



SEASONAL CLIMATE OUTLOOK FOR MARCH-APRIL-MAY (MAM) 2026

1. Prevailing Global Climate Conditions

1.1. The El Niño-Southern Oscillation (ENSO)

La Niña conditions were evident in January 2026, with sea surface temperatures (SSTs) lingering within the below average threshold across the central and eastern equatorial Pacific Ocean. However, a transition from La Niña to ENSO-neutral is expected in February-April (FMA) 2026 season with 60 % chance. Further analysis indicates ENSO-neutral conditions are likely to persist through the forecast period of March-May (MAM) with a higher chance of over 90 % till June-August (JJA) 2026 season with a chance of 56 %. Refer to Figure 1 below for further information.

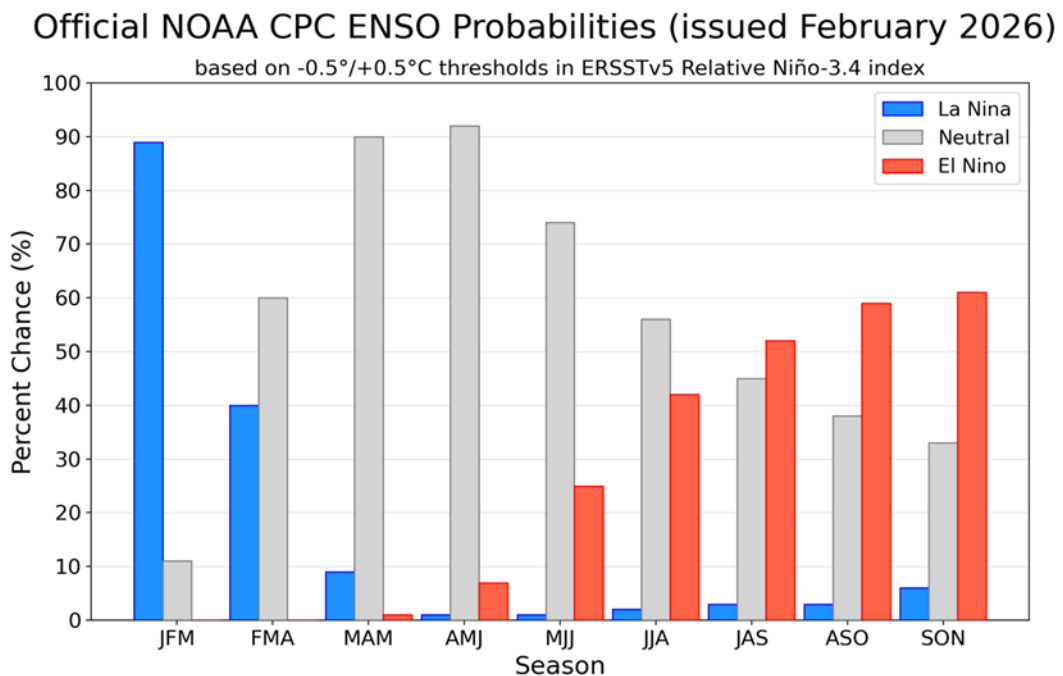


Figure 1: Forecasted Niño 3.4 Index (Source: Official NOAA CPC)



1.2. The Indian Ocean Dipole (IOD)

The Indian Ocean Dipole (IOD), defined by the difference in sea surface temperatures (SSTs) between the eastern and western tropical Indian Ocean, showed evidence of a positive phase in February 2026. However, neutral IOD conditions are forecast to prevail during the March - April - May (MAM) 2026 season. Further details are provided in Figure 2, based on the IOD status update issued on 21st February 2026 by the Bureau of Meteorology (BoM), Australia.

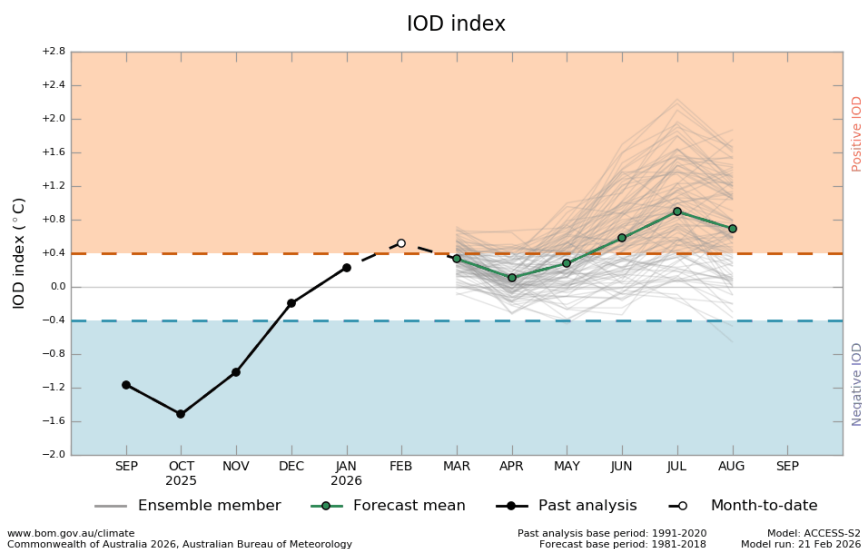


Figure 2: Observed and forecasted IOD Index (Source: BoM)

1.3. Other Climate Drivers - Intraseasonal Drivers

While monitoring the status of the major climate drivers (ENSO and IOD) is critical when generating seasonal climate outlooks, intraseasonal variability during the March - April - May (MAM) 2026 season is also likely to be influenced by the phases of the Madden-Julian Oscillation (MJO). The MJO is commonly associated with periods of enhanced and suppressed tropical convection and rainfall, thereby modulating rainfall patterns over the region on short-term (weekly to monthly) timescales.

Other important contributors to intraseasonal variability include the latitudinal position of the Intertropical Convergence Zone (ITCZ), also referred to as the Equatorial Monsoon Trough, as well as regional topographical features, which can influence localized rainfall distribution.

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2. Seasonal Outlook for March-April-May (MAM) 2026

2.1. Rainfall outlook for MAM 2026

The March-May season is generally regarded as a transitional period from the peak rainfall conditions associated with the Northwest Monsoon. During this time, rainfall amounts typically decrease as the Southeast Monsoon progressively establishes across Seychelles.

Overall, across Mahe and the Inner Islands, the March-May (MAM) 2026 season is expected to be characterized by a tendency of Near-Normal rainfall conditions. However, at the regional level, Normal (average) to Above-Normal rainfall conditions are predicted over the Northern and Central zones of Mahe, Praslin and La Digue. The Southern zone of Mahe is predicted to experience Normal to Below Normal rainfall conditions.

Further outlook at the monthly scale of March to May indicated the following conditions:

- i) **March:** Near Normal to Above Normal rainfall conditions are expected over the Central and Northern zones of Mahe, Praslin, and La Digue, while Near Normal to Below Normal conditions are expected over the Southern zone of Mahe.
- ii) **April:** Near Normal to Below Normal rainfall conditions are forecasted across Mahe and Inner Islands.
- iii) **May:** A general likelihood of Near Normal to Above Normal rainfall conditions is expected over Mahe and the Inner Islands.

Refer to Figure 3, Table 1 to 4 for detailed breakdown of rainfall outlook for MAM 2026 season and the months of March, April and May respectively.

2.2. Temperature outlook for MAM 2026

The mean temperatures for the March - April - May (MAM) 2026 season across Mahe and the Inner Islands are forecast to be Above Normal (warmer than average). Therefore, mean temperatures are expected to be higher than the MAM seasonal climatological average of 28.6 °C under the predicted conditions.

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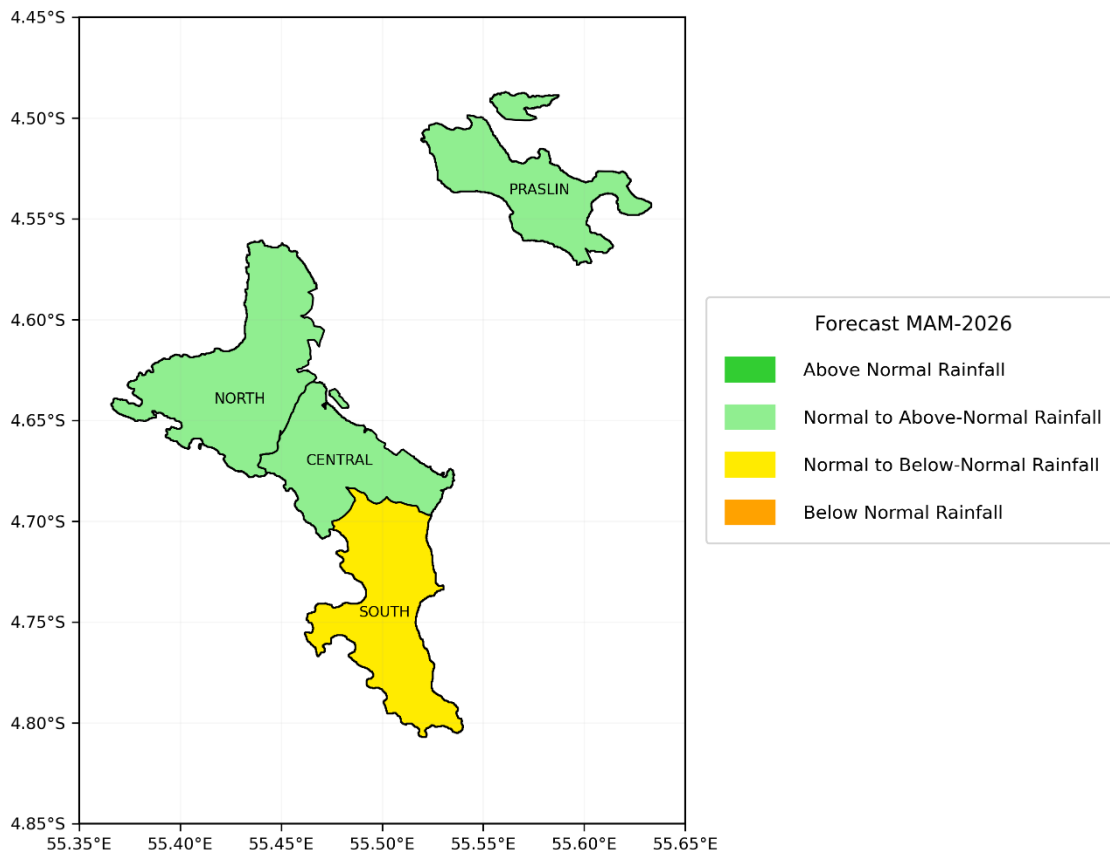


Figure 3: Rainfall Forecast for March–April–May (MAM) 2026

Table 1: Summary of climatological statistics for March-April-May (MAM) season based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall (<i>mm</i>) category range	[616.5 - 753.6]	[679.1 - 771.8]	[400.9 - 449.3]	[440.4 - 534.4]
Number of Rainy days (<i>days</i>)	[45 - 49]	[43 - 47]	[32 - 39]	[30 - 32]
Number of days when Rainfall > 10mm (<i>days</i>)	[19 - 20]	[18 - 22]	[12 - 14]	[12 - 14]

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Table 2: Summary of climatological statistics for March based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall (<i>mm</i>) category range	[240.4 - 300.6]	[239.1- 367.8]	[123.9- 160.4]	[142.6 - 189.7]
Number of Rainy days (<i>days</i>)	[14 - 16]	[13 - 15]	[9 - 11]	[9- 11]
Number of days when Rainfall > 10mm (<i>days</i>)	[6 - 8]	[6 - 8]	[4 - 5]	[5 - 6]

Table 3: Summary of climatological statistics for April based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall (<i>mm</i>) category range	[170.7 - 209.9]	[157.2 - 200.3]	[128.5 - 150.9]	[78.3- 149.8]
Number of Rainy days (<i>days</i>)	[13- 16]	[13- 15]	[11- 14]	[7- 10]
Number of days when Rainfall > 10mm (<i>days</i>)	[4- 6]	[4- 6]	[3- 5]	[3- 4]

Table 4: Summary of climatological statistics for May based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall (<i>mm</i>) category range	[187.3- 230.8]	[225.2- 260.7]	[138.7- 176.5]	[142.2- 168.4]
Number of Rainy days (<i>days</i>)	[16- 20]	[15- 19]	[13- 16]	[11- 13]
Number of days when Rainfall > 10mm (<i>days</i>)	[5- 7]	[6- 9]	[4- 5]	[3- 5]

*Note: From Table 1 to Table 4, a rainy day is defined as a day on which the recorded rainfall exceeds 1 mm.

3. Advisory

The MAM Outlook applies to seasonal (three-month overlapping) timescales and may not fully capture intra-seasonal (weekly-to-monthly) variations; stakeholders are therefore encouraged to use it alongside the daily and weekly forecasts and official weather warnings issued by the Seychelles Meteorological Authority (SMA) to support planning, informed decision-making, and early action.

In case of any weather or climate-related events, stakeholders are advised to contact the relevant authorities. For further information and regular updates, please visit <https://www.meteo.sc/>, follow SMA on social media, email: info@meteo.sc or call: (248) 4670700/711/714/718.

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4. Long-Term Climatology of the March-April-May Season

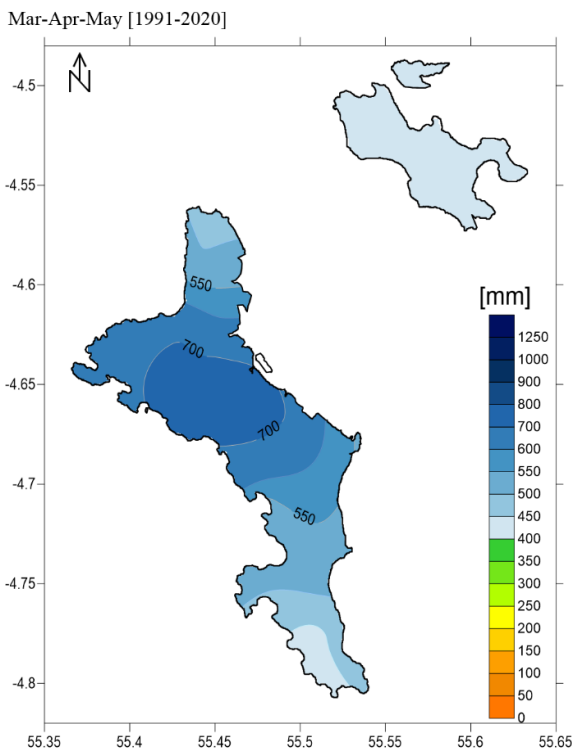


Figure 4: Climatology of March-April-May (MAM) Season Rainfall (1991-2020)

The map (Figure 4) illustrates the spatial distribution of rainfall climatology across Mahe and Praslin for the March to May season (1991-2020). Rainfall is measured in millimeters (mm) and represented using a colour gradient, where dark blue indicates higher rainfall amounts and orange represents lower values.

In general, the central regions, as well as parts of the northern, eastern, and western areas of Mahe, receive seasonal rainfall totals ranging from 550 mm to 900 mm. Lower rainfall amounts, ranging between 400 mm and 550 mm, are observed over the southern part and the extreme northern areas of Mahe. Overall, the rainfall distribution exhibits a decreasing gradient from the central region toward both the southern and northern parts of the island.

Praslin and La Digue experience seasonal rainfall totals generally ranging between 400 mm and 500 mm during the March - April - May period.

5. Methodology

The MAM 2026 seasonal outlook was developed through a combination of statistical analysis, dynamical analysis with initial condition of February, expert interpretation of the current state of the global climate systems, and outputs from dynamical models produced by the World Meteorological Organization (WMO) Global Producing Centres (GPCs), Regional Climate Centres (RCCs) and Regional Specialized Meteorological Centres (RSMCs). The expert assessment considered key oceanic and atmospheric drivers that influence the regional climate, including the El Niño-Southern Oscillation (ENSO), the Indian Ocean Dipole (IOD), and the Sub-Tropical Indian Ocean Dipole (SIOD), among other relevant climate variability factors.