

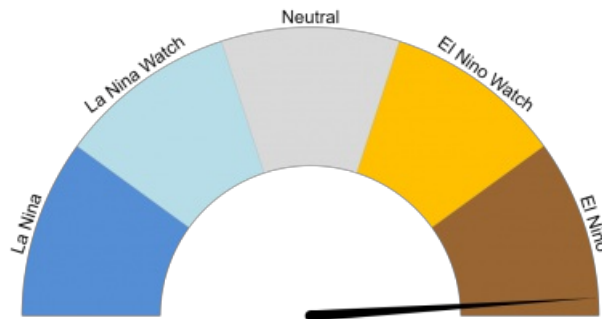
El Niño/La Niña Watch



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ENSO Watch Update (based on the NIÑO 3.4 index (120-170W, 5S5N))

El Niño exists and is expected to strengthen and persist through the rest of 2026. There is an 83% or greater chance that a strong to very strong El Niño is likely through January to March 2027.



El Niño is evident by the above-average sea surface temperatures across the central and eastern equatorial Pacific Ocean. The latest weekly indices are Niño 4 (+0.0 °C), Niño 3.4 (+2.5°C), Niño 3 index (+3.6 °C) and Niño 1+2 index (+4.4 °C) respectively. The upper ocean heat anomalies were above average by 3.5 °C and persisted across most of the equatorial Pacific Ocean. Low-level westerly wind anomalies were observed from the western to east central equatorial Pacific Ocean. The upper-level easterly wind anomalies were observed over the western to eastern central equatorial Pacific Ocean with max speeds observed at different locations.

Areas of suppressed convection were observed across the Philippines, Indonesia and Papua New Guinea, while areas of convection were enhanced from the international date line to the eastern equatorial Pacific Ocean. The ocean-atmosphere interaction indicates that El Niño is present and is expected to strengthen during the rest of 2026 becoming strong to very strong in January to March 2027.

What does this mean for Trinidad and Tobago?

During El Niño conditions, Trinidad and Tobago generally experiences near-normal to below-normal rainfall amounts and warmer days and nights. El Niño events negatively influence rain-bearing climatological features, often leading to reduced cloudiness and rainfall. Less cloudy periods during the day allow for more solar radiation reaching the ground.

To find out more about how El Niño is expected to affect Trinidad and Tobago in the coming months. Please visit our website for the Rainfall and Temperature Outlook for November 2026 to January 2027 (<https://www.metoffice.gov.tt/our-services/rainfall-and-temperature-outlook-update>).

Guide: A La Niña (El Niño) is declared when the average SSTs in the central and eastern equatorial Pacific Ocean become at least -0.5°C cooler than average (0.5°C warmer than average) in the preceding month and the cooling (warming) is expected to persist for five consecutive overlapping three-month periods. This must occur together with a corresponding

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change in the overlying atmospheric circulation. The TTMS La Niña/El Niño Watch is activated when the ENSO Outlook indicates a probability of approximately 50% or greater chance for the development of La Niña or El Niño.

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