



REPUBLIC OF KENYA
MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
KENYA METEOROLOGICAL DEPARTMENT

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REF.NO: KMD/FCST/03-2026/MARINE/10

Date: Issued on 04th March, 2026

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 05/03/2026 - 11/03/2026**

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

An Easterly component winds expected over Kenya and Tanzania waters; and North Easterly to Easterly winds expected over Somalia waters with wind speeds of 02 to 20 knots (01-10 m/s) throughout the forecast period.

1.2 Sig. Wave Height and Direction:

South Easterly to Easterly waves are expected over Kenya, and Tanzania waters; And South Easterly to North Easterly waves expected over Somalia waters with wave heights of 0.2 –1.6m (\approx 0.6– 4.8ft) throughout the forecast period.

1.3 Sea conditions

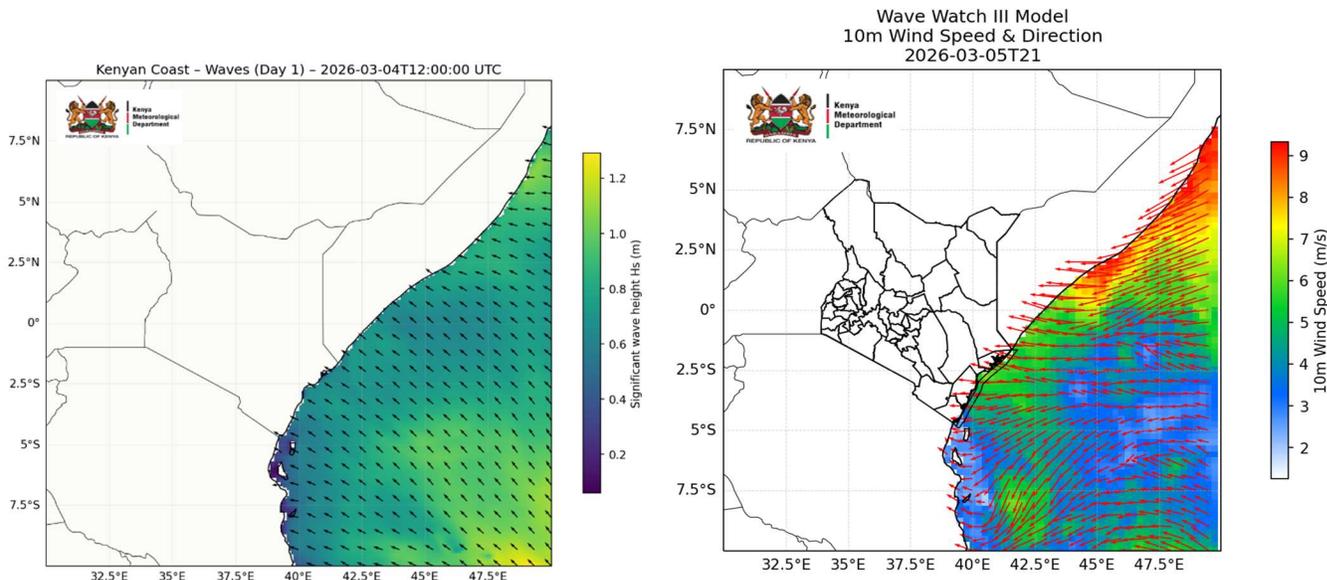
- Slight to moderate sea condition with wave heights of 0.2-1.6m (0.6-4.8ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 01– 10m/s (02 to 20 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 04TH MARCH, 2026 TO 10TH MARCH, 2026.

2.1 Thursday 05th March, 2026: Significant Wave Height and wind speed (Wave scale in meters; Wind scale in m/s)

Wave height: 0.2 to 1.0 m (\approx 0.6– 3.0ft)

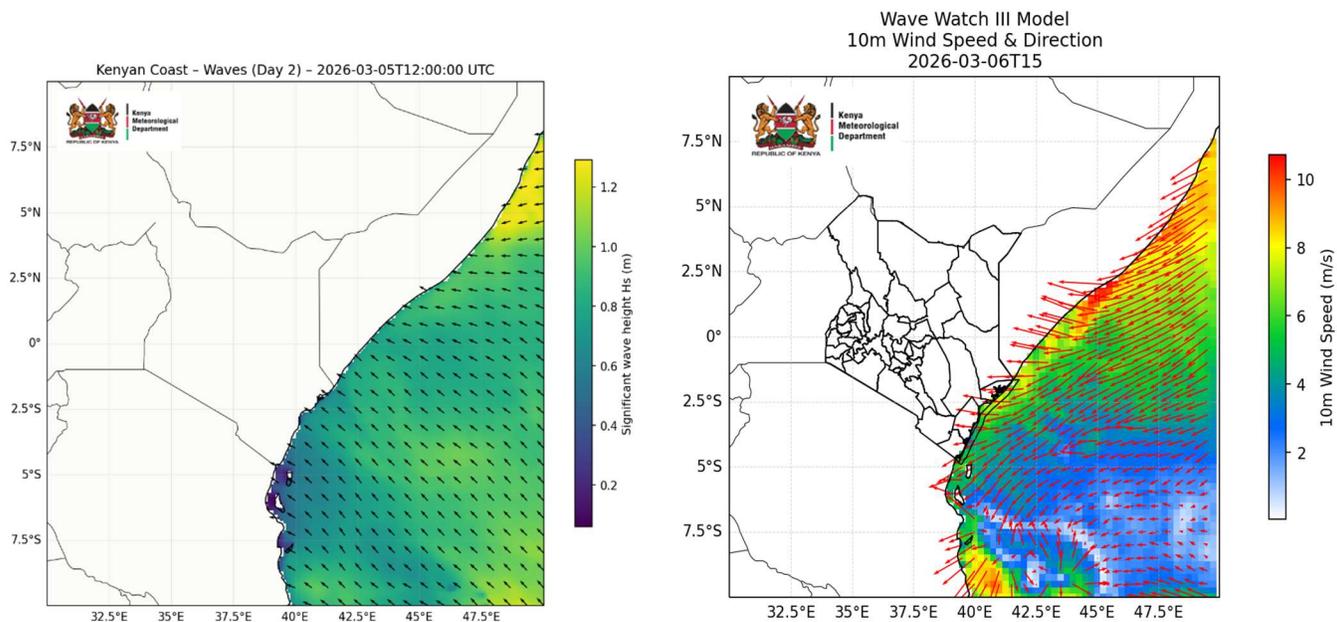
10m Winds: 04-18 knots (\approx 02 – 09m/s)



2.2 Friday 06th March, 2026: Significant Wave Height and wind speed (Wave scale in meters; Wind scale in m/s)

Wave height: 0.2 to 1.2m (\approx 0.6– 3.6ft)

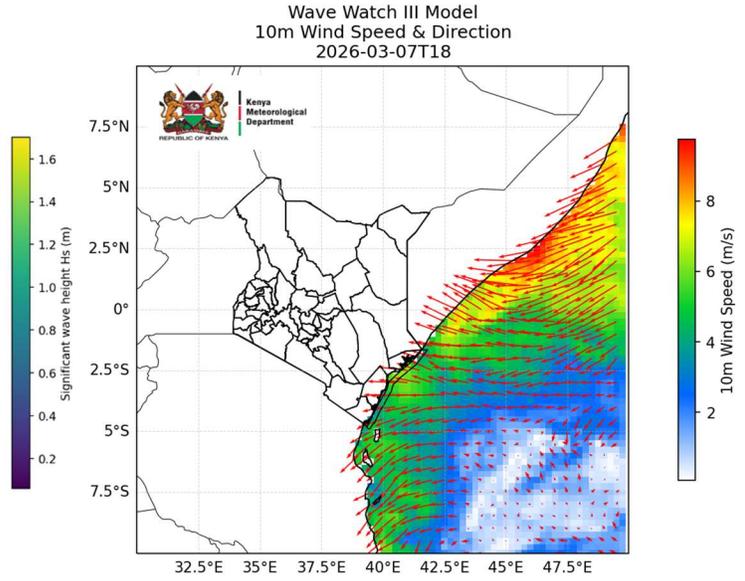
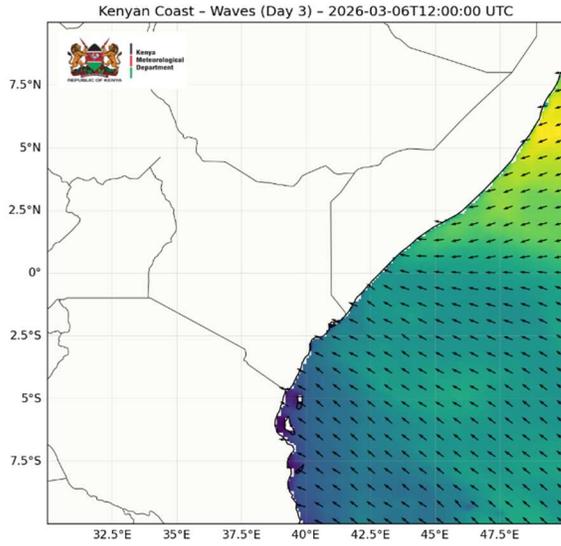
10m Winds: 04-16 knots (\approx 02-10 m/s)



2.3 Saturday 07th March, 2026: Significant Wave Height and wind speed (Wave scale in meters; Wind scale in m/s)

Wave height: 0.2 to 1.6 m (\approx 0.6– 4.8ft)

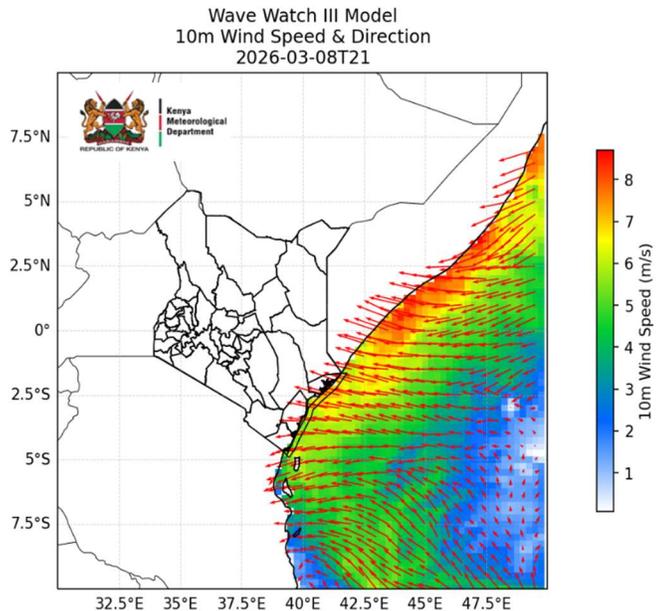
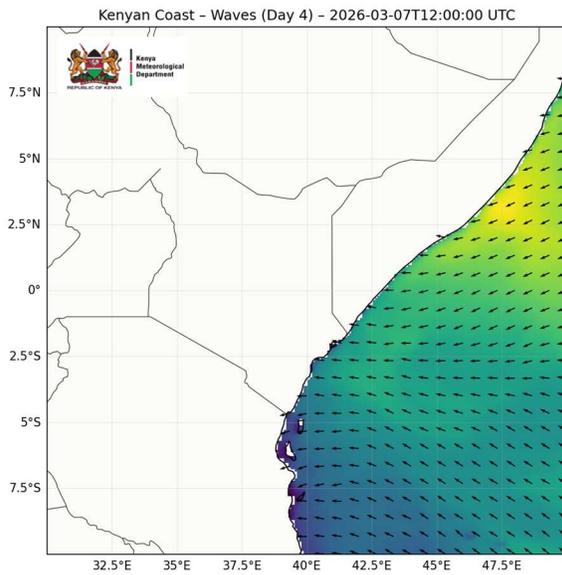
10m Winds: 04-18knots (\approx 2-9m/s)



2.4 Sunday 08th March, 2026: Significant Wave Height and wind speed (Wave scale in meters; Wind scale in m/s)

Wave height: 0.2 to 1.6 m (\approx 0.6 –4.8ft)

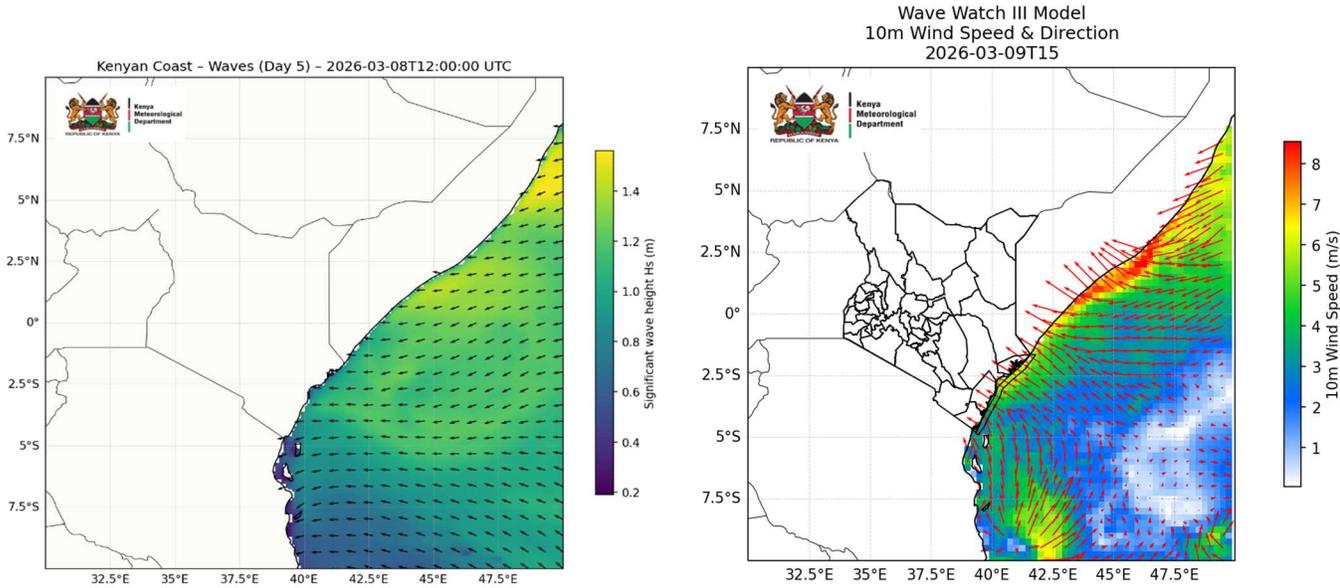
10m Winds: 04-16 knots (\approx 02 – 8m/s)



2.5 Monday 09th day 08th March, 2026: Significant Wave Height and wind speed (Wave scale in meters; Wind scale in m/s)

Wave height: 0.2 to 1.6m (\approx 0.6–4.8ft)

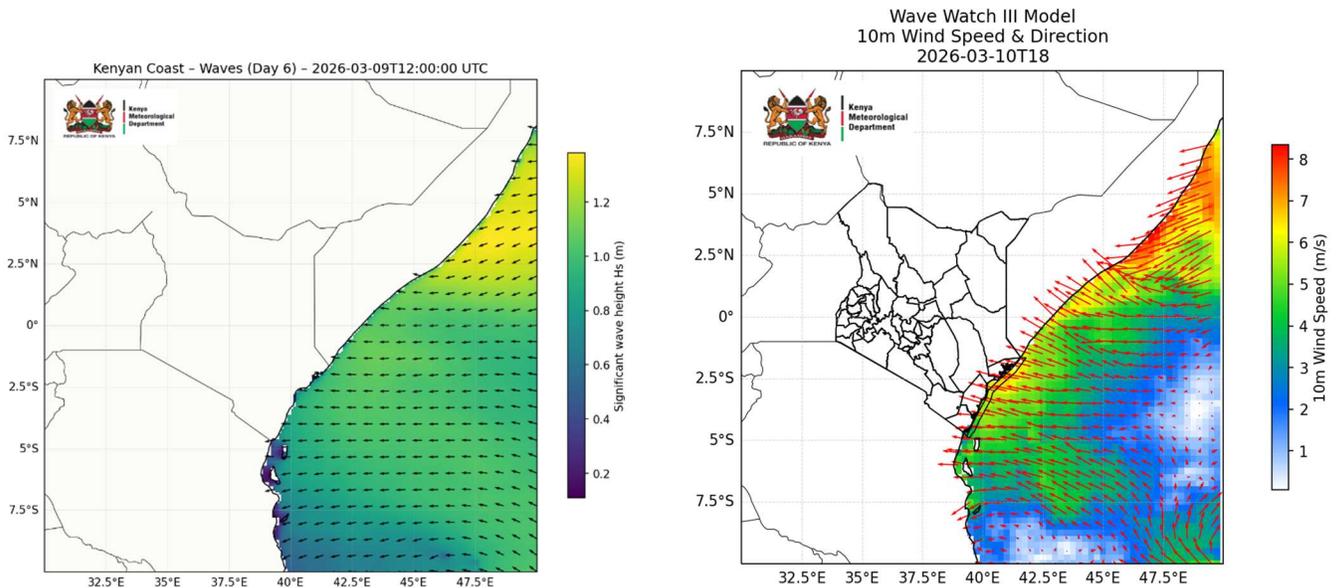
10m Winds: 04-16knots (\approx 02 -8m/s)



2.6 Tuesday 10th March, 2026: Significant Wave Height and wind speed (Wave scale in meters; Wind scale in m/s)

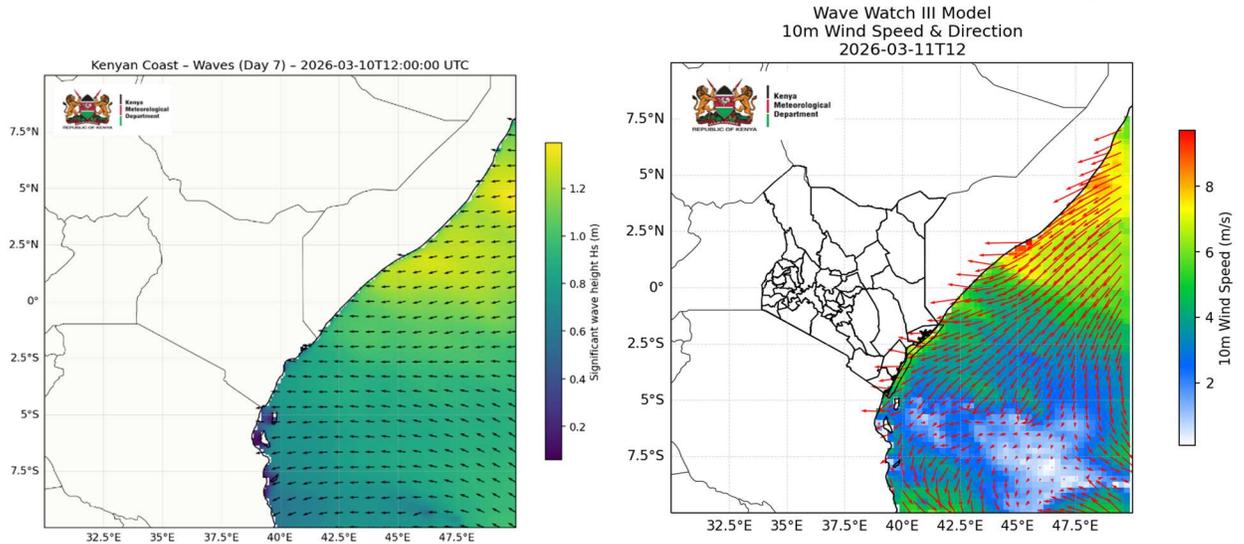
Wave height: 0.2 to 1.4 m (\approx 0.6– 4.2ft)

10m Winds: 02-14knots (\approx 01 – 08 m/s)



2.7 Wednesday 11th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.4m (\approx 0.6– 4.2ft) 10m Winds: 02-16 knots (\approx 01 – 08m/s)

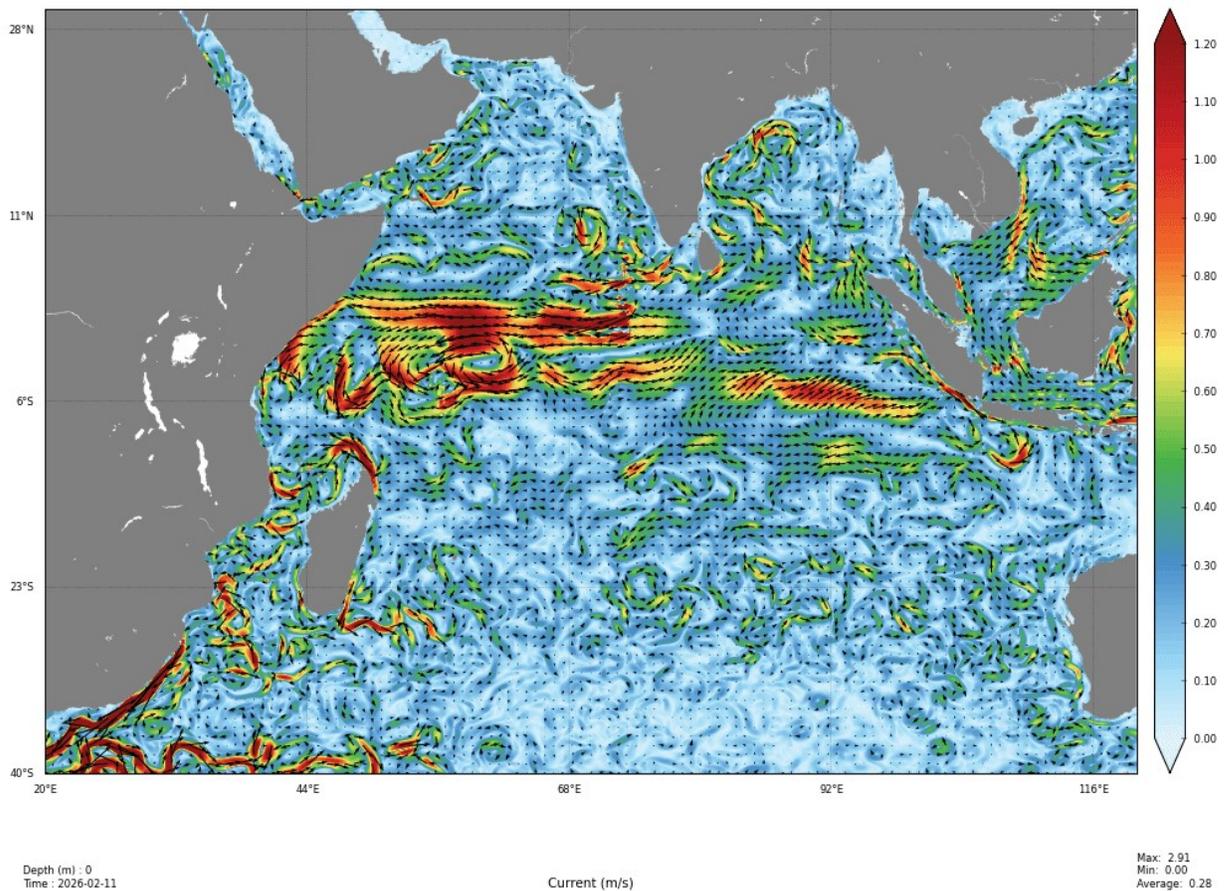


3.0 TIDE FORECAST VALID FROM 03RD MARCH, 2026 TO 09TH MARCH, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Thu 05 th March, 2026	1 st Tide	05:25 AM	3.58 m	11:27 AM	0.15 m
	2 nd Tide	05:42 PM	3.67 m	11:46 PM	0.22 m
Fri 06 th March, 2026	1 st Tide	05:54 AM	3:48 m	11:53 AM	0.21 m
	2 nd Tide	06:10 PM	3.64 m		
Sat 07 th March 2026	1 st Tide	06:21 AM	3.31 m	12:16 AM	0.31 m
	2 nd Tide	06:37 PM	3.53 m	12:19 PM	0.33 m
Sun 08 th March 2026	1 st Tide	06:47 AM	3.10 m	12:45 AM	0.47 m

	2nd Tide	07:04 PM	3.35 m	12:44 PM	0.51 m
Mon 09th March, 2026	1st Tide	07:13 AM	2.85 m	01:14 AM	0.69 m
	2nd Tide	07:31 PM	3.13 m	01:08 PM	0.73 m
Tue 10th March, 2026	1st Tide	07:39 AM	2.59 m	01:45 AM	0.95 m
	2nd Tide	08:03 PM	2:87 m	01:08 PM	0.97 m
Wed 11th March, 2026	1st Tide	08:09 AM	2.30 m	02:22 AM	1.24 m
	2nd Tide	08:44 PM	2:60 m	02:01 PM	1.24 m

**4.0 9 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S)
FORECAST VALID 05/03/2026 TO 13/03/2026**



KEY ON SEA STATE

WAVE HEIGHT RANGE (Meters)	DESCRIPTION	IMPACT
0.6 – 1.0 m (≈ 1.8 – 3.0 ft)	Slight	Conditions suitable for Marine activities
1.0 – 1.9 m (≈ 3.0 – 5.7 ft)	Slight – Moderate	
2.0 – 2.9 m (≈ 6.0 – 8.7 ft)	Moderate-Rough	Caution on operating marine activities
3.0 – 4.0 m (≈ 9.0 – 12.0 ft)	Rough	Warning in place!!!! Warning in place and marine activities on hold
4.1 – 5.5 m (≈ 12.3 – 16.5 ft)	Very Rough	

KEY ON SEA STATE

WIND	RANGE	DESCRIPTIONS	IMPACT
	< 1 – 7 Knots	Calm to light breeze	1 – 6 knots, the Ocean is relatively calm with very little disturbance. Suitable for Marine operations
	7 – 21 Knots	Gentle breeze to fresh breeze	7 – 17 knots, small boats are likely to be filled with water sprays and become unstable. Caution in carrying out marine activities
	22 – ≥34 Knots	Strong breeze to extremely strong breeze	More than 21 knots, the ocean state is very much disturbed and the prevailing conditions are dangerous for marine operations. Warning in place!!!!

N.B: This forecast should be used in conjunction with the daily marine forecast issued by this Department.

In concurrence with outputs from relevant marine data platforms, acknowledgement is fully accorded to: ESSO- Indian National Centre for Ocean Information Services (INCOIS), mercator-ocean.fr, COPERNICUS Marine Environment Monitoring Service (CMEMS) and other related sources.

W. Esibwe
FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT