

每月天氣摘要 二零二六年三月

Monthly Weather Summary March 2026

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二零二六年四月出版

香港天文台編製
香港九龍彌敦道134A

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Published: April 2026

Prepared and published by : Hong Kong Observatory,
134A Nathan Road,
Kowloon,
Hong Kong.

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1. 二零二六年三月天氣回顧

二零二六年三月香港的天氣遠較正常溫暖。全月總日照為 **165.0** 小時，較正常值 **100.0** 小時多百分之 **65**。由於日照較多，三月平均氣溫 **21.5** 度、平均最高氣溫 **24.5** 度及平均最低氣溫 **19.6** 度，較其正常值高 **2.0** 度、**2.6** 度及 **2.0** 度，分別是有記錄以來三月份的其中一個第二高、第三高及第五高。主要由於三月三日至四日高空擾動帶來的降雨，三月遠較正常多雨，總雨量為 **154.4** 毫米，是正常值 **75.3** 毫米的一倍以上。本年首三個月的累積雨量為 **199.2** 毫米，較同期正常值 **147.4** 毫米多約百分之 **35**。

受一股偏南氣流及一道雲帶影響，三月首兩日本港大致多雲，有一兩陣雨及沿岸有霧。此外，一道冷鋒於三月二日晚上橫過廣東沿岸，為本港帶來驟雨，而局部地區有狂風雷暴，部分地區錄得約 **30** 毫米雨量。受隨後的東北季候風影響，隨後三日早上較涼。天文台氣溫於三月四日早上下降至全月最低的 **15.4** 度。與此同時，高空擾動亦於三月三日至四日為本港帶來驟雨，而雨勢有時較大，九龍、將軍澳及大嶼山部分地區於這兩日錄得超過 **100** 毫米雨量。三月三日局部地區有雷暴。隨著雲帶轉薄，除早上有一兩陣雨外，三月五日部分時間有陽光。

一股較為乾燥的偏東氣流於三月六日至九日為本港帶來普遍晴朗的天氣。三月六日至八日日間乾燥。受一股東北季候風及一道雲帶影響，三月十日至十一日本港大致多雲，三月十日早上清涼及有一兩陣雨。隨著雲帶於三月十一日下午轉薄及乾燥東北季候風補充於三月十二日晚上抵達，三月十二日至十六日本港轉為天晴。隨著東北季候風逐漸緩和及一道雲帶覆蓋廣東沿岸，三月十七日本港天氣轉為大致多雲及有一兩陣微雨。隨著雲帶轉薄，隨後兩日普遍晴朗，三月十九日下午炎熱。

受一股清勁至強風程度的偏東氣流及一道雲帶影響，三月二十日至二十一本港天氣轉為多雲及有幾陣微雨。隨著偏東氣流緩和及雲帶轉薄，三月二十二日至二十三日本港天氣轉為普遍晴朗及日間溫暖。隨後兩日風勢微弱，早晚沿岸有薄霧。三月二十四日部分時間有陽光及日間溫暖。由於風勢微弱，三月二十五日下午天氣炎熱，天文台氣溫上升至全月最高的 **30.0** 度。受一股較為潮濕的偏東氣流影響，翌日本港天氣轉為大致多雲及下午炎熱，而沿岸有薄霧。三月二十七日早上有薄霧，但一道低壓槽於當日下午為本港帶來驟雨及雷暴。隨著較為潮濕的偏東氣流重臨，本港翌日大致多雲，有幾陣驟雨及能見度較低。受一股偏南氣流影響，三月二十九日本港持續大致多雲及有一兩陣雨。與高空擾動相關的一個強雷雨區於三月三十日日間影響珠江口一帶，本港有驟雨及強烈狂風雷暴。流浮山曾錄得每小時超過 **120** 公里的猛烈陣風。受一道低壓槽影響，三月最後一日本港持續大致多雲，晚上有一兩陣驟雨，局部地區有雷暴。

二零二六年三月有一個熱帶氣旋影響南海及北太平洋西部。

本月沒有航機因惡劣天氣須轉飛其他地方。表 1.1 載列本月發出及取消各種警告/信號的詳情。

1. The Weather of March 2026

The weather for March 2026 was much warmer than usual in Hong Kong. The monthly total sunshine duration amounted to 165.0 hours, 65 percent above the normal of 100.0 hours. With more sunshine, the monthly mean temperature of 21.5 degrees, monthly mean maximum temperature of 24.5 degrees and monthly mean minimum temperature of 19.6 degrees were 2.0 degrees, 2.6 degrees and 2.0 degrees above their corresponding normals and respectively one of the second, the third and the fifth highest on record for March. Mainly attributing to the rainfall brought by the upper-air disturbances on 3 – 4 March, the month was much wetter than usual with a total rainfall of 154.4 millimeters, more than double the normal of 75.3 millimetres. The accumulated rainfall in the first three months of the year was 199.2 millimetres, about 35 percent above the normal of 147.4 millimetres for the same period.

Under the influence of a southerly airstream and a band of clouds, the weather of Hong Kong was mainly cloudy with one or two rain patches and coastal fog on the first two days of the month. Besides, a cold front moved across the coast of Guangdong on the night of 2 March, bringing showers and isolated squally thunderstorms to Hong Kong, with about 30 millimetres of rainfall recorded over parts of the territory. The associated northeast monsoon brought cooler mornings on the following three days. Temperature at the Observatory fell to a minimum of 15.4 degrees on the morning of 4 March, the lowest of the month. Meanwhile, upper-air disturbances also brought showers to the territory on 3 – 4 March. Showers were heavier at times with more than 100 millimetres of rainfall recorded over Kowloon, Tseung Kwan O and parts of Lantau Island on these two days. There were also isolated thunderstorms on 3 March. With the band of clouds thinning out, apart from one or two rain patches in the morning, there were sunny periods on 5 March.

A relatively dry easterly airstream brought generally fine weather to Hong Kong on 6 – 9 March. It was also dry during the day on 6 – 8 March. Under the influence of the northeast monsoon and a band of clouds, it was mainly cloudy on 10 – 11 March. It was also cool with one or two rain patches on the morning of 10 March. With the thinning out of the cloud band on the afternoon of 11 March and a replenishment of the dry northeast monsoon on the night of 12 March, the local weather turned fine on 12 – 16 March. As the northeast monsoon moderated gradually and a band of clouds covered the coast of Guangdong, the local weather became mainly cloudy with one or two light rain patches on 17 March. As the cloud band thinned out, it was generally fine on the following two days. It was also hot on the afternoon of 19 March.

With the setting in of a fresh to strong easterly airstream and a band of clouds, the weather of

Hong Kong turned cloudy with a few light rain patches on 20 – 21 March. With the moderation of the easterly airstream and the thinning out of the cloud band, local weather became generally fine and warm during the day on 22 – 23 March. Winds were weak on the next two days, with coastal mist in the morning and at night. It remained warm during the day with sunny periods on 24 March. Under light wind condition, it was hot on the afternoon of 25 March with temperature at the Observatory rising to a maximum of 30.0 degrees, the highest of the month. With the setting in of a relatively humid easterly airstream, the local weather turned mainly cloudy with a hot afternoon and coastal mist the next day. While there were mist patches on the morning of 27 March, a trough of low pressure brought showers and thunderstorms to the territory that afternoon. With the return of a relatively humid easterly airstream, the weather of Hong Kong was mainly cloudy with a few showers and relatively low visibility the next day. Under the influence of a southerly airstream, it remained mainly cloudy with one or two rain patches on 29 March. An area of intense thundery showers associated with the upper-air disturbances affected the vicinity of the Pearl River Estuary, bringing showers and severe squally thunderstorms to the territory during the day on 30 March. Violent gusts over 120 kilometres per hour were once recorded at Lau Fau Shan. Under the influence of a trough of low pressure, local weather on the last day of the month remained mainly cloudy with one or two showers and isolated thunderstorms at night.

One tropical cyclone occurred over the South China Sea and the western North Pacific in March 2026.

During the month, no aircrafts was diverted due to adverse weather. Details of the issuance and cancellation of various warnings/signals in the month are summarized in Table 1.1.

表 1.1 二零二六年三月發出的警告及信號
Table 1.1 Warnings and Signals issued in March 2026

強烈季候風信號

Strong Monsoon Signal

開始時間 Beginning Time		終結時間 Ending Time	
日/月 day/month	時 hour	日/月 day/month	時 hour
28/2	1110	1/3	1145
13/3	0020	14/3	0600

火災危險警告

Fire Danger Warnings

顏色 Colour	開始時間 Beginning Time		終結時間 Ending Time	
	日/月 day/month	時 hour	日/月 day/month	時 hour
黃色 Yellow	7/3	0600	7/3	1945
黃色 Yellow	8/3	0600	8/3	2000
紅色 Red	13/3	0600	13/3	2300
紅色 Red	14/3	0600	14/3	2100
黃色 Yellow	15/3	0600	15/3	2130
紅色 Red	16/3	1130	16/3	2045
黃色 Yellow	22/3	1045	22/3	1830

雷暴警告

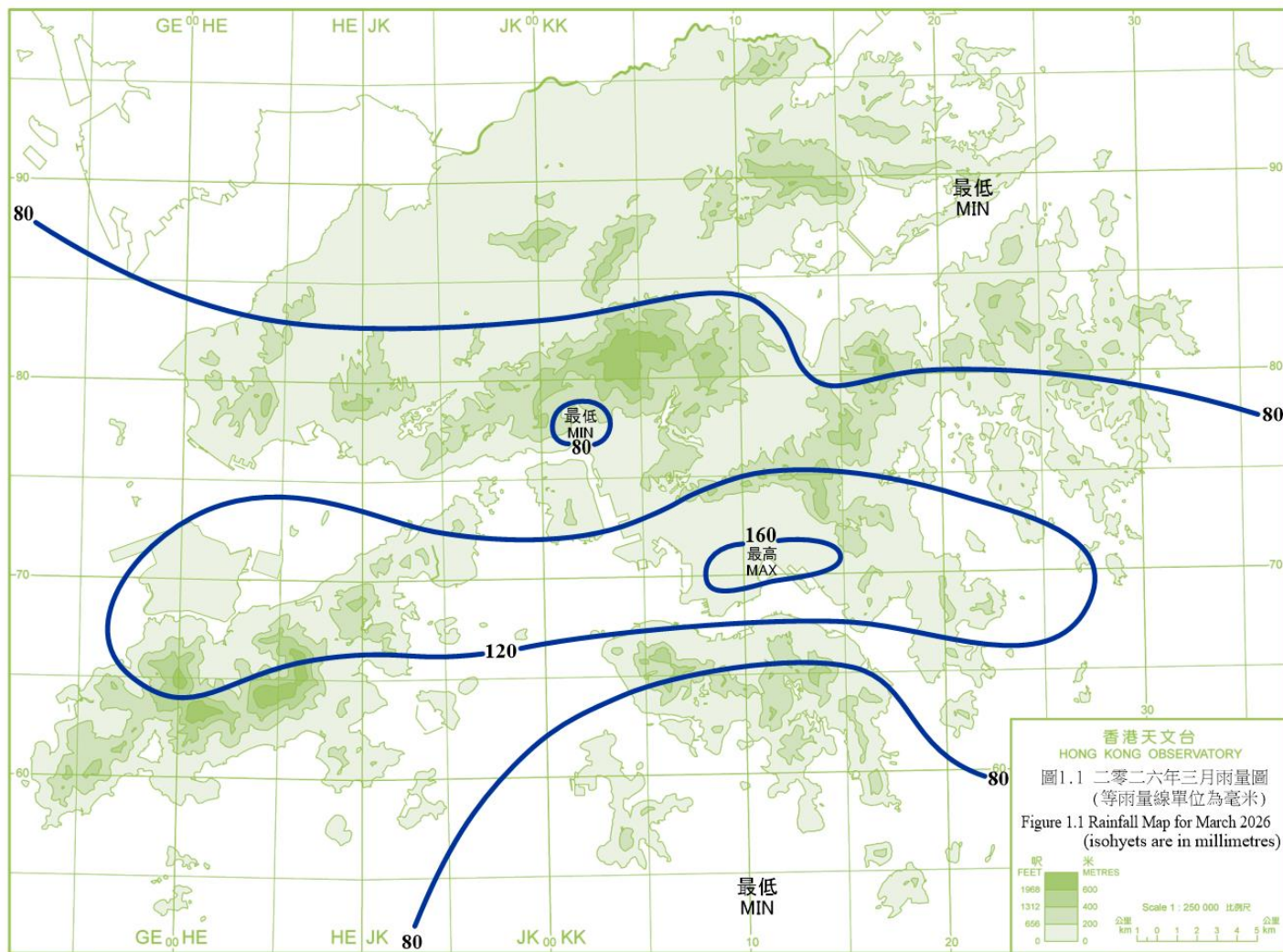
Thunderstorm Warning

開始時間 Beginning Time		終結時間 Ending Time	
日/月 day/month	時 hour	日/月 day/month	時 hour
2/3	1925	3/3	0030
3/3	2205	4/3	0600
27/3	1520	27/3	1845
28/3	1232	28/3	1350
29/3	1818	29/3	2045
30/3	0925	30/3	1130
30/3	1315	30/3	1435
31/3	2000	31/3	2200

暴雨警告信號

Rainstorm Warnings

顏色 Colour	開始時間 Beginning Time		終結時間 Ending Time	
	日/月 day/month	時 hour	日/月 day/month	時 hour
黃色 Amber	2/3	1950	2/3	2215
黃色 Amber	3/3	2325	4/3	0155
黃色 Amber	30/3	1000	30/3	1100



H.K.O.128 (2014)

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2.1. 二零二六年三月的熱帶氣旋概述

二零二六年三月在西北太平洋出現了一個熱帶氣旋。

熱帶低氣壓鸚鵡(2603)於三月十日凌晨在雅蒲島以北約170公里的西北太平洋上形成。當晚鸚鵡增強為熱帶風暴，並達到其最高強度，中心附近最高持續風速估計為每小時65公里。隨後兩天鸚鵡在雅蒲島附近海域徘徊，並於三月十二日逐漸減弱。最後鸚鵡於三月十三日凌晨在雅蒲島以東海域減弱為低壓區。

2.1. Overview of Tropical Cyclone in March 2026

One tropical cyclone occurred over the western North Pacific in March 2026.

Nuri (2603) formed as a tropical depression over the western North Pacific about 170 km north of Yap in the small hours of 10 March. It intensified into a tropical storm and attained its peak intensity that night, with an estimated maximum sustained wind of 65 km/h near its centre. Nuri lingered over the seas near Yap in the following two days, and weakened gradually on 12 March. It finally degenerated into an area of low pressure over the seas east of Yap in the small hours of 13 March.

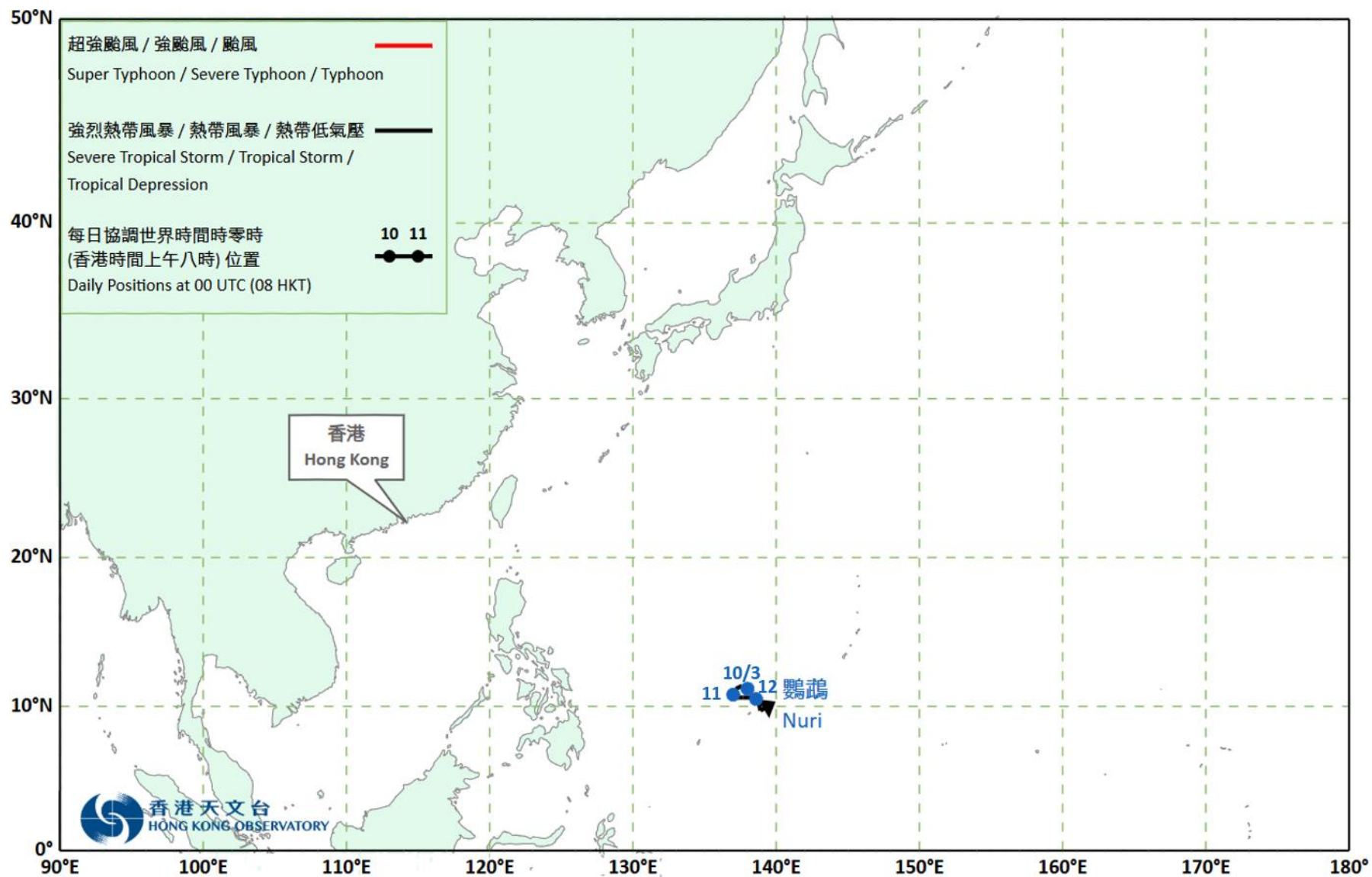


圖 2.1.1

Figure 2.1.1

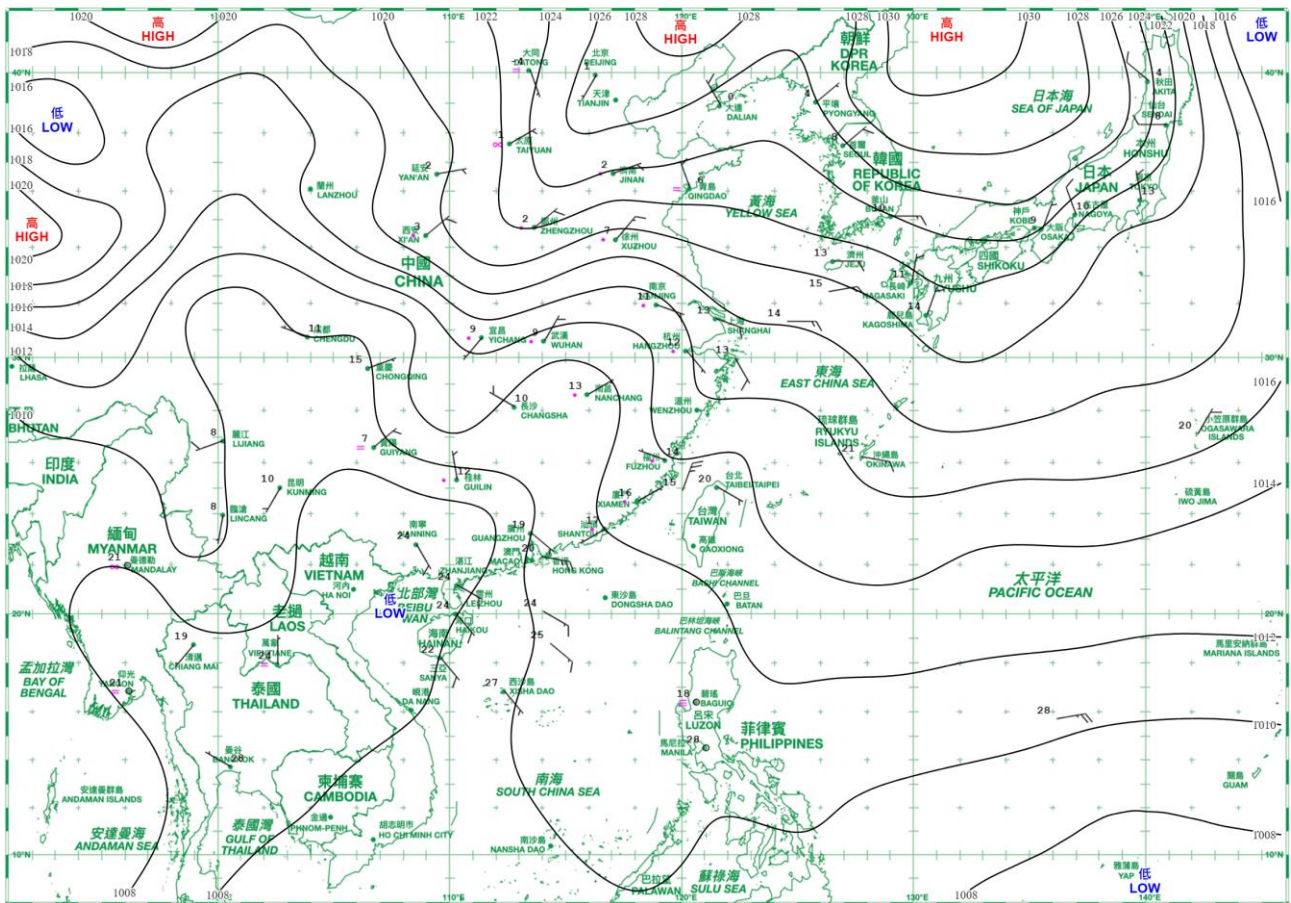
二零二六年三月的熱帶氣旋暫定路徑圖

Provisional Tropical Cyclone Tracks in March 2026

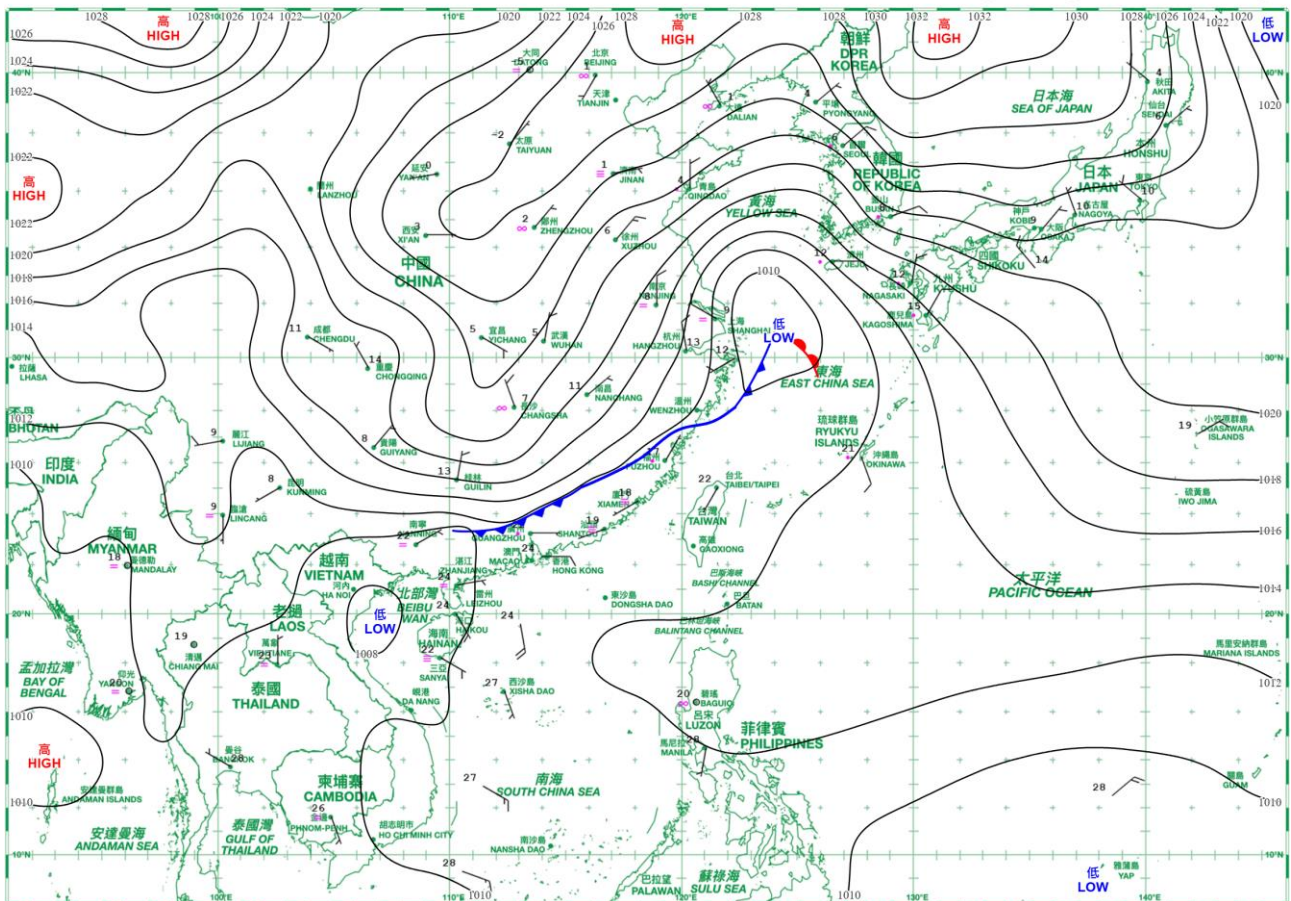
3. 二零二六年三月每日天氣圖

3. Daily Weather Maps for March 2026

日期/Date: 01.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

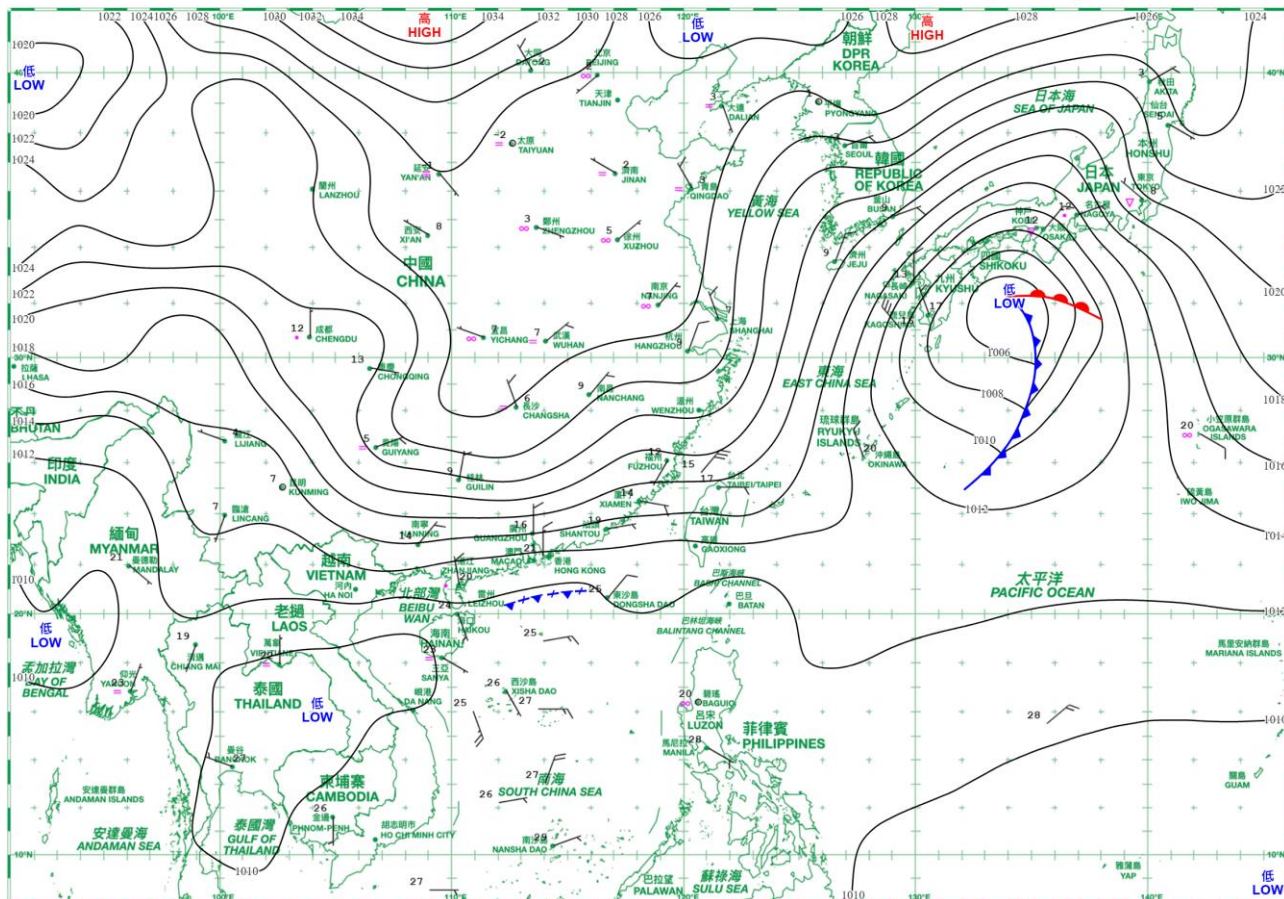


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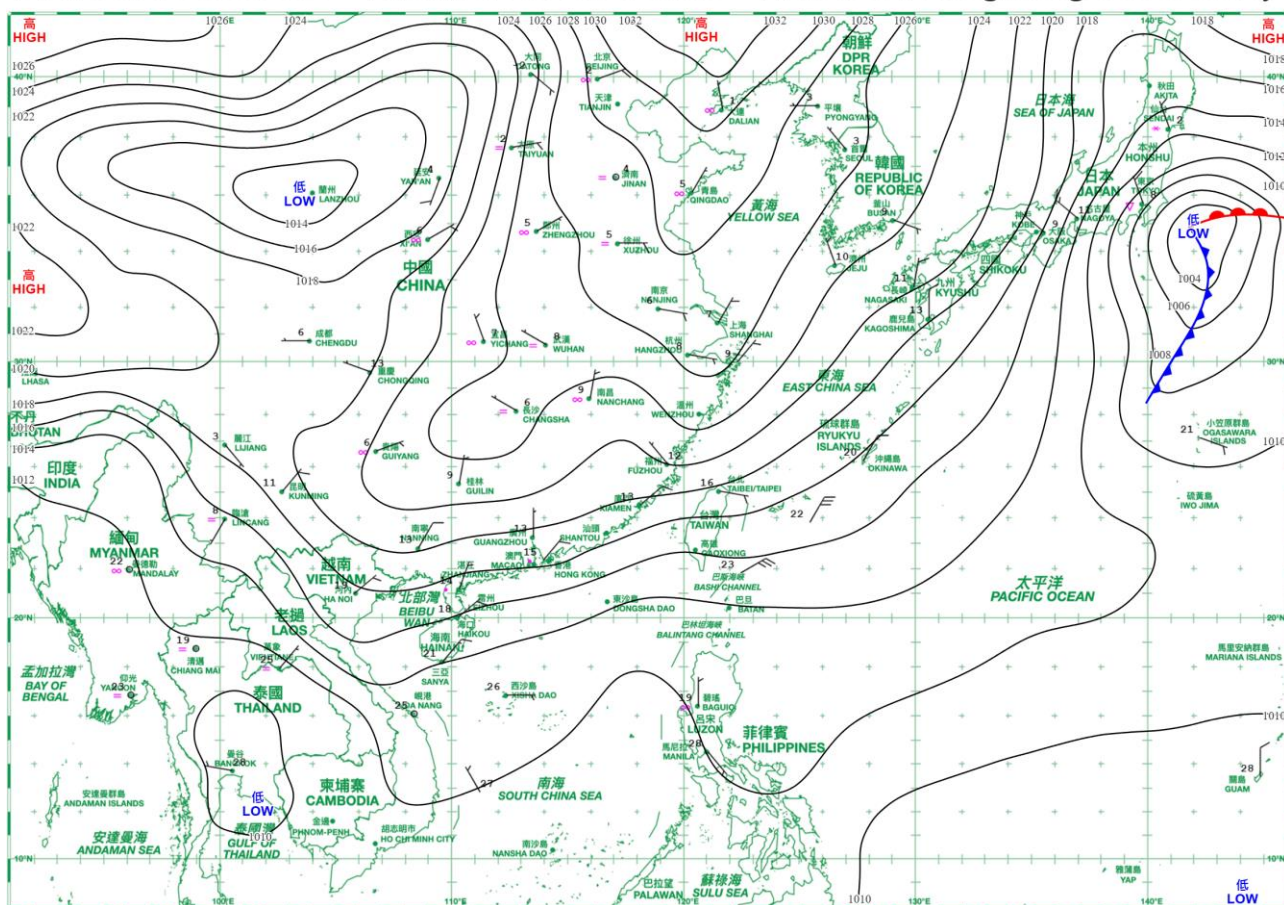


等壓線 Isobar(hPa)
 暖鋒 Warm Front
 靜止鋒 Stationary Front
 消散中的冷鋒 Dissipating Cold Front
 冷鋒 Cold Front
 綑囚鋒 Occlusion
 槽軸線 Axis of Trough
 熱帶氣旋中心 Centre of Tropical Cyclone

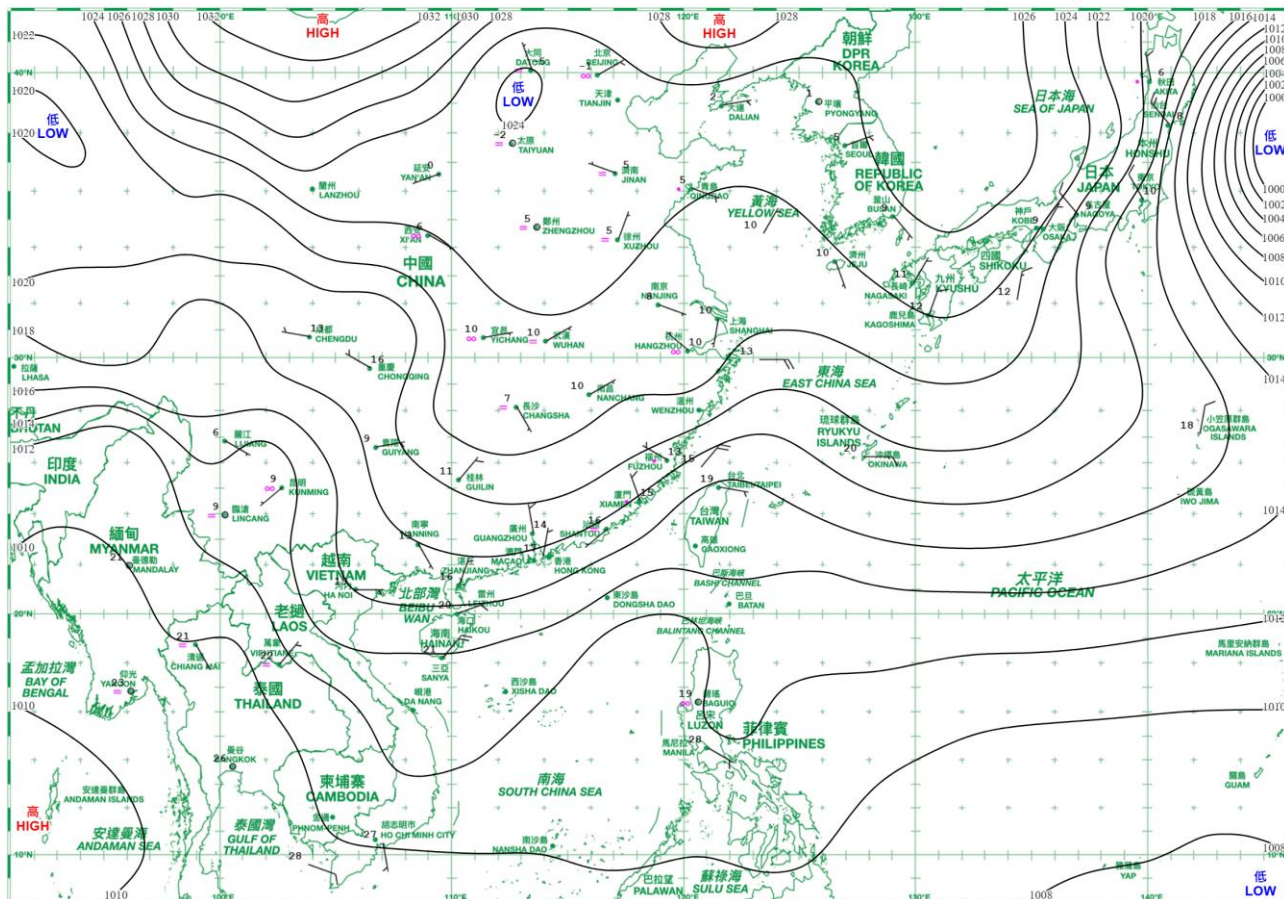
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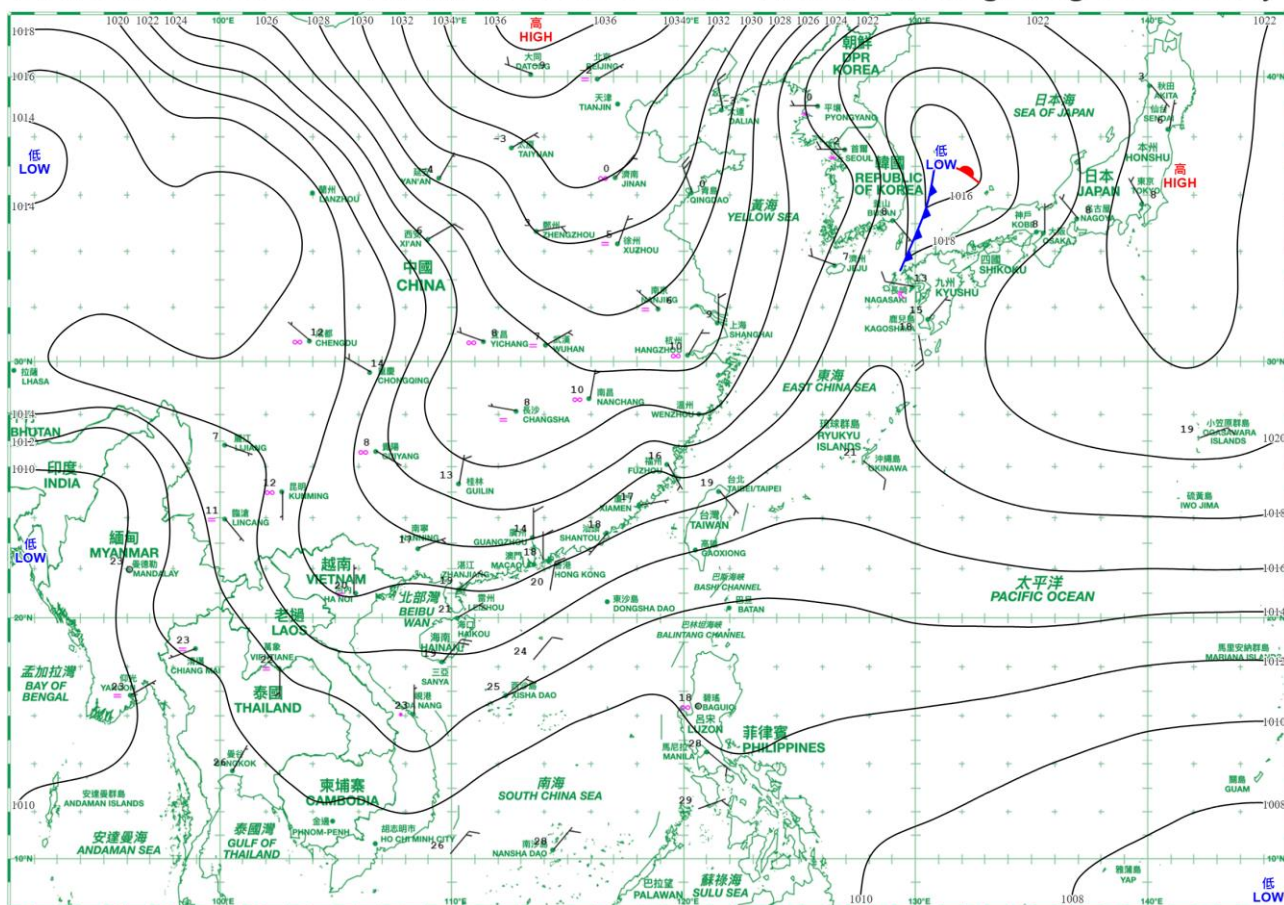
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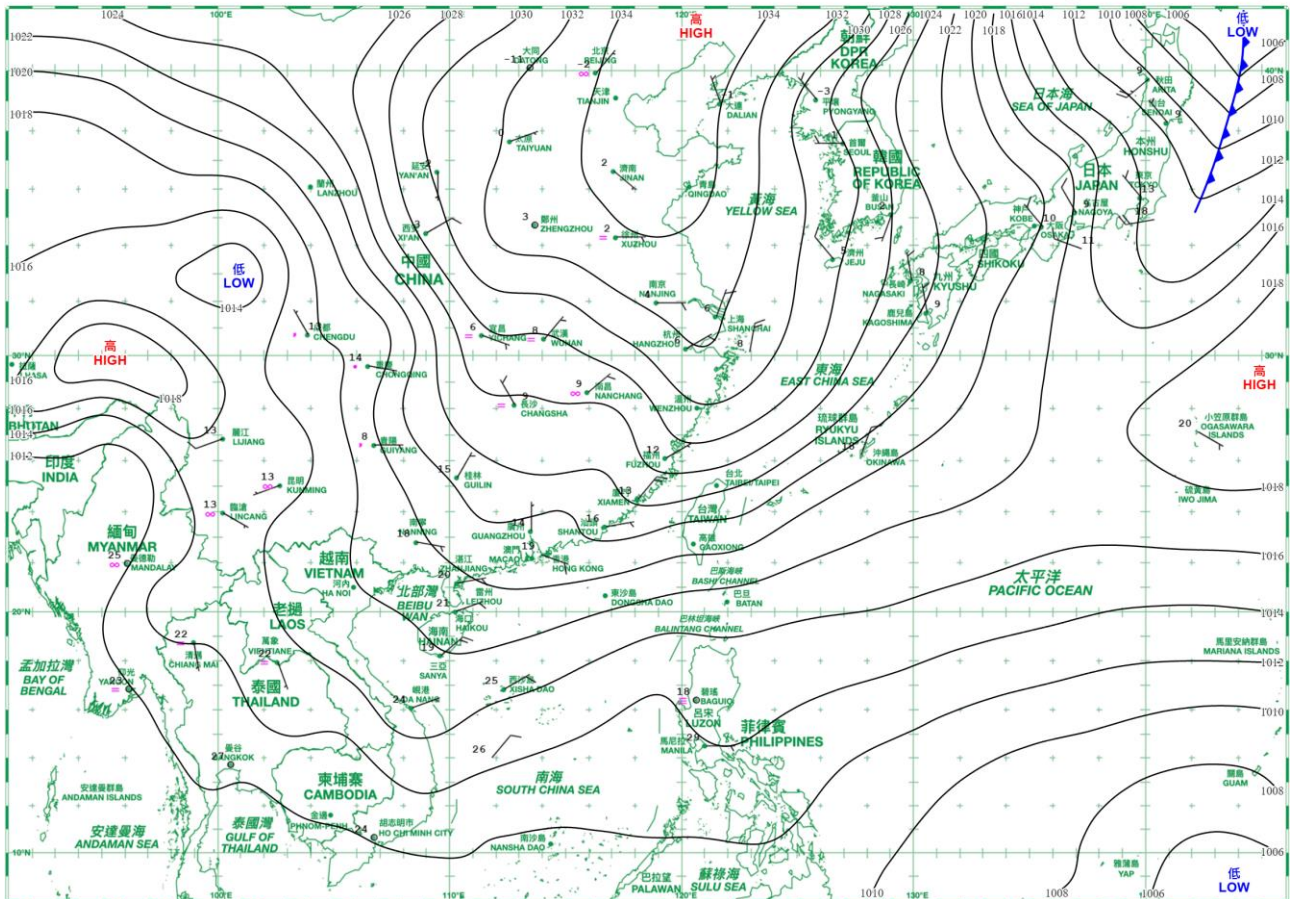
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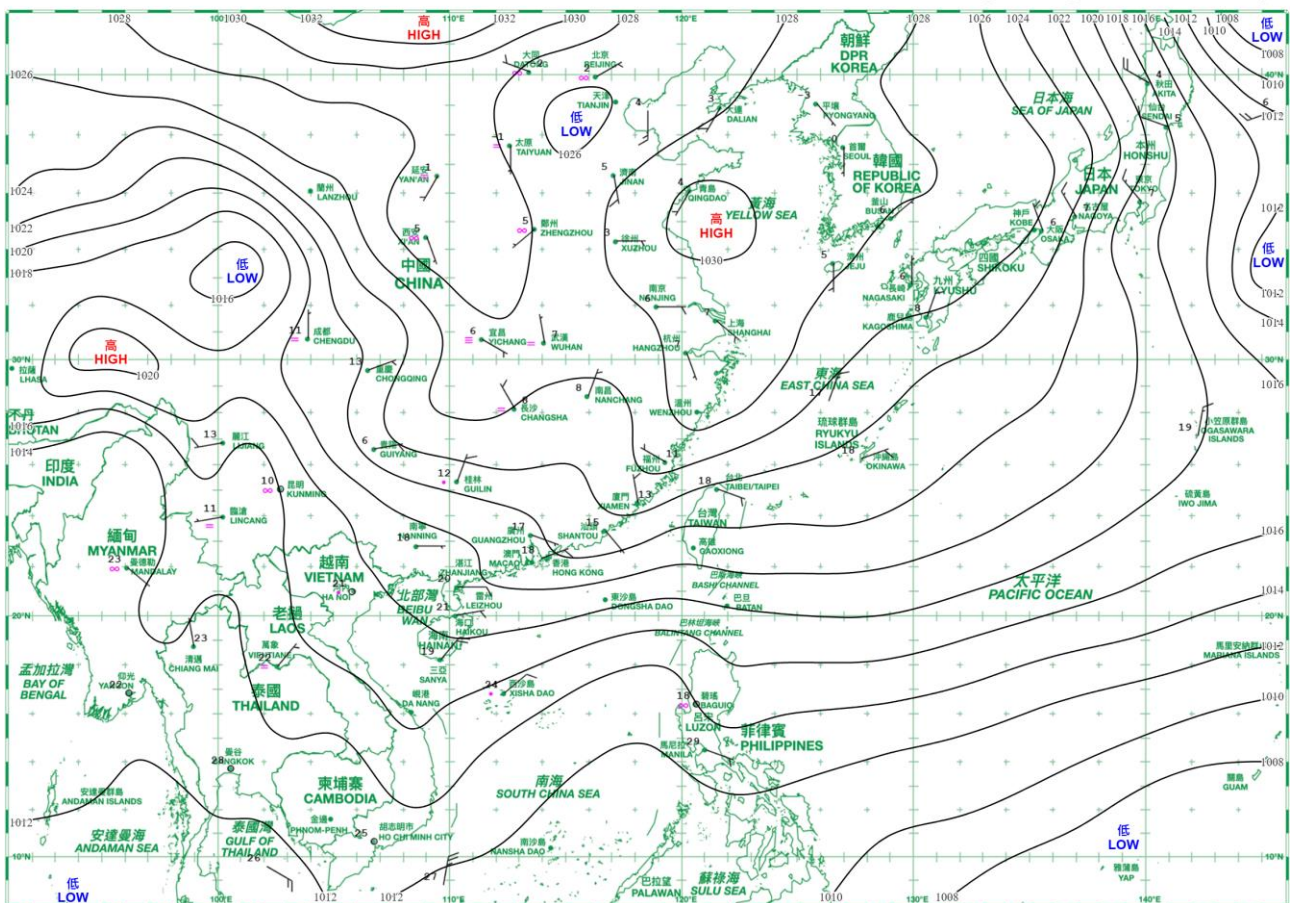
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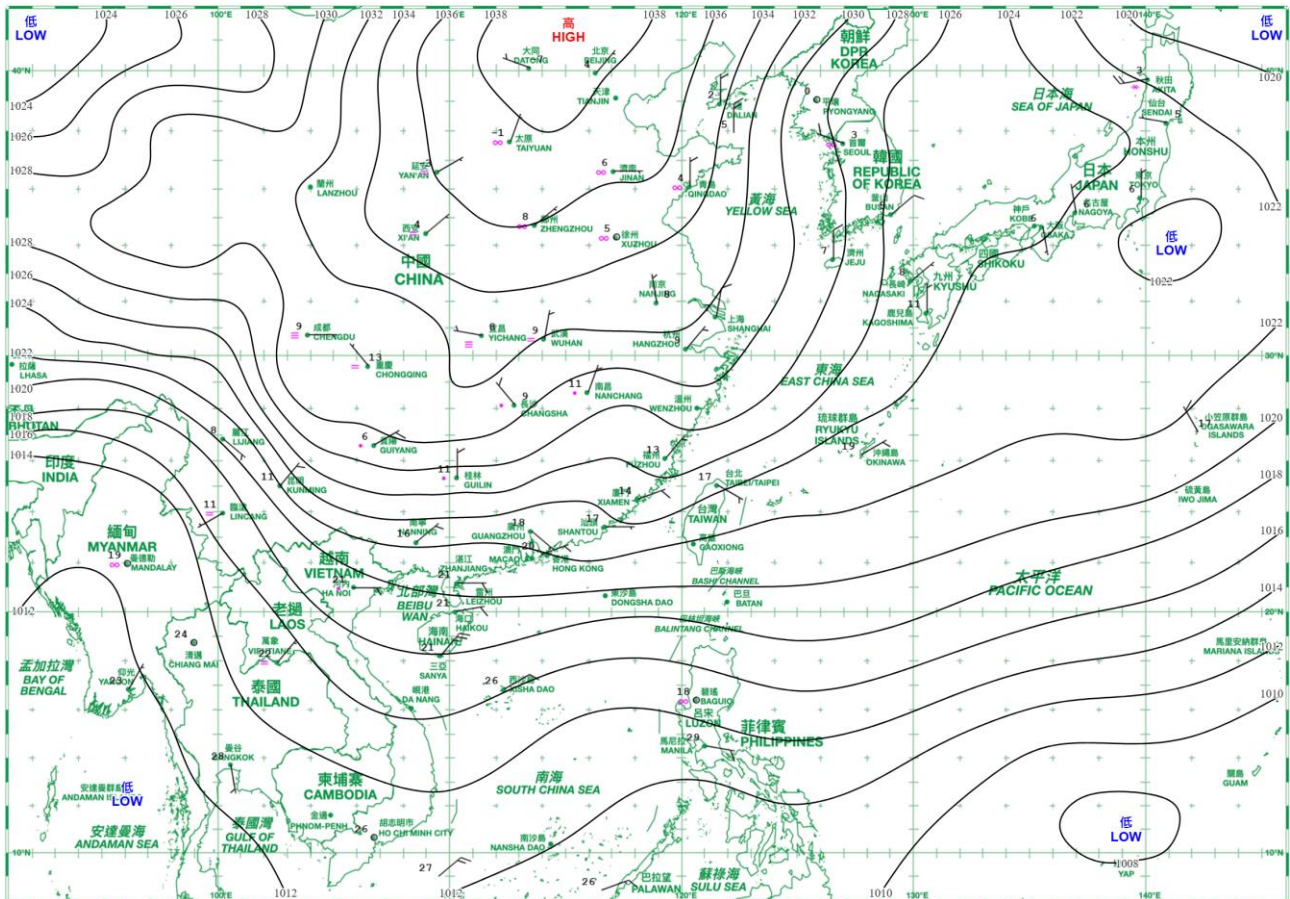
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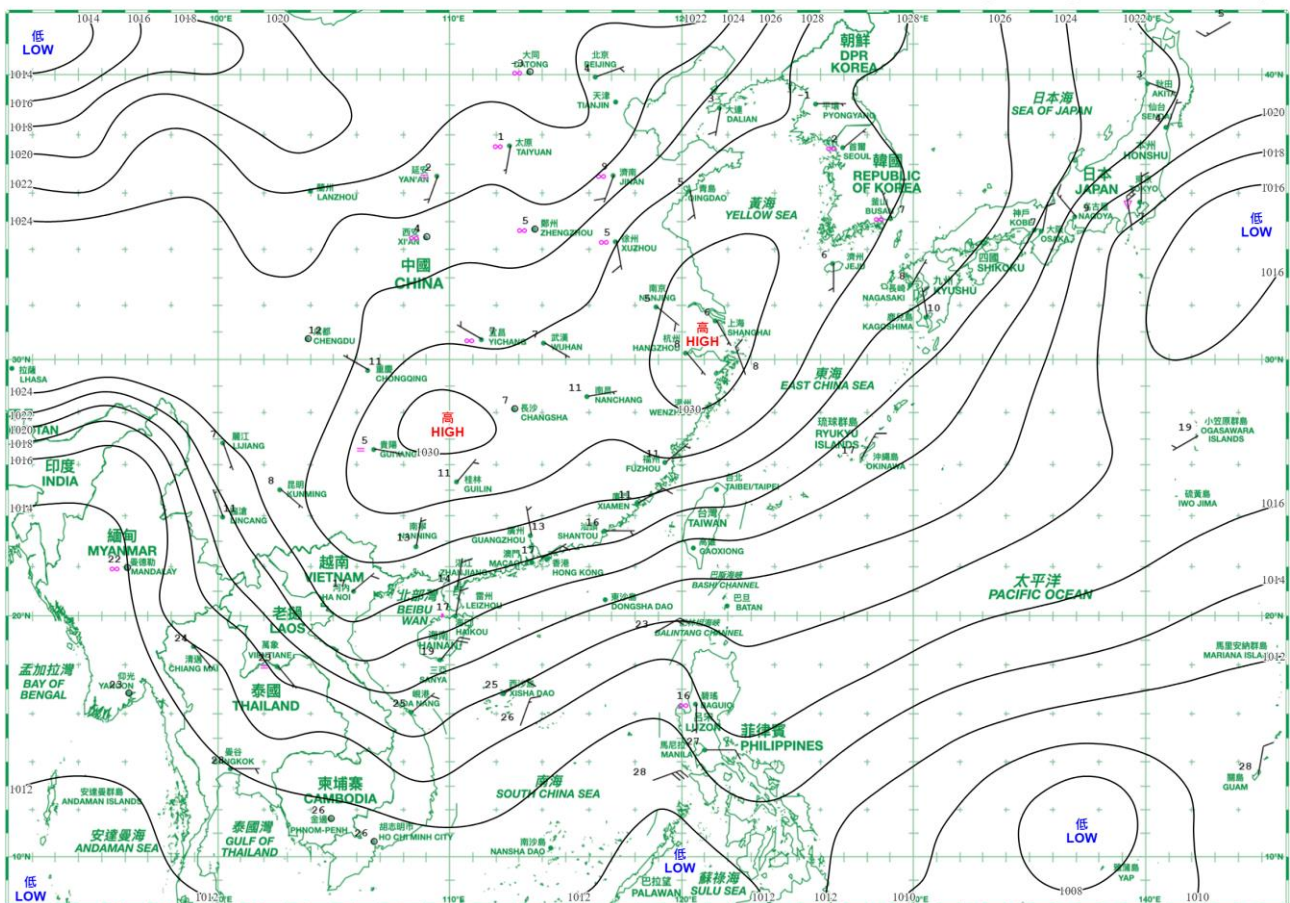
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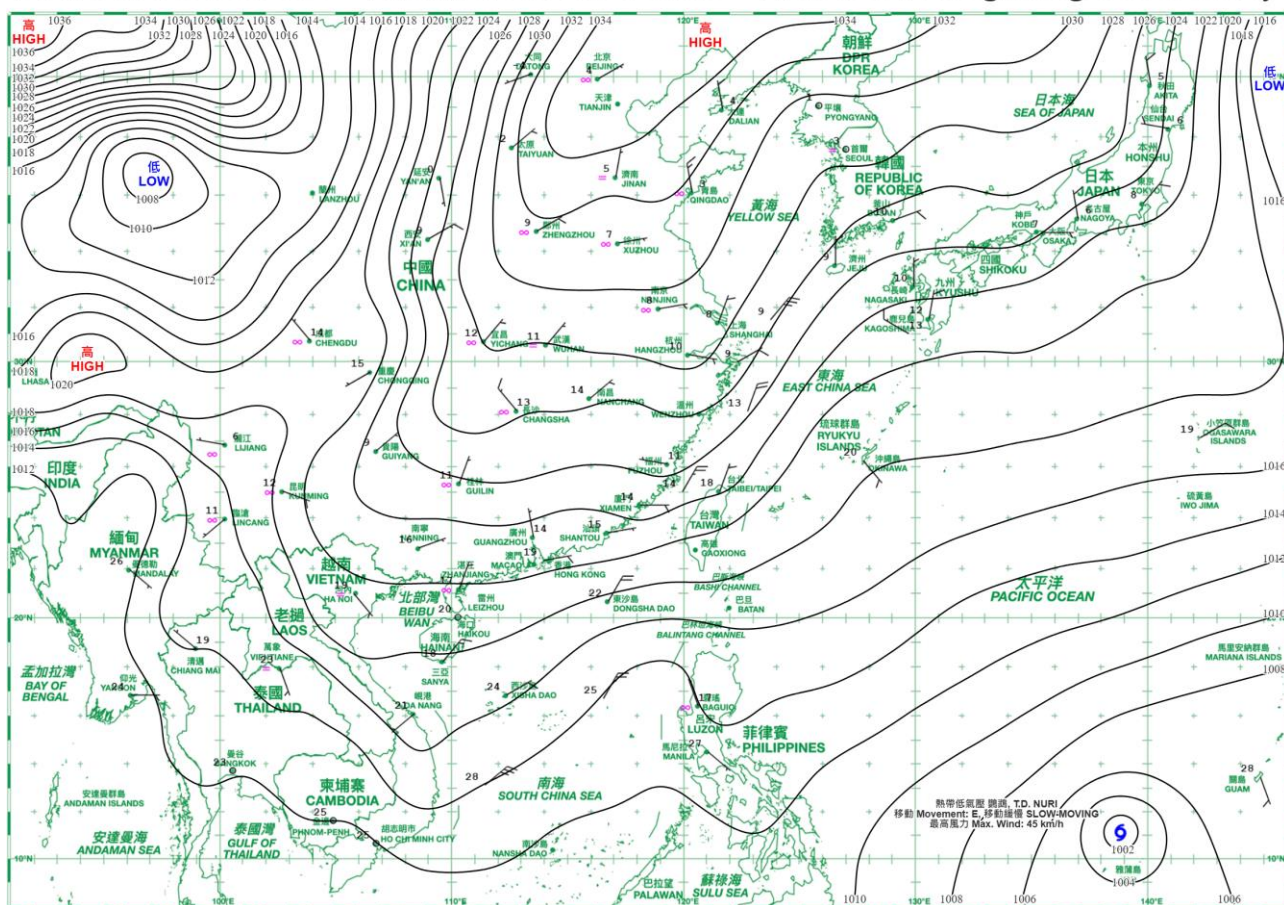
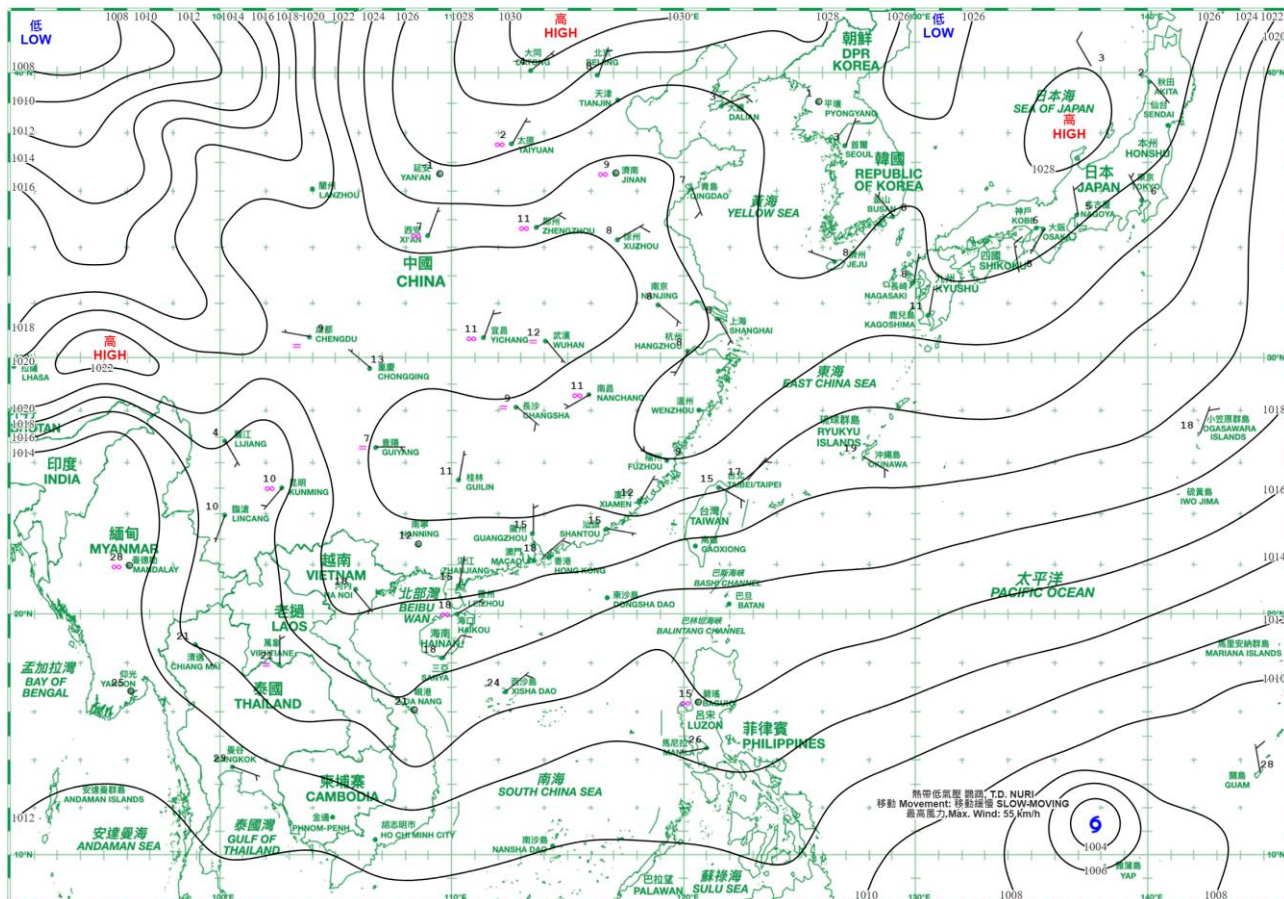


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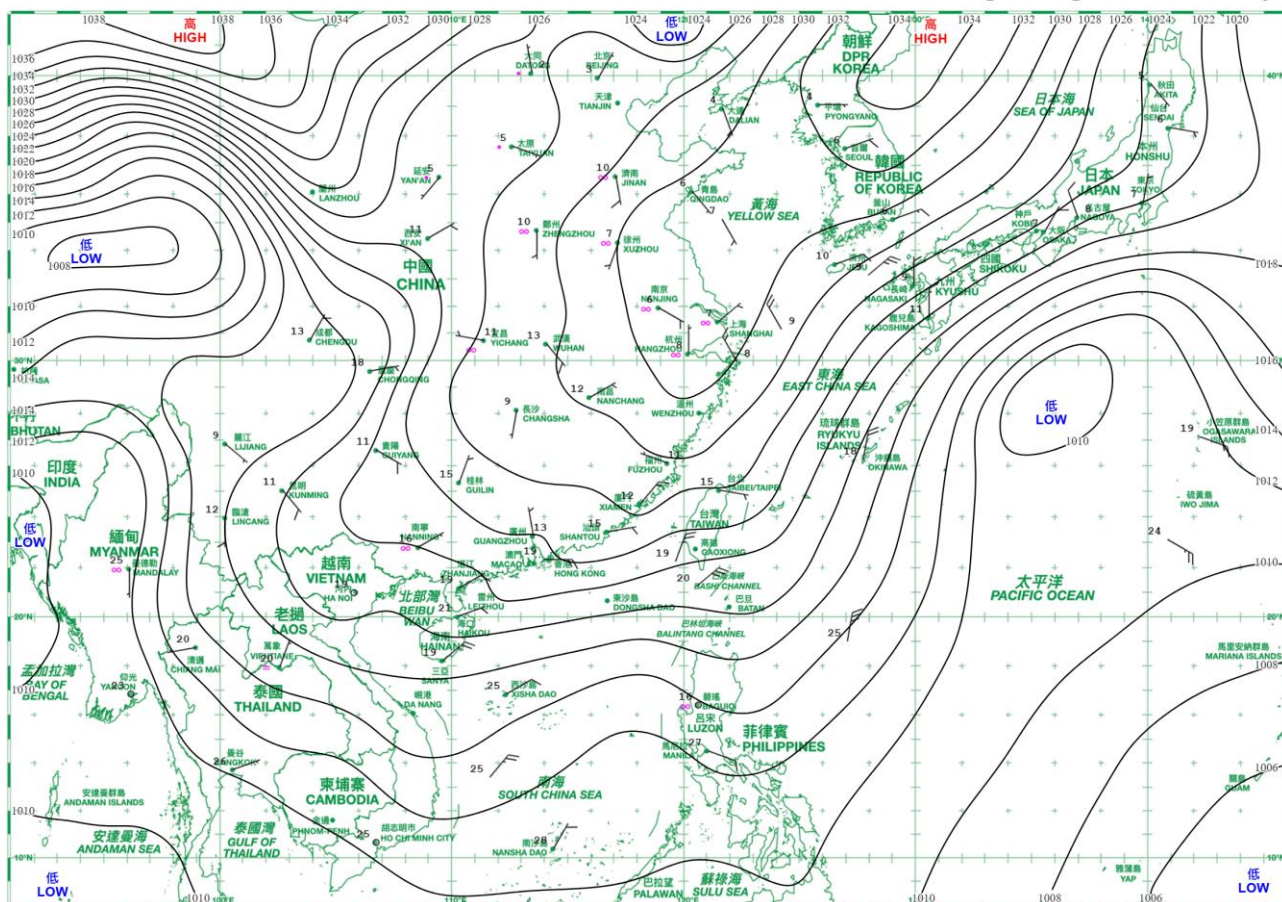


日期/Date: 10.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

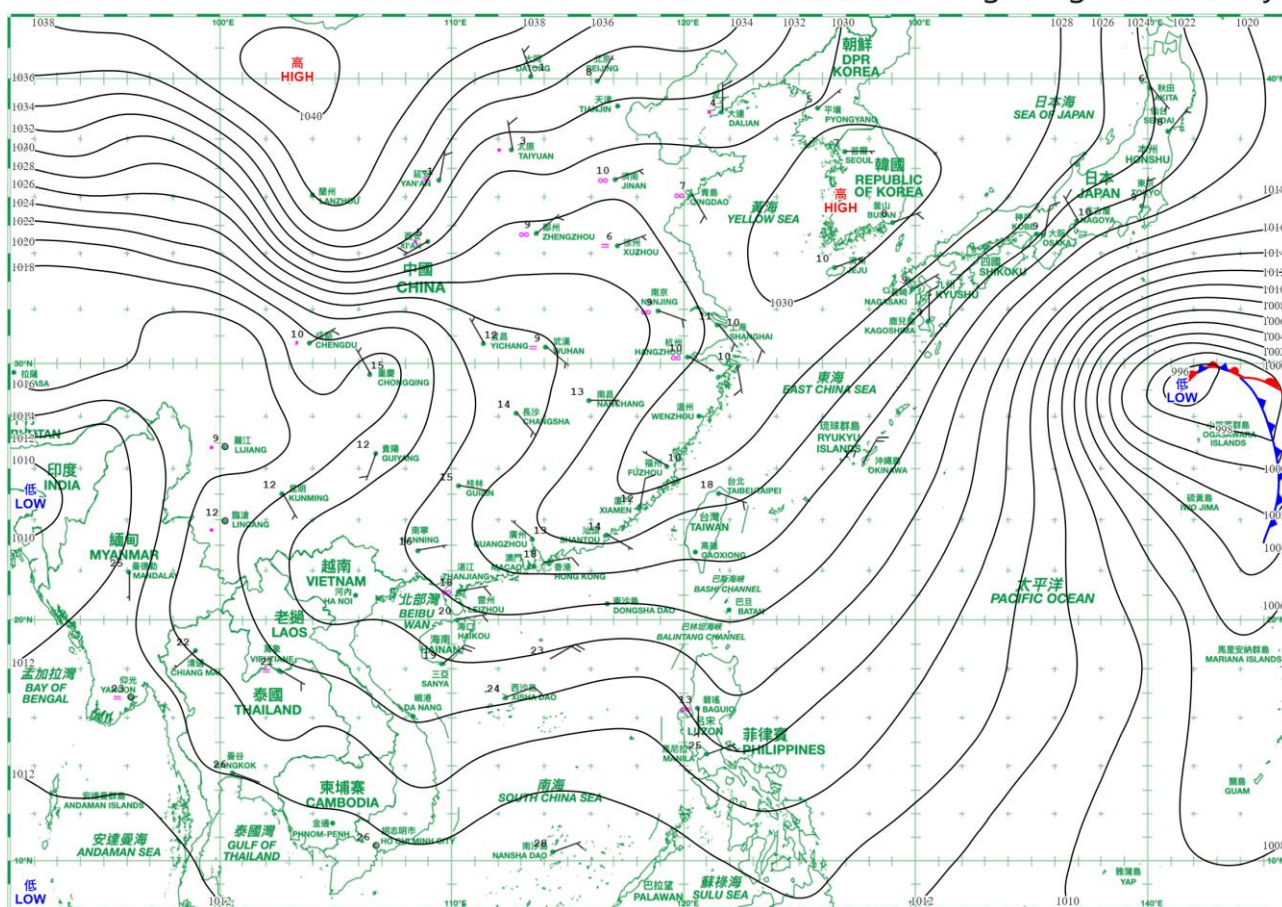




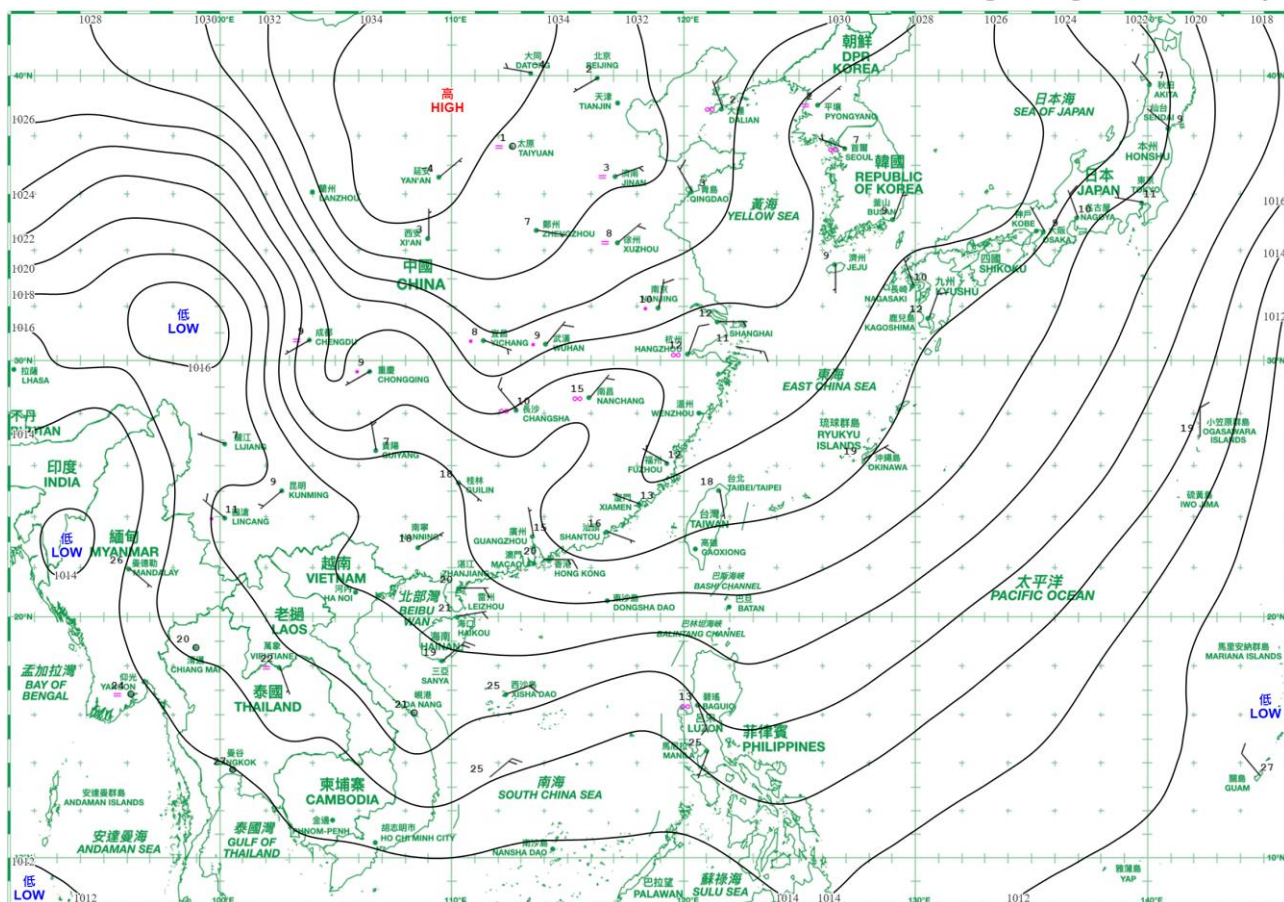
日期/Date: 13.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory



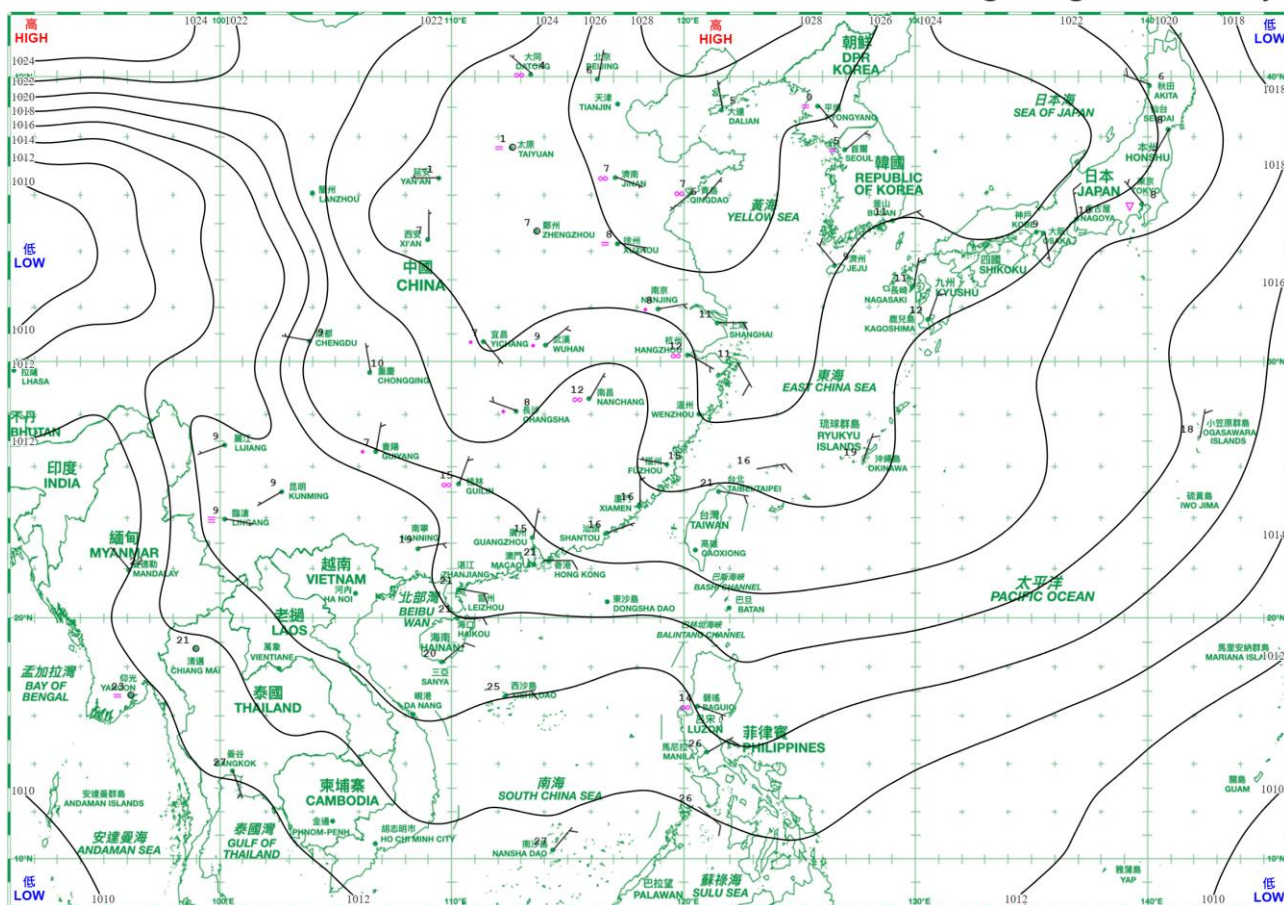
日期/Date: 14.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory



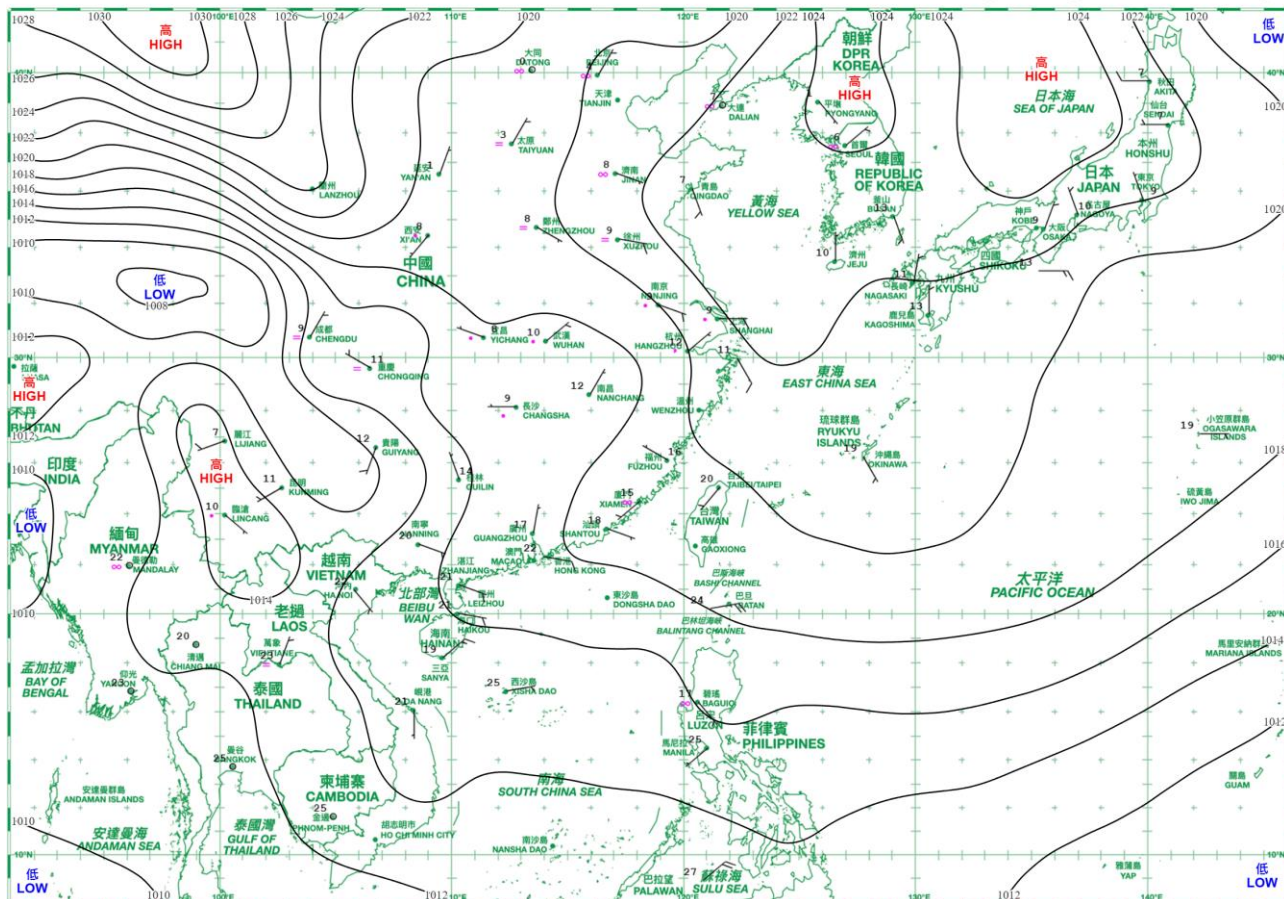
日期/Date: 15.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory



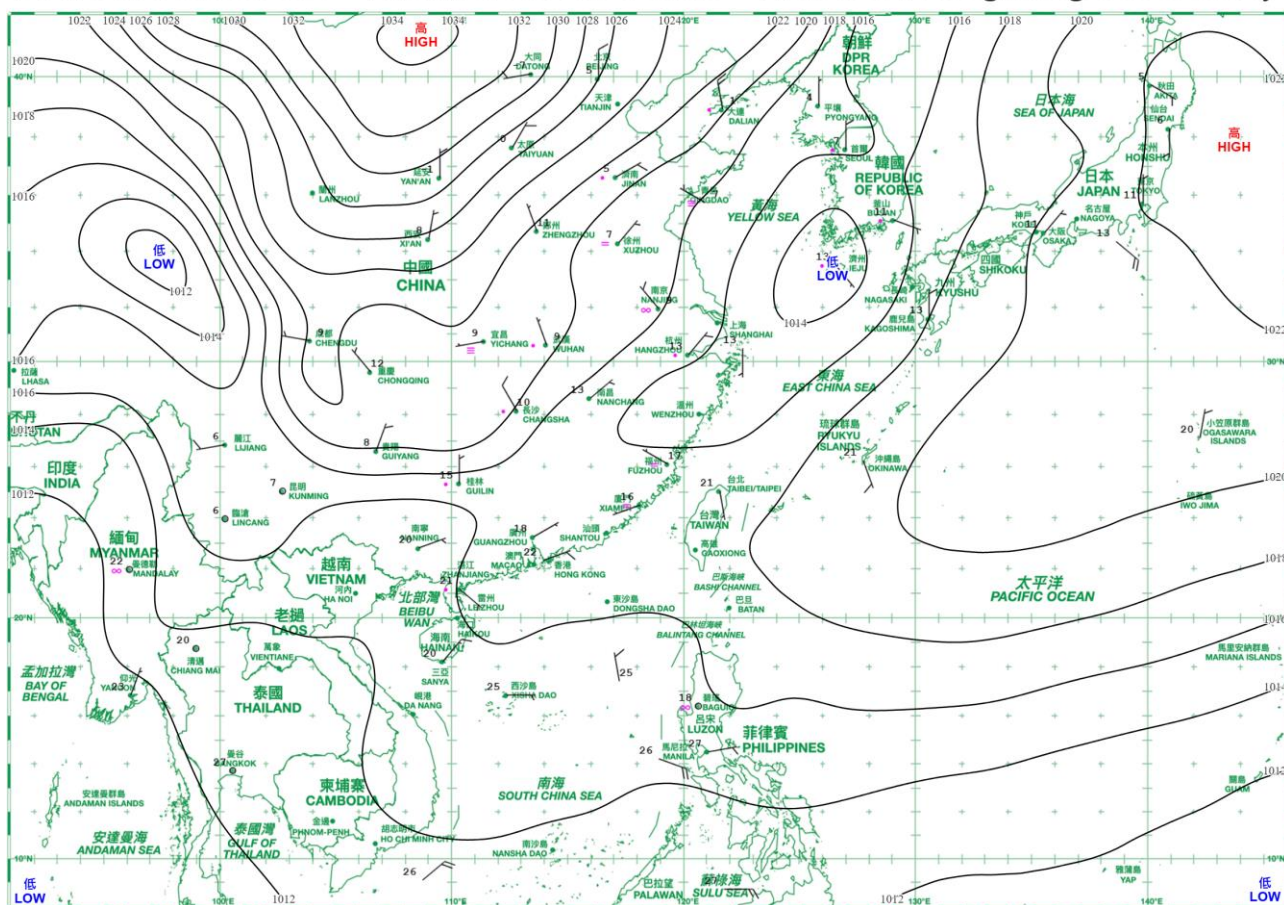
日期/Date: 16.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

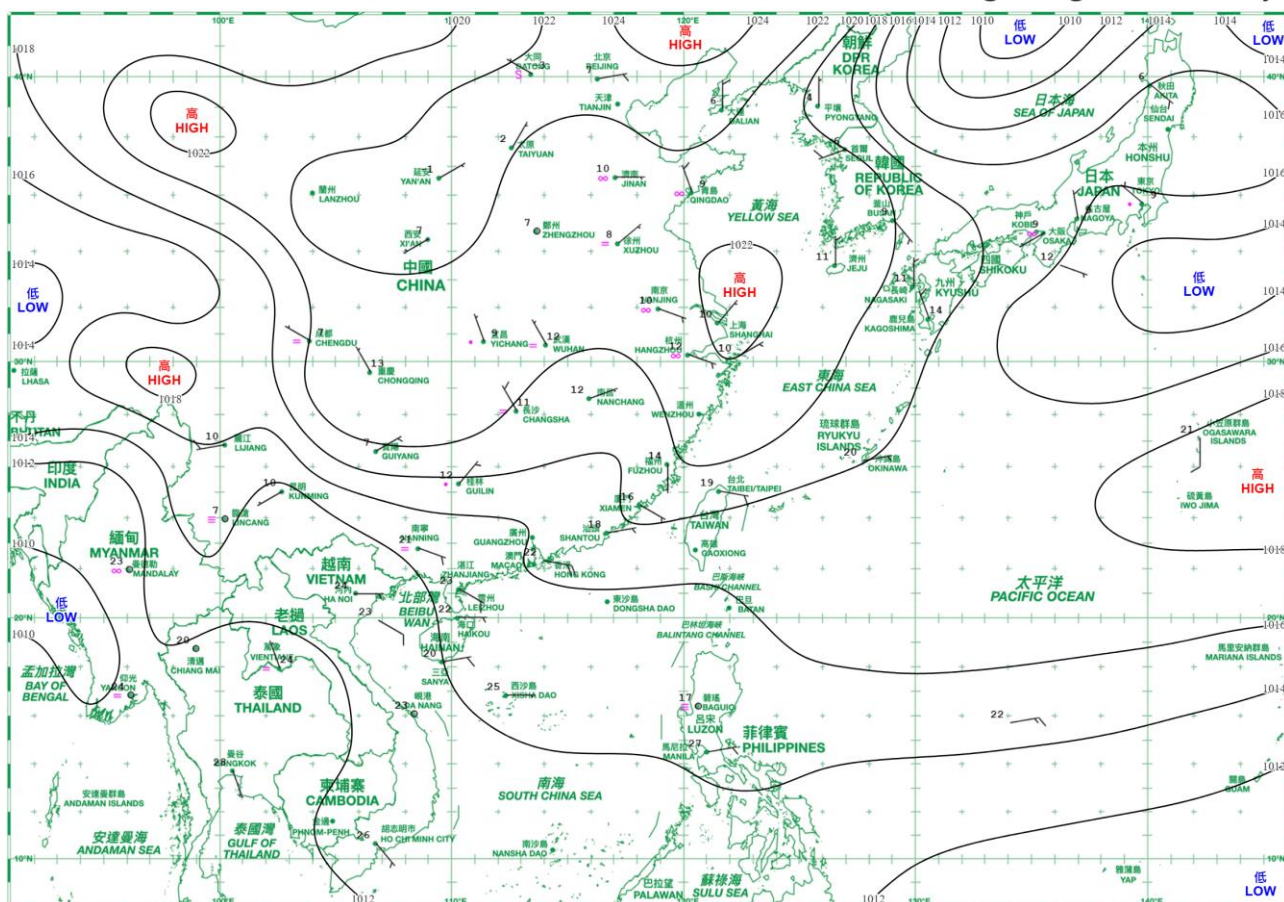
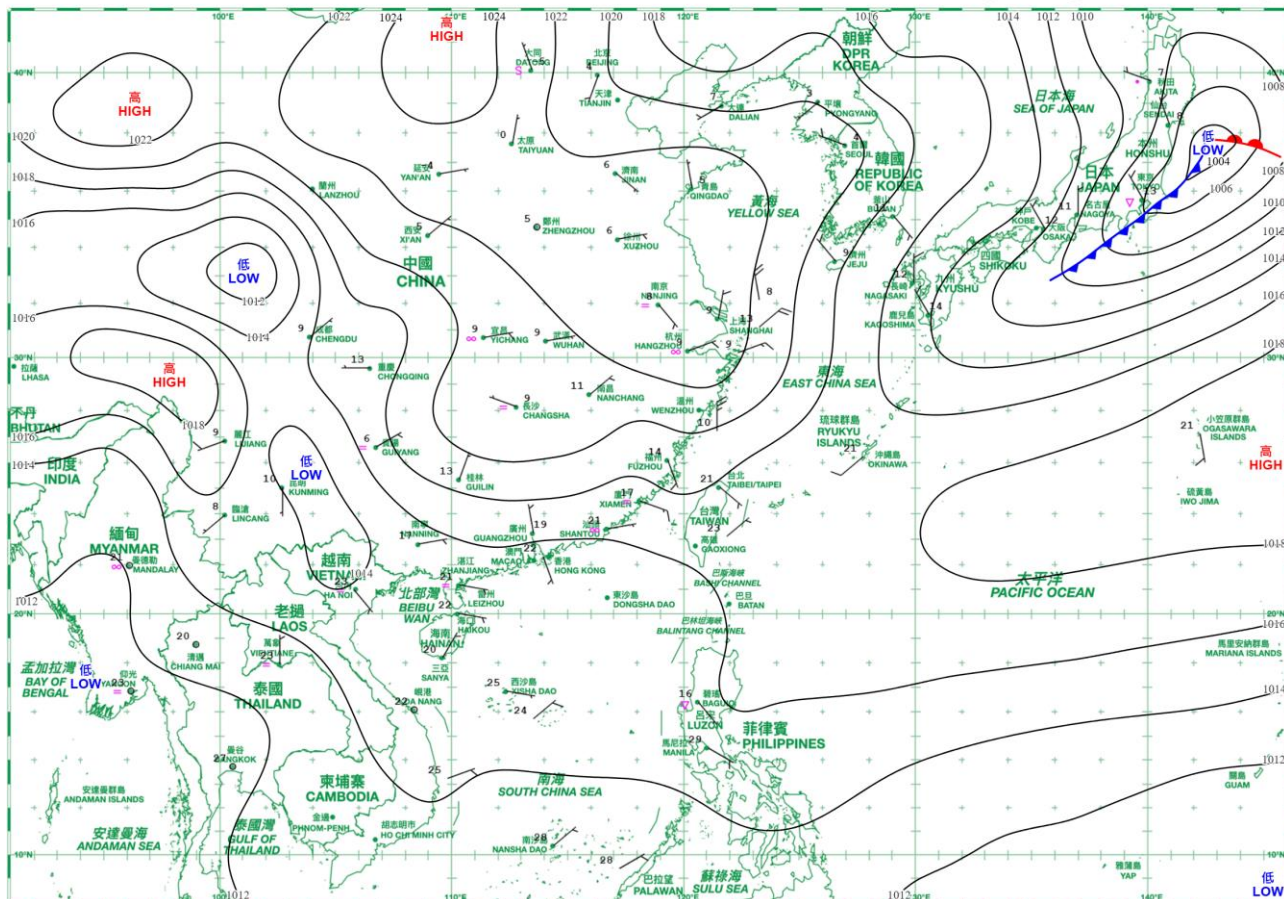


日期/Date: 17.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

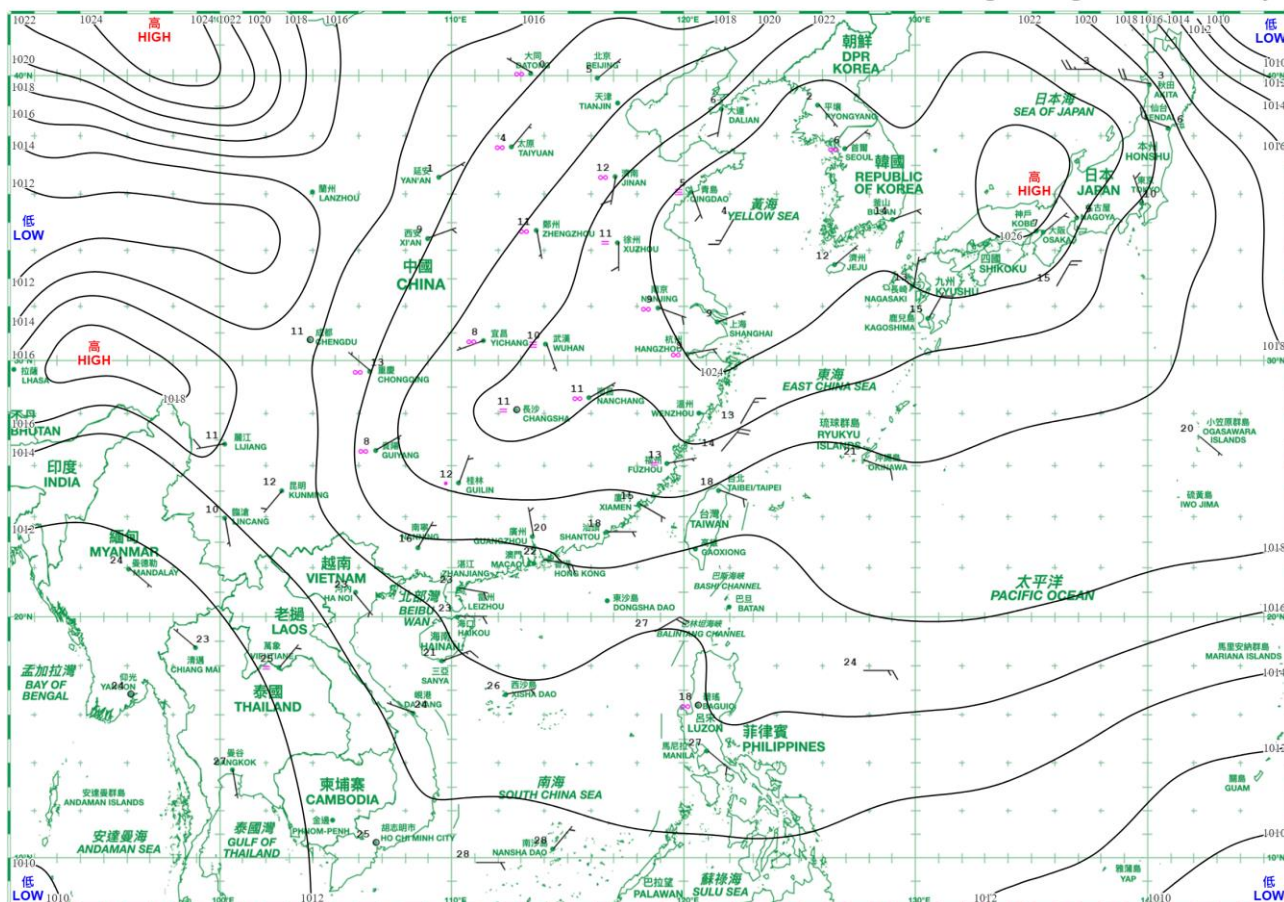


日期/Date: 18.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

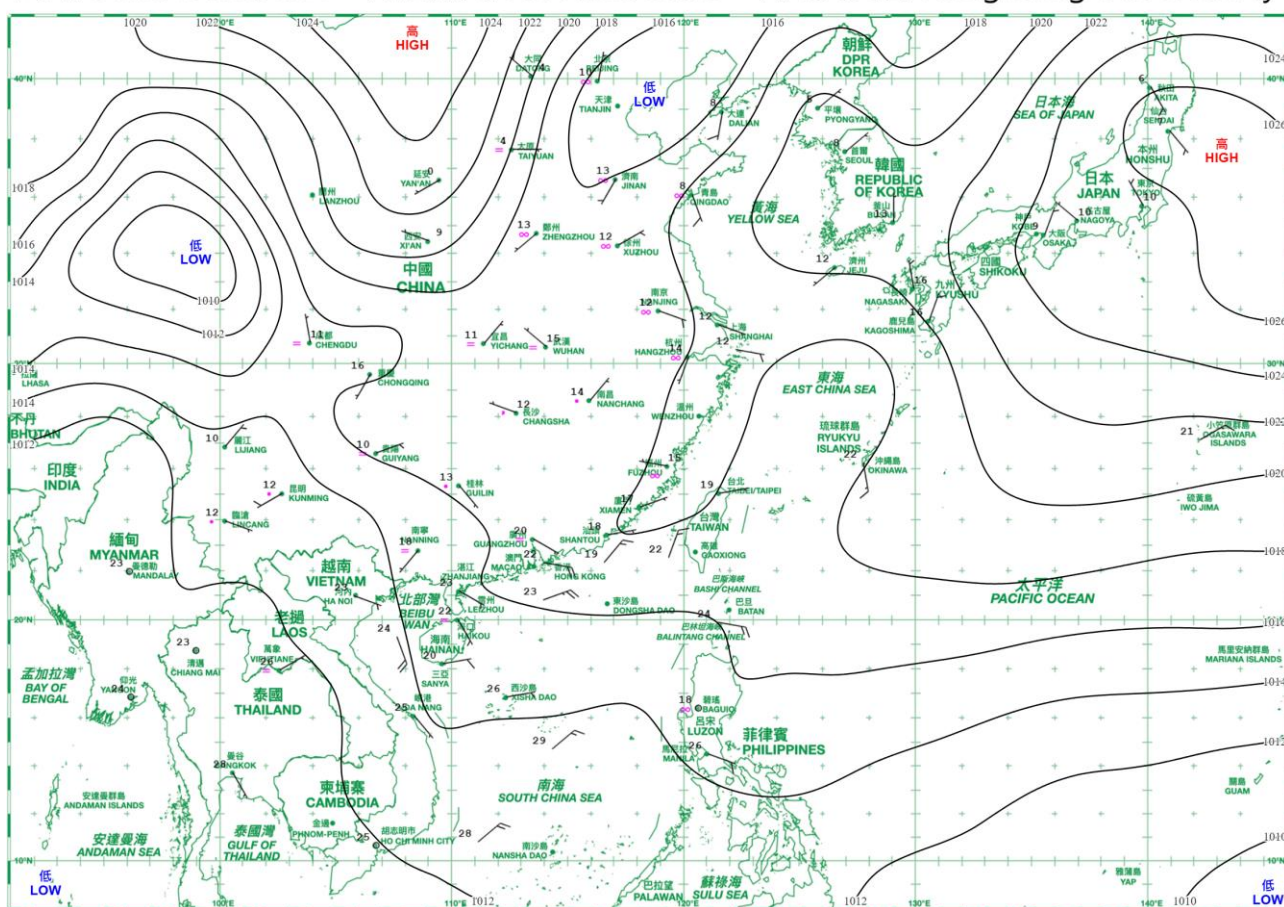




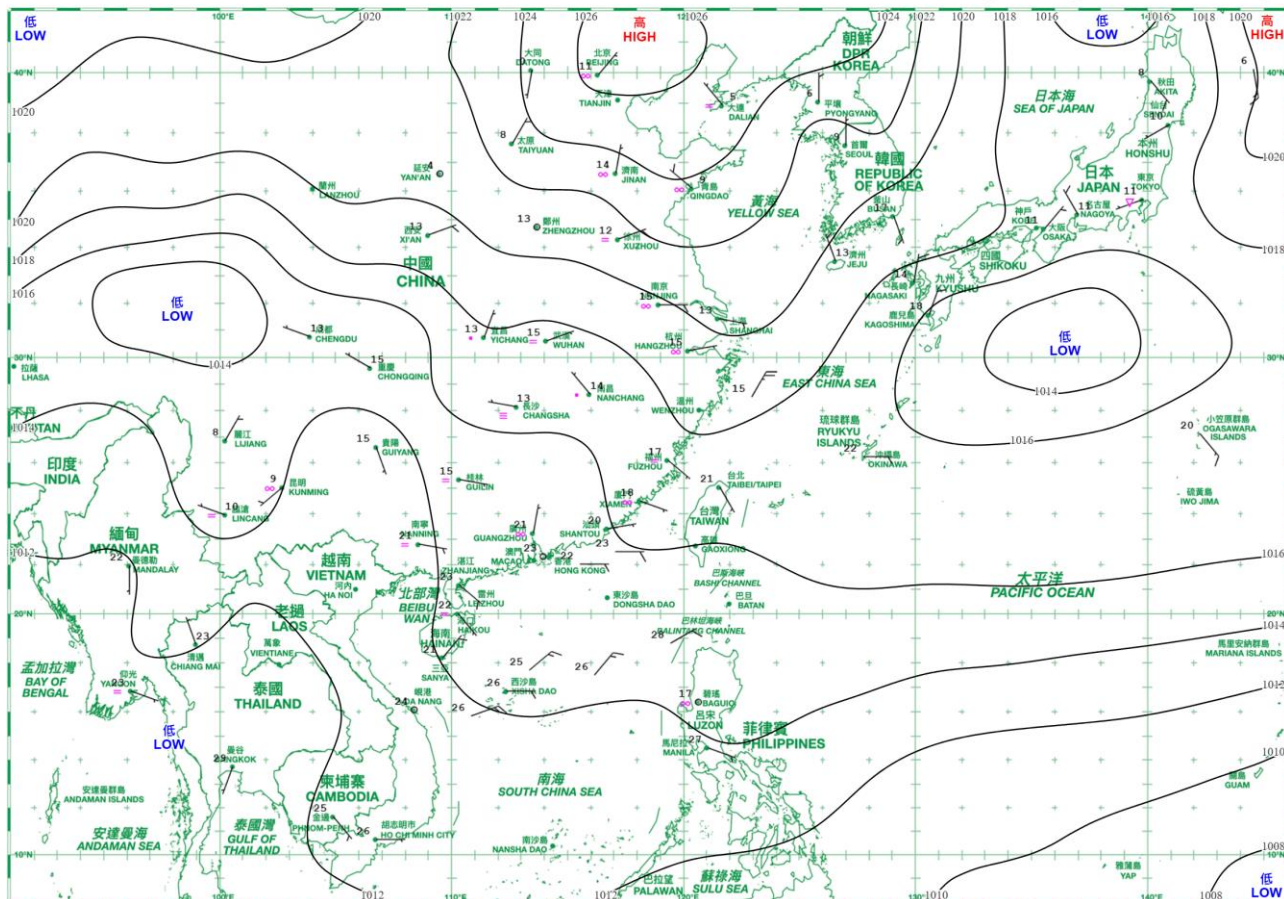
日期/Date: 21.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory



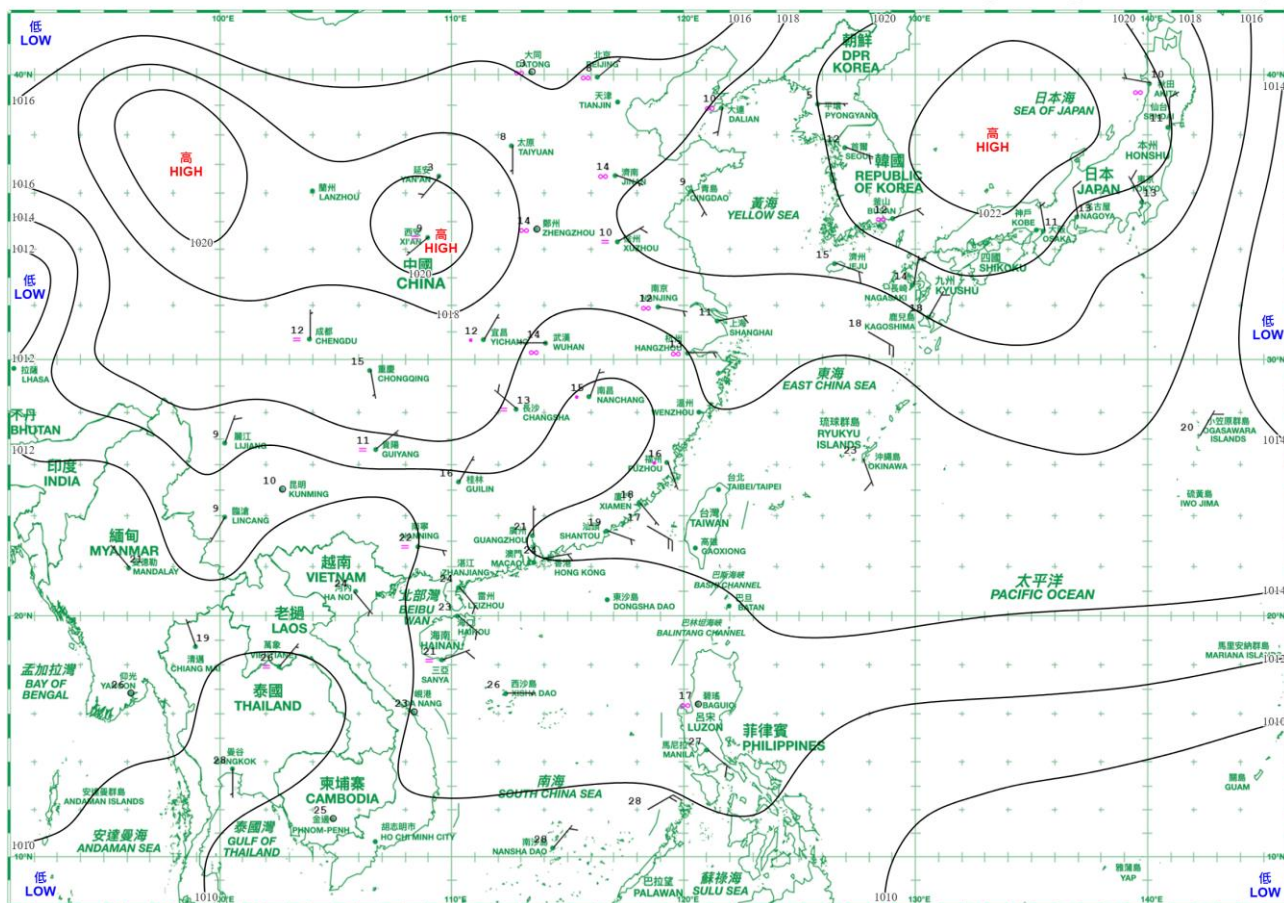
日期/Date: 22.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory



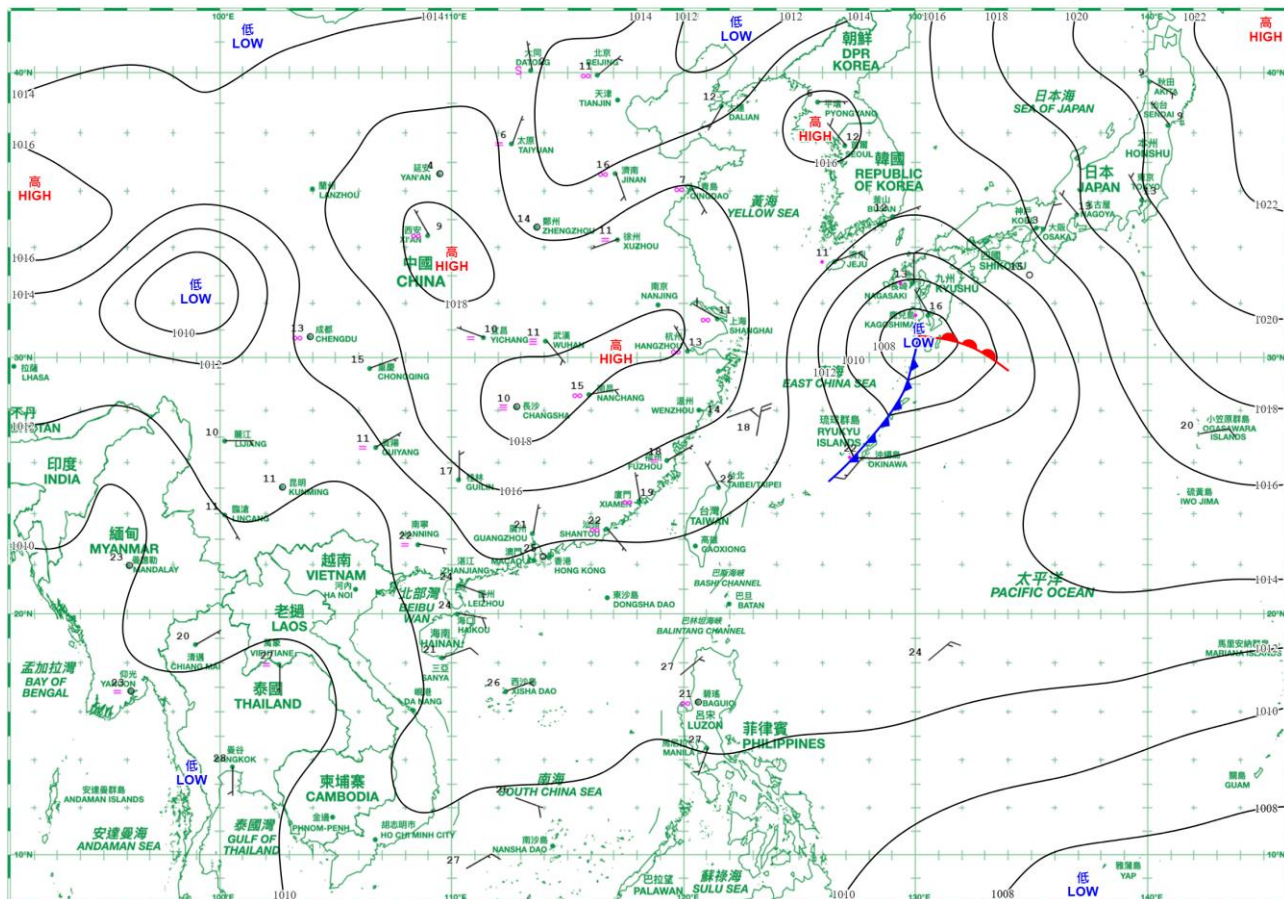
日期/Date: 23.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory



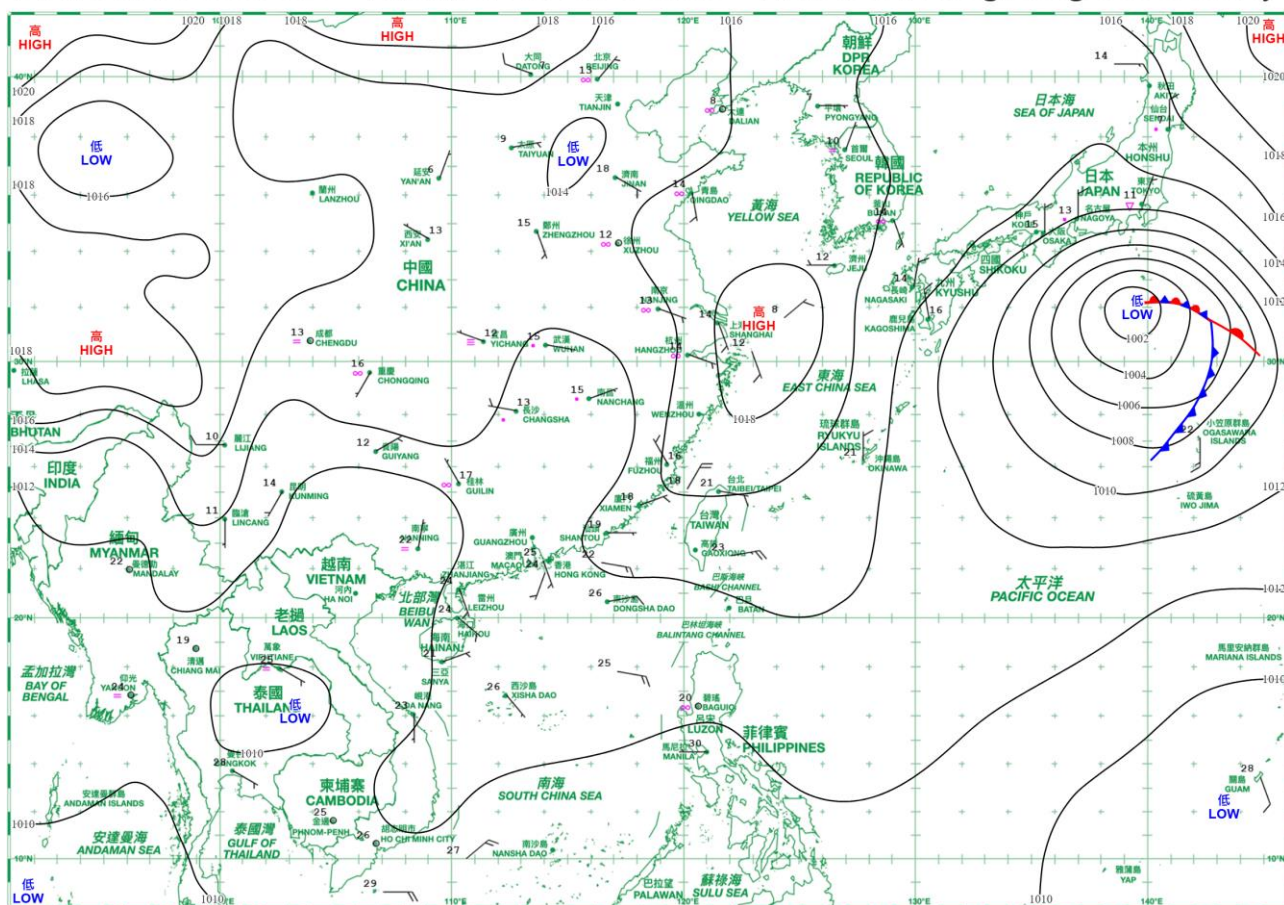
日期/Date: 24.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

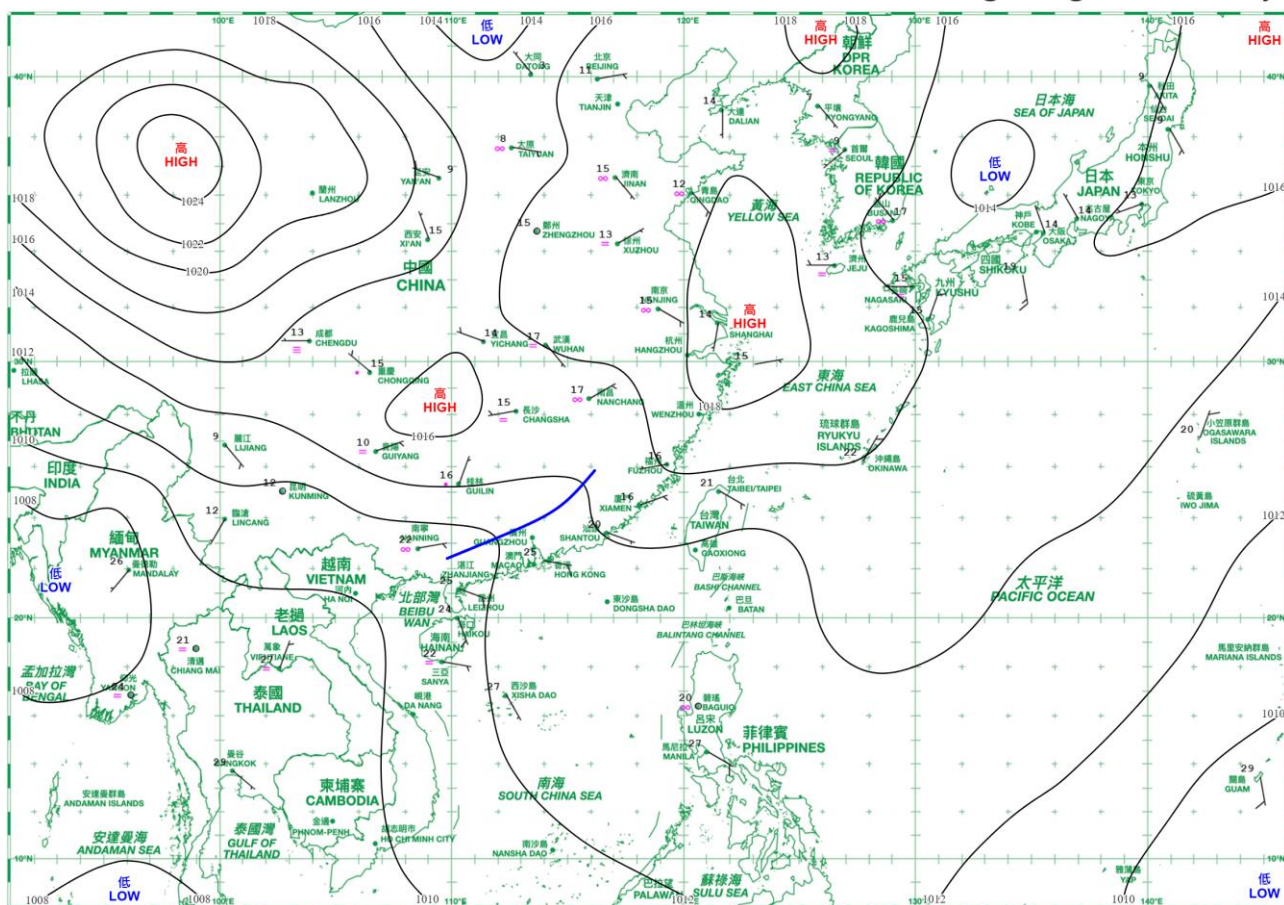
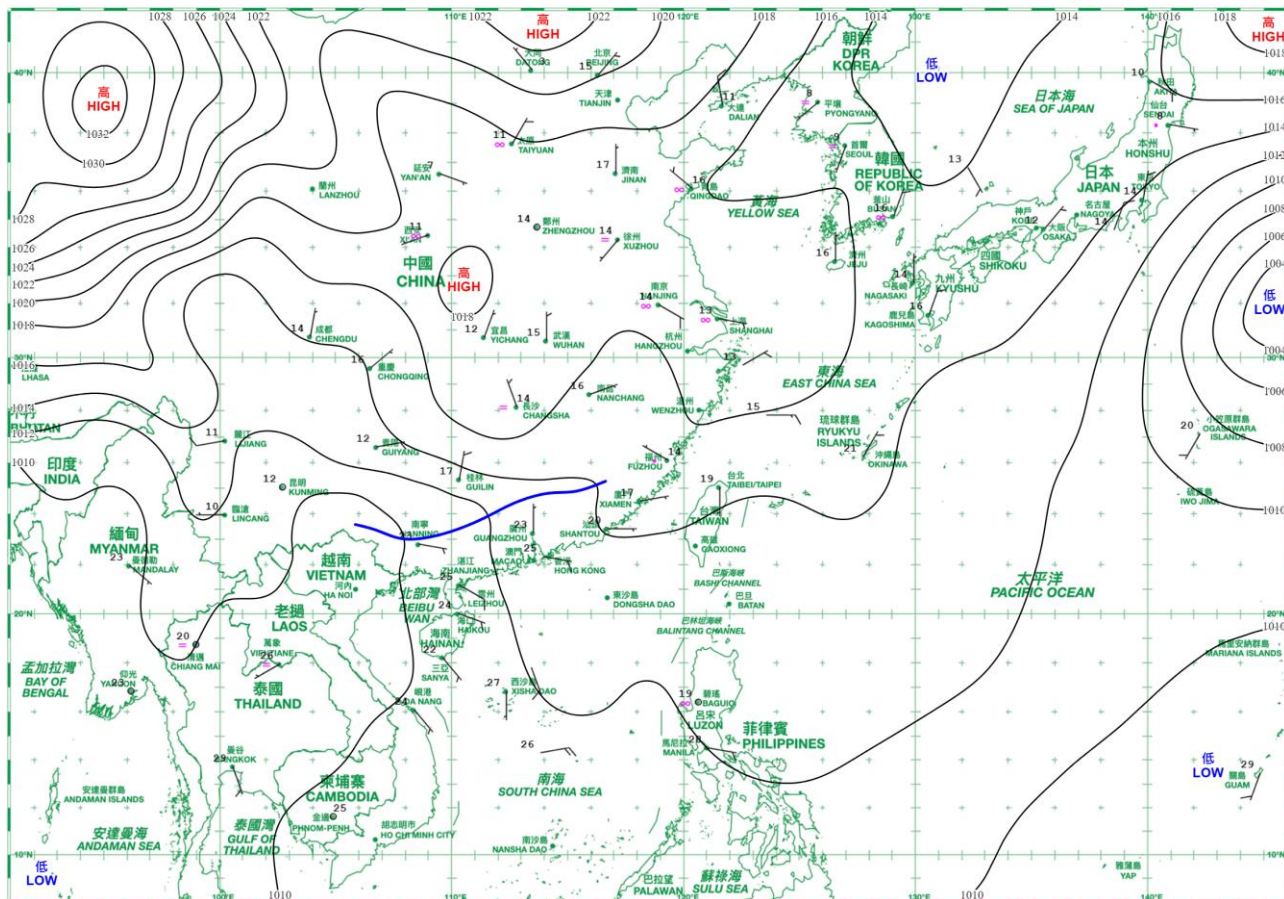


日期/Date: 25.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

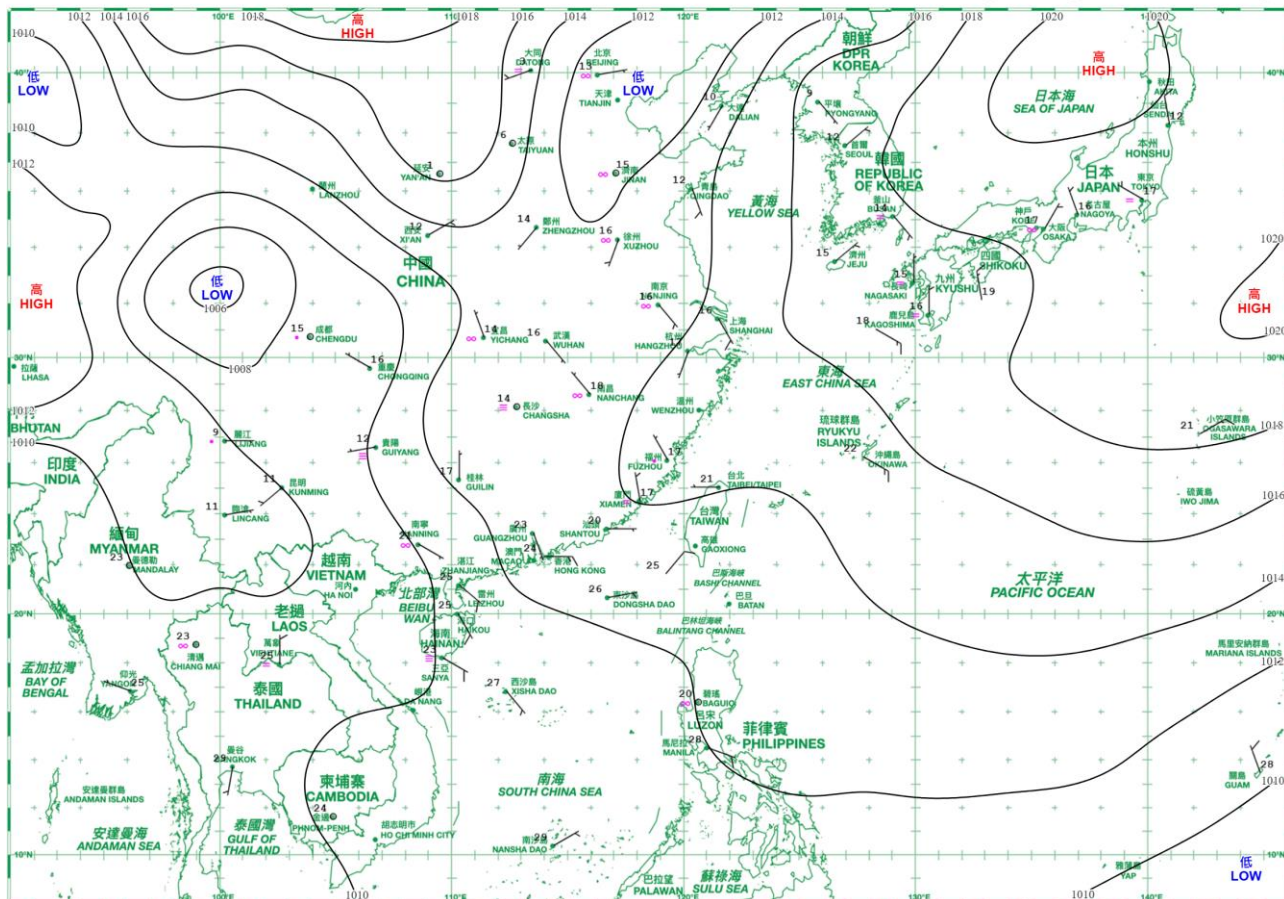


日期/Date: 26.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory

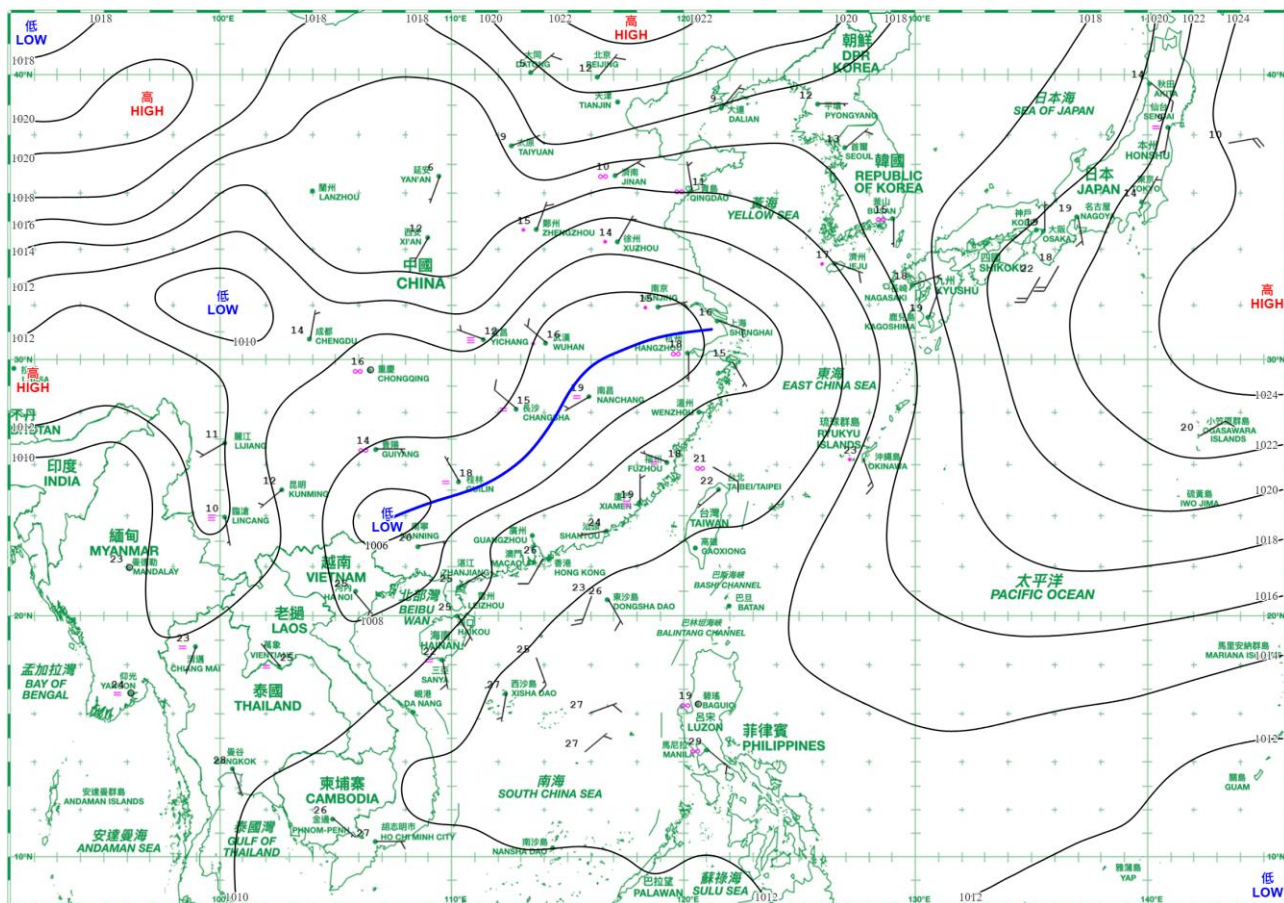


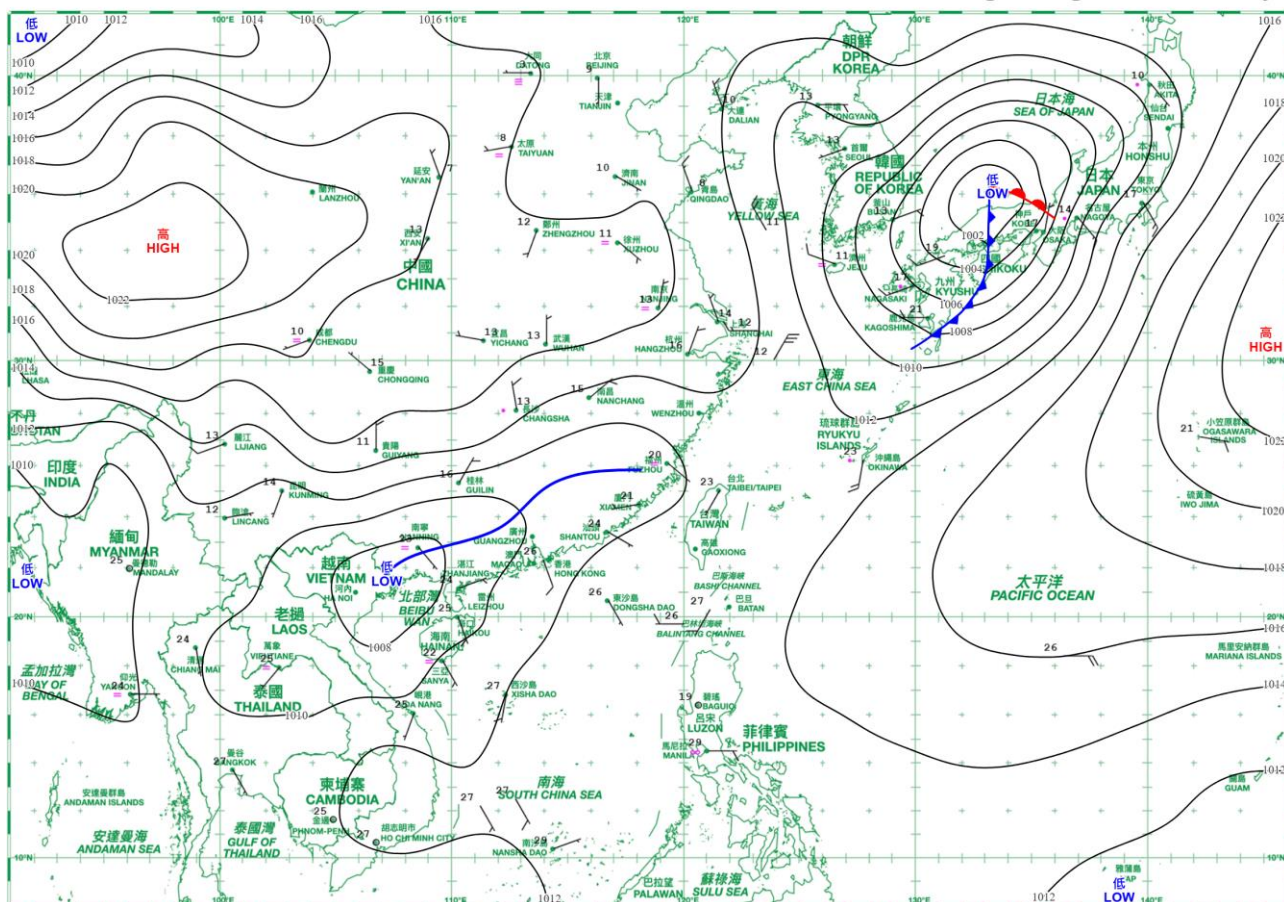


日期/Date: 29.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory



日期/Date: 30.03.2026 香港時間/HK Time: 08:00 香港天文台 Hong Kong Observatory





4.1.1 二零二六年三月香港氣象觀測摘錄(一)

4.1.1 Extract of Meteorological Observations in Hong Kong (Part 1), March 2026

日期 Date	平均氣壓 Mean Pressure	氣 溫 Air Temperature			平均 露點溫度 Mean Dew Point Temperature	平均 相對濕度 Mean Relative Humidity	平均雲量 Mean Amount of Cloud	總雨量 Total Rainfall
		最高 Maximum	平均 Mean	最低 Minimum				
三 月 March	百帕斯卡 hPa	°C	°C	°C	°C	%	%	毫米 mm
1	1010.4	21.1	19.8	18.7	18.6	92	91	0.1
2	1010.7	23.9	22.5	21.0	21.4	93	90	15.4
3	1014.4	22.8	19.8	17.0	17.9	89	95	68.0
4	1017.0	17.5	16.5	15.4	14.8	90	98	66.0
5	1016.4	23.2	19.3	16.2	15.3	78	78	Tr
6	1017.6	23.6	20.0	17.4	13.5	67	73	-
7	1020.1	22.3	19.5	18.3	13.7	69	42	-
8	1020.3	22.4	19.1	16.8	13.5	71	46	-
9	1021.6	22.8	19.7	17.9	14.8	74	79	Tr
10	1022.5	19.6	17.7	16.3	13.2	75	90	0.1
11	1019.4	20.7	18.8	17.6	14.0	74	79	-
12	1019.2	24.5	20.3	17.5	14.3	69	16	-
13	1022.5	21.8	18.8	17.2	9.9	56	23	-
14	1023.0	24.3	19.4	16.0	11.5	61	11	-
15	1021.5	25.0	20.7	18.2	15.2	72	15	-
16	1018.6	24.0	20.8	18.7	14.9	70	23	-
17	1016.9	24.0	21.2	20.0	17.8	81	70	Tr
18	1015.7	27.8	23.4	20.8	18.9	77	39	-
19	1014.3	28.1	24.1	21.1	19.0	74	19	Tr
20	1015.7	23.3	21.5	20.5	18.9	86	92	0.1
21	1016.9	22.3	21.4	20.6	18.6	84	95	-
22	1016.1	25.4	22.3	20.8	18.8	81	53	Tr
23	1014.3	27.4	23.4	21.1	19.6	79	37	-
24	1012.8	26.9	24.0	22.4	21.0	83	68	-
25	1012.7	30.0	25.3	22.2	20.7	76	22	-
26	1012.2	28.4	25.0	23.4	21.2	80	77	-
27	1011.7	26.2	24.2	23.2	21.7	86	85	1.1
28	1011.8	27.4	24.5	22.9	21.9	86	86	Tr
29	1011.7	25.8	23.6	22.2	21.1	86	87	Tr
30	1010.7	28.3	25.2	22.1	21.5	81	76	3.6
31	1010.2	27.5	25.9	24.6	22.2	81	81	Tr
平均/總值 Mean/Total	1016.1	24.5	21.5	19.6	17.4	78	62	154.4
正常* Normal*	1016.1	21.9	19.5	17.6	16.1	82	77	75.3
觀測站 Station	天文台 Hong Kong Observatory							

天文台於三月三十一日 15 時 55 分錄得本月最低氣壓 1007.6 百帕斯卡。

The minimum pressure recorded at the Hong Kong Observatory was 1007.6 hectopascals at 1555 HKT on 31 March.

天文台於三月二十五日 15 時 37 分錄得本月最高氣溫 30.0°C。

The maximum air temperature recorded at the Hong Kong Observatory was 30.0°C at 1537 HKT on 25 March.

天文台於三月四日 4 時 52 分錄得本月最低氣溫 15.4°C。

The minimum air temperature recorded at the Hong Kong Observatory was 15.4°C at 0452 HKT on 4 March

京士柏於三月四日 0 時 53 分錄得本月最高1分鐘平均降雨率 99 毫米/小時。

The maximum 1-minute mean rainfall rate recorded at King's Park was 99 millimetres per hour at 0053 HKT on 4 March.

* 1991-2020 氣候平均值 (除特別列明外) (http://www.hko.gov.hk/tc/cis/normal/1991_2020/normals.htm)

* 1991-2020 Climatological normal, unless otherwise specified (http://www.hko.gov.hk/en/cis/normal/1991_2020/normals.htm)

Tr - 微量 (降雨量少於 0.05 毫米)

Tr - Trace of rainfall (amount less than 0.05 mm)

4.1.2 二零二六年三月香港氣象觀測摘錄(二)

4.1.2 Extract of Meteorological Observations in Hong Kong (Part 2), March 2026

日期 Date	出現低能見度的時數# Number of hours of Reduced Visibility#	總日照 Total Bright Sunshine	每日太陽總輻射 Daily Global Solar Radiation	總蒸發量 Total Evaporation	盛行風向 Prevailing Wind Direction	平均風速 Mean Wind Speed
三月 March	小時 hours	小時 hours	兆焦耳/米 ² MJ/m ²	毫米 mm	度 degrees	公里/小時 km/h
1	0	-	6.16	0.6	030	20.1
2	0	0.3	7.20	1.9	010	4.7
3	0	0.6	3.02	0.5	010	22.2
4	0	-	3.59	0.8	010	22.8
5	0	6.0	17.67	3.2	010	15.5
6	0	4.9	14.40	3.2	360	24.8
7	0	8.7	19.41	4.2	080	37.5
8	0	9.8	22.63	4.1	070	33.0
9	0	8.2	19.21	3.9	070	32.3
10	0	0.1	6.44	1.6	010	21.3
11	0	1.4	11.35	2.2	070	14.0
12	0	11.1	24.38	5.2	080	18.3
13	0	11.2	24.78	5.1	080	48.7
14	0	11.3	24.74	3.5	080	30.9
15	0	11.0	25.01	4.3	060	21.0
16	0	10.4	22.81	3.8	060	21.9
17	0	3.2	9.89	1.6	050	20.1
18	0	8.9	18.25	2.7	050	8.7
19	0	10.5	21.61	3.7	210	3.3
20	0	0.1	6.05	1.8	070	28.6
21	0	-	6.89	1.6	070	28.0
22	0	7.7	19.50	3.0	080	18.0
23	0	6.5	17.46	2.7	030	4.7
24	0	5.2	14.68	2.2	060	7.5
25	0	10.8	22.86	3.7	220	5.8
26	0	2.5	13.44	3.0	070	8.6
27	0	3.8	14.44	2.5	070	15.2
28	0	2.5	12.41	2.8	080	14.0
29	0	1.9	12.41	2.4	070	17.6
30	0	5.4	15.38	2.6	170	15.6
31	0	1.0	8.67	2.4	180	16.3
平均/總值 Mean/Total	0	165.0	15.06	86.8	070	19.4
正常* Normal*	89.3 §	100.0	10.71	73.2	060	23.0
觀測站 Station	香港國際機場 Hong Kong International Airport	京士柏 King's Park		橫瀾島^ Waglan Island^		

橫瀾島於三月十三日 1 時 46 分錄得本月最高陣風 74 公里/小時，風向 070 度。

The maximum gust peak speed recorded at Waglan Island was 74 kilometres per hour from 070 degrees at 0146 HKT on 13 March.

低能見度是指能見度低於 8 公里，不包括出現霧、薄霧或降水。

- 在2004年及以前，香港國際機場的能見度讀數是基於專業氣象觀測員每小時的觀測數據。在2005年及以後，讀數是採用位於機場南跑道中間的能見度儀表在每小時前10分鐘的平均數據。這與使用儀器觀測來改進能見度評估的國際趨勢是一致的。
- 在2007年10月10日前曾出現於此摘錄內香港國際機場2005年及以後的低能見度時數資料乃基於專業氣象觀測員每小時的觀測數據。有關資料已於2007年10月10日起改為以機場南跑道中間之能見度儀表在每小時前10分鐘的平均數據計算。

Reduced visibility refers to visibility below 8 kilometres when there is no fog, mist, or precipitation.

- The visibility readings at the Hong Kong International Airport are based on hourly observations by professional meteorological observers in 2004 and before, and average readings over the 10-minute period before the clock hour of the visibility meter near the middle of the south runway from 2005 onwards. The change of the data source in 2005 is an improvement of the visibility assessment using instrumented observations following the international trend.
- Before 10 October 2007, the number of hours of reduced visibility at the Hong Kong International Airport in 2005 and thereafter displayed in this summary was based on hourly visibility observations by professional meteorological observers. Since 10 October 2007, the data have been revised using the average visibility readings over the 10-minute period before the clock hour, as recorded by the visibility meter near the middle of the south runway.

^ 如橫瀾島未能提供數據，則以長洲或其他鄰近氣象站的數據作補充，以計算盛行風向和平均風速。

^ In case the data are not available from Waglan Island, observations of Cheung Chau or other nearby weather stations will be incorporated in computing the Prevailing Wind Direction and Mean Wind Speed.

* 1991-2020 氣候平均值 (除特別列明外) (http://www.hko.gov.hk/tc/cis/normal/1991_2020/normal.htm)

* 1991-2020 Climatological normal, unless otherwise specified (http://www.hko.gov.hk/en/cis/normal/1991_2020/normal.htm)

§ 1997-2025 平均值

§ 1997-2025 Mean value

4.2 2026年3月部分香港氣象要素的每日記錄

4.2 Daily Values of Selected Meteorological Elements for Hong Kong, March 2026

