



SEPTEMBER TO DECEMBER 2026 SEASONAL CLIMATE OUTLOOK OVER UGANDA

PRESS RELEASE

1.0. OVERVIEW

Countrymen and women, I would like to draw your attention to the seasonal forecast for the next season. As you are aware, Uganda experiences two major rainfall seasons, namely: March-April-May (MAM) and September-October-November-December (SOND), as the first and second rainy seasons, respectively. However, Northern and parts of Eastern Uganda usually experience a substantial amount of rainfall during the June-July-August (JJA) season. The two major rainfall seasons are separated by two dry periods, namely: December to February, and June to August for the southern sector. Today, we are officially releasing the seasonal forecast for the **September to December 2026** rainfall season. The Ministry of Water and Environment routinely develops and disseminates weather and climate information for different sectors, including aviation, marine transport, water resources management, agriculture, health, national defence and security, disaster preparedness, and other developmental activities to support planning and decision-making for sustainable development.

2.0 CLIMATE DRIVERS FOR SOND 2026 SEASON

The major climate drivers expected to influence the SOND 2026 climate outlook over Uganda include: -

- i. **El Niño:** The established El Niño episode is expected to intensify during the SOND 2026 season. This suggests an increased likelihood of enhanced rainfall, particularly over the Central, Northern and Eastern regions of Uganda;
- ii. **Indian Ocean Dipole (IOD):** The IOD is currently in a neutral phase, but is projected to transition into a positive phase around October 2026. When combined with El Niño, this condition is expected to further promote enhanced rainfall over most parts of Uganda;

- iii. **Inter-Tropical Convergence Zone (ITCZ):** The positioning and orientation of the Inter-Tropical Convergence Zone (ITCZ) over Uganda during this season, coupled with the moisture advection of the Congo Air Mass, are expected to play a significant role in modulating rainfall distribution;
- iv. **Madden-Julian Oscillations (MJO):** The intra-seasonal variation of the tropical wind system known as Madden-Julian Oscillations (MJO) is currently in a neutral phase and is projected to strengthen into a dry phase over the next one to two weeks. This development is therefore likely to suppress rainfall in September 2026;
- v. **Regional and Local Features:** The regional and local features such as large water bodies and highland areas are expected to enhance localized convection, thereby affecting the spatial rainfall distribution during the season.

Based on these considerations and detailed scientific analyses, the Ministry of Water and Environment, through the Department of Meteorological Services, has generated a detailed seasonal climate outlook for SOND 2026, as presented below.

3.0 GENERAL FORECAST

Overall, the SOND 2026 climate outlook indicates that most parts of the country are expected to receive **near-normal to above-normal (near-average to above-average)** rainfall, and **warmer-than-average temperatures**. The outlook of this season is expected to be associated with **El Nino episode**. The spatial distribution of the seasonal rainfall outlook and climatology are shown in Figures 1(a) and 1(b), respectively, and the expected temperature distribution is provided in Figure 2.

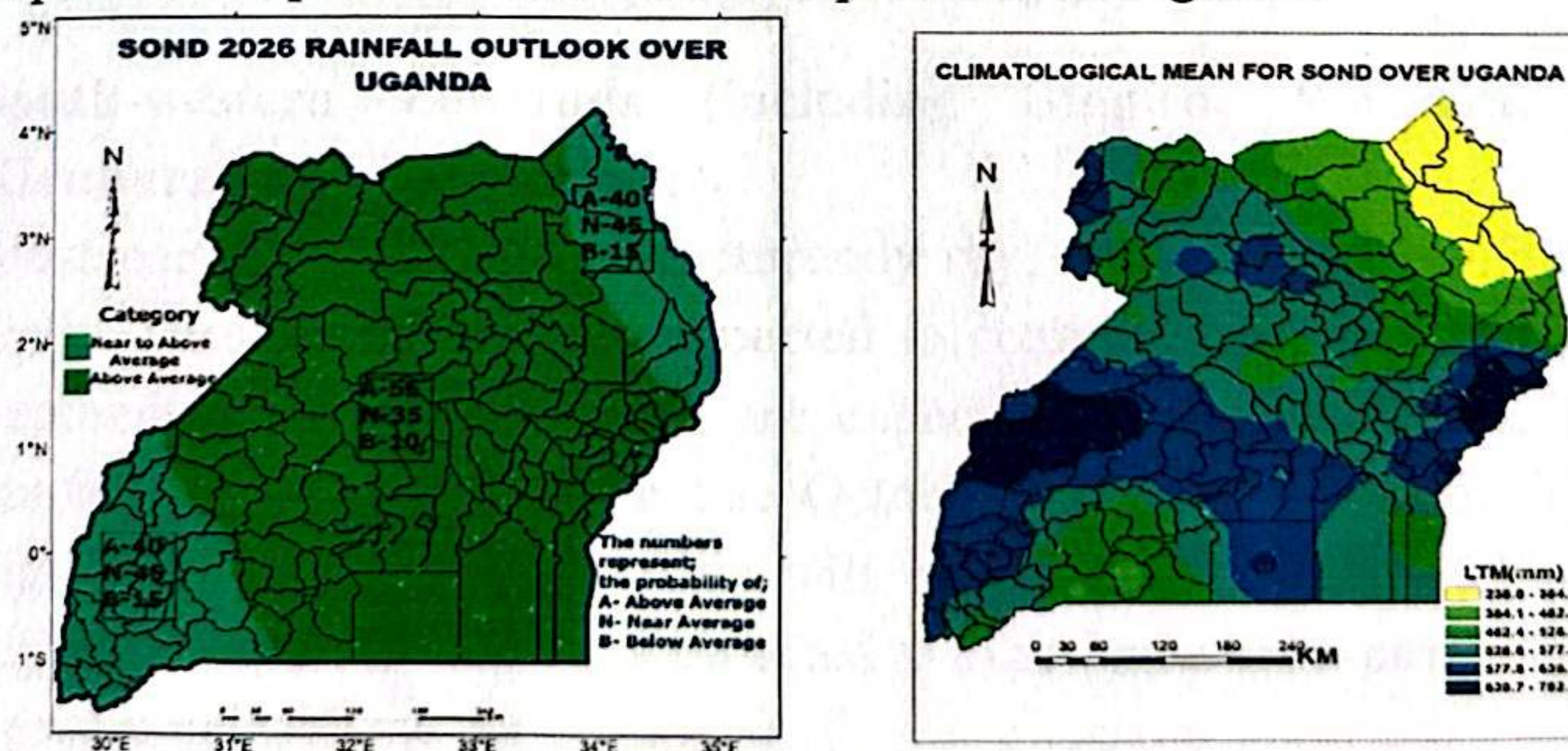


Figure 1: (a) SOND 2026 Seasonal Rainfall Outlook (b) SOND Rainfall Climatology (1991-2020)

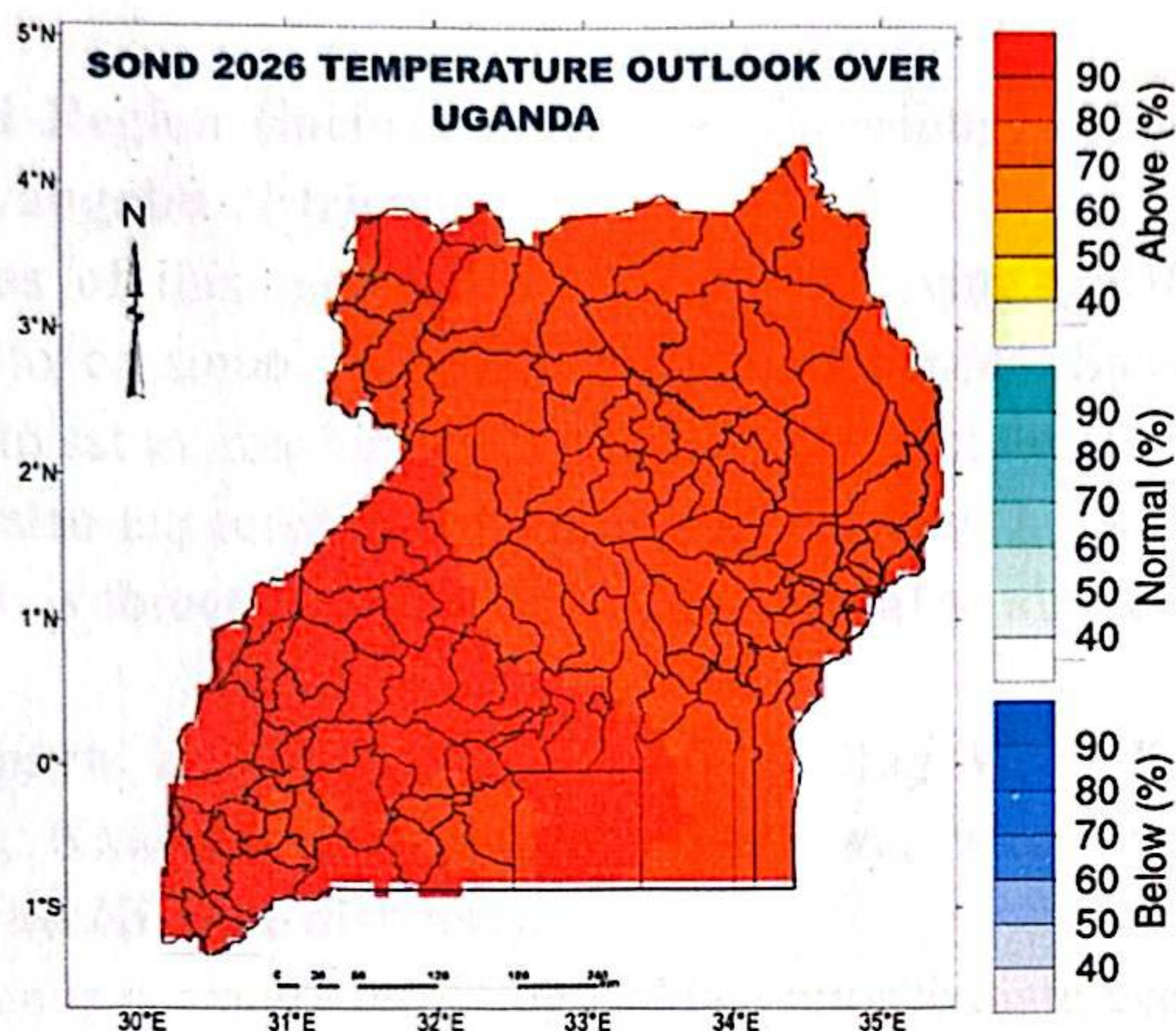


Figure 2: SOND 2026 Seasonal Temperature Outlook

4.0 DETAILED FORECAST

4.1 WESTERN UGANDA

4.1.1 South-western Highlands (including Kabale, Kisoro, Rukungiri, Ntungamo, Kanungu, Rukiga, Rubanda, Bushenyi, Rubirizi, Mitooma, Buhweju, Sheema and Rwampara districts).

Most parts of this region are currently experiencing dry conditions, with some areas receiving isolated rains. These conditions are expected to persist until mid to late September, when stable rains are expected to get established, reaching peak levels around late October to November. There is a high likelihood that these rains will extend into January 2027. Overall, this region is expected to experience **near-normal to above-normal** (near-average to above-average) **rainfall**.

4.1.2 South-western Lowlands (including Isingiro, Mbarara, Ibanda, Kiruhura and Kazo districts).

Most parts of this region are currently dry, with isolated rainfall in some areas. These conditions are expected to continue until around mid to late September, when stable rains are expected to get established. The peak rainfall is expected between late October and mid-November. There is a high likelihood that these rains will extend into January 2027 over this region. Overall, the region is expected to experience **near-normal to above-normal rainfall**.

4.1.3 Rwenzori Region (including Kasese, Bundibugyo, Ntoroko, Kabarole and Bunyangabu districts).

Most areas of this region are currently receiving isolated rains that are expected to continue up to mid to late September. Steady rains are then expected to set in, reaching peak levels by late October to November. These rains are also expected to extend into January 2027. Overall, the Rwenzori sub-region is forecasted to receive **near-normal to above-normal rainfall**.

4.1.4 Central parts of Western Uganda (including Masindi, Buliisa, Hoima, Kikuube, Kakumiro, Kyenjojo, Kyegegwa, Kamwenge, Kitagwenda, Kagadi and Kibaale districts).

This region is currently receiving isolated rains that are expected to continue up to around mid to late September; thereafter, steady rains are likely to set in, reaching a peak around late October to November. There is a high likelihood of these rains to extend up to January 2027. This region is forecasted to experience **above-normal rainfall**.

4.2 CENTRAL REGION AND LAKE VICTORIA BASIN

4.2.1 Western areas of Central region (including Nakasongola, Luwero, Kyankwanzi, Kasanda, Nakaseke, Kiboga, Mubende, Sembabule, Lyantonde, and Rakai districts).

Currently, most parts of the region are experiencing dry conditions, with only a few areas receiving isolated rains. These conditions are expected to persist until mid to late September, when steady rains will begin. The peak of the rains is expected between late October and November, and there is a high likelihood that these rains will extend into January 2027. Overall, this region is expected to experience **above-normal rainfall**.

4.2.2 Central and Western Lake Victoria region (including Kalangala, Kampala, Wakiso, Masaka, Kyotera, Lwengo, Mpigi, Butambala, Kalungu, Bukomansimbi, Gomba, and Mityana districts).

This region is currently experiencing dry conditions, with some areas receiving isolated rains. These conditions are expected to continue until mid to late September, after which, steady rains are anticipated to begin and reach peak levels between mid-October and mid-November. There is a high likelihood that these rains will extend into January 2027. Overall, the region is expected to experience **above-normal rainfall**.

4.2.3 Eastern areas of Central region (including Mukono, Buikwe, Kayunga, and Buvuma districts).

This region is currently experiencing dry conditions, with a few areas receiving isolated rains. These conditions are expected to persist until mid to late September, when steady rains are expected to set in, reaching peak levels between mid-October and late November. There is a high likelihood that these rains will extend into January 2027. Overall, this region is expected to experience **above-normal rainfall**.

4.3 EASTERN REGION

4.3.1 Eastern Lake Victoria Basin (including Jinja, Bugiri, Busia, Mayuge, Namayingo and Tororo districts).

Most parts of this region are currently experiencing isolated rains, with a few areas experiencing dry conditions. These conditions are expected to continue up to mid to late September, when steady rains are likely to begin, reaching peak levels between late October and November. There is a high likelihood that these rains will extend into January 2027 over this region. Overall, the region is expected to experience **above-normal rainfall**.

4.3.2 South-eastern Region (including Kamuli, Iganga, Bugweri, Luuka, Namutumba, Buyende, Kaliro, and Butaleja districts).

Currently, many parts of this region are experiencing isolated rains, while some areas remain dry. These conditions are expected to persist until late September, when steady rains are predicted to commence. The rainfall is projected to reach its peak between late October and November over this region. There is a high probability that these rains will continue into January 2027. Overall, the region is anticipated to receive **above-normal rainfall**.

4.3.3 Eastern parts of Kyoga (including Pallisa, Butebo, Budaka, Kibuku, Bukedea, Kumi, Kalaki, Kaberamaido, Serere and Soroti districts).

The region is currently experiencing intermittent rains that are expected to continue until mid to late September, when consistent and steady rainfall patterns are expected to be established across the region. These rains are projected to reach peak levels around late October to November. There is a high likelihood that these rains will extend beyond the typical season, possibly lasting until January 2027. Overall, the region is expected to receive **above-normal rainfall**.

4.3.4 Mount Elgon Region (including Mbale, Sironko, Bulambuli, Manafwa, Bududa, Namisindwa, Kapchorwa, Kween and Bukwo districts).

Most parts of this region are currently experiencing occasional rains, with some lowland areas experiencing dry conditions. These intermittent rains are expected to persist until mid to late September, when more consistent and steady rainfall patterns are expected to be established across the region. The peak of the rains is expected between mid-October and mid-November, and the cessation of the seasonal rains is expected around late December. Overall, the region is forecasted to receive **above-normal rainfall** during this season.

4.4 NORTHERN REGION

4.4.1 North-eastern Region (including Amuria, Kapelebyong, Katakwi, Moroto, Kotido, Nakapiripirit, Nabilatuk, Abim, Napak, Amudat, Karenga and Kaabong districts).

Most areas within this region are currently experiencing dry conditions, with only a few areas within the wet belt that is receiving isolated and sporadic rainfall. These conditions are expected to persist until late September, after which, more consistent and steady rains are expected to begin, reaching peak levels between by mid-October to mid-November, with cessation occurring around late December. Overall, the region is expected to receive rainfall amounts ranging from **near-normal to slightly above-normal** for this season.

4.4.2 West Nile Region (including Zombo, Nebbi, Pakwach, Madi-Okollo, Arua, Koboko, Terego, Maracha, Moyo, Yumbe, Obongi, and Adjumani districts).

Most parts of the West Nile region are currently experiencing occasional rains, which are expected to persist until mid to late September, when more consistent and steady rains are expected to get established and continue, reaching peak levels around mid-October to November. The seasonal rains are expected to decline and end by late December. Overall, the region is forecasted to receive **above-normal rainfall** during this season.

4.4.3 Eastern Parts of Northern Region (including Lira, Alebtong, Amolatar, Kitgum, Lamwo, Agago, Otuke, Pader, Kole and Dokolo districts).

The eastern parts of the Northern Region are currently experiencing intermittent rains. These sporadic rainfall events are expected to continue until late September. Starting from late September, more consistent and

steady rains are anticipated to be established across the region. The rainy season is projected to reach its peak between mid-October and November. The seasonal rains are expected to decline and cease by late December. Overall, the region is forecasted to receive **above-normal rainfall** during this season.

4.4.4 Central Parts Northern Region (including Gulu, Omoro, Kwanja, Apac, Nwoya, Amuru, Oyam and Kiryandongo districts).

Most parts of this region are currently experiencing intermittent rains. These irregular rainfall patterns are expected to persist until mid-September, when more steady and consistent rains are anticipated to get established across the region. The peak of the rainy season is expected between mid-October and November. The cessation of the seasonal rains is projected to occur around late December. Overall, this region is expected to receive **above-normal rainfall** during this period.

5.0 CONCLUSION

Fellow Ugandans, the forecast for this season reveals that **near-normal to above-normal rainfall** is expected in most parts of Uganda. However, the onset of rains will vary by region, with most areas expected to experience late onset. The rainfall peak is expected by the end of October to November, and the season is projected to extend up to early January 2027 in most parts of the country.

The predicted rainfall requires **timely action to mitigate risks and take advantage of favorable conditions**. This forecast should guide planning in all climate-sensitive sectors to enhance economic resilience and community well-being.

My Ministry will continue to provide timely weather updates to guide national and community-level planning and decision-making.

For God and My Country.



Dr. Alfred Okot Okidi

PERMANENT SECRETARY

MINISTRY OF WATER AND ENVIRONMENT

August, 2026