	[48 - 55]	[35 - 38]	[27 - 35]
Number of days when Rainfall > 10mm ***(days)***	[24 - 31]	[26 - 32]	[14 - 18]	[14 - 18]

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

3. Climatology of January-February-March

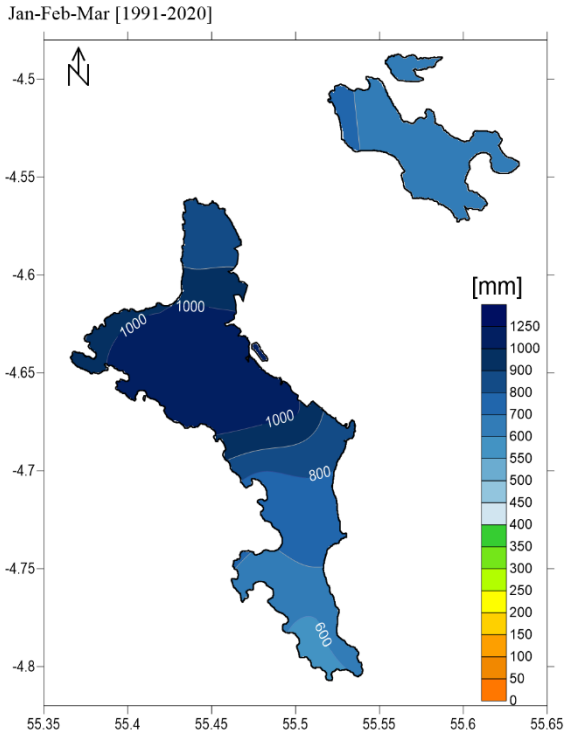

Figure 4: Climatology of January-February-March rainfall (1991-2020)

The map illustrates the spatial distribution of rainfall across Mahe and Praslin for the January to March (1991-2020). Rainfall is measured in millimeters (mm) and represented using a color gradient, where dark blue indicates higher rainfall amounts and orange represents lower values.

Most of areas in the North of Mahe, as well as the eastern and western region of Mahe receive rainfall ranging from 1000 to 1250mm. Rainfall amounts range from 550 to 1000mm over the southern of Mahe. Similar amounts are observed over the southern portion of both eastern and western region of Mahe. Rainfall shows a decreasing gradient from north to south across Mahe.

Praslin and La Digue receive around 650 mm of rainfall during January-March. Rainfall amounts over Praslin and La Digue are lower than those over Mahe during this period.

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.