



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 7th March, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 08/03/2026 - 14/03/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

North Easterly to Easterly winds expected over Kenya, Tanzania and Somalia waters with wind speeds of 04 to 20 knots (02-10 m/s) throughout the forecast period.

1.2 Sig. Wave Height and Direction:

Easterly to North Easterly waves are expected over Kenya, and Tanzania waters with wave heights of 0.2 to 1.2m (\approx 0.6– 3.6ft); And North Easterly to Easterly waves expected over Somalia waters with wave heights of 0.6 –1.8m (\approx 1.8– 5.4ft) throughout the forecast period.

1.3 Sea conditions

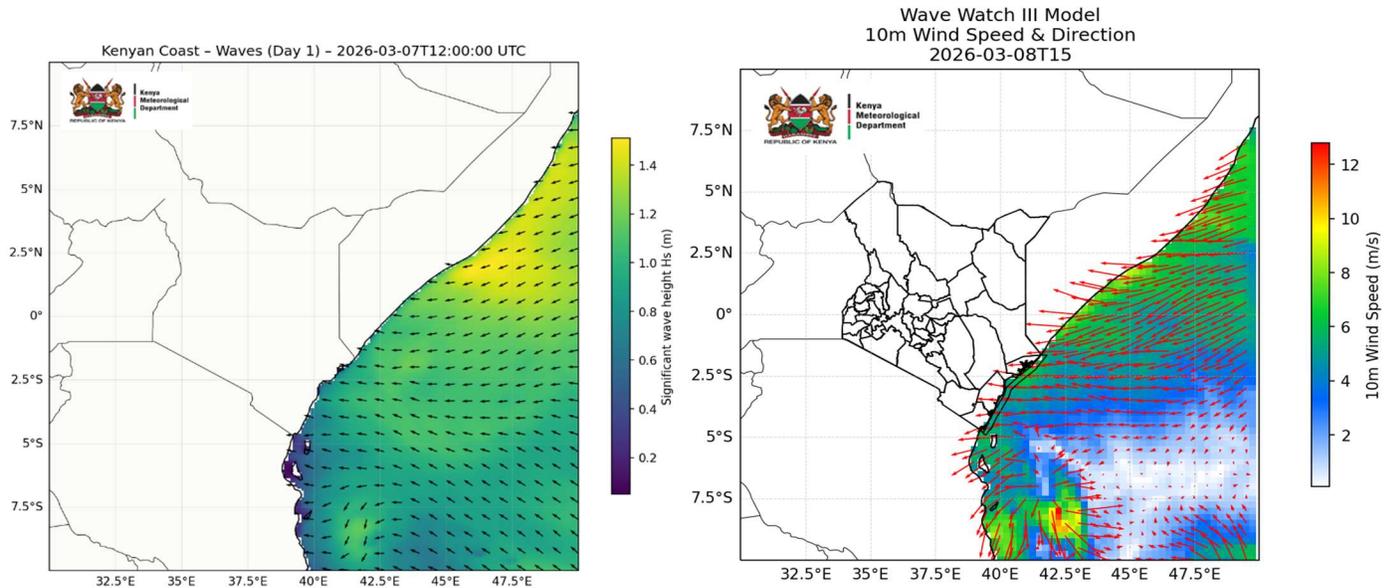
- Slight to moderate sea condition with wave heights of 0.2-1.8m (0.6-5.4ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 02– 10m/s (04 to 20 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 08TH MARCH, 2026 TO 14TH MARCH, 2026.

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

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

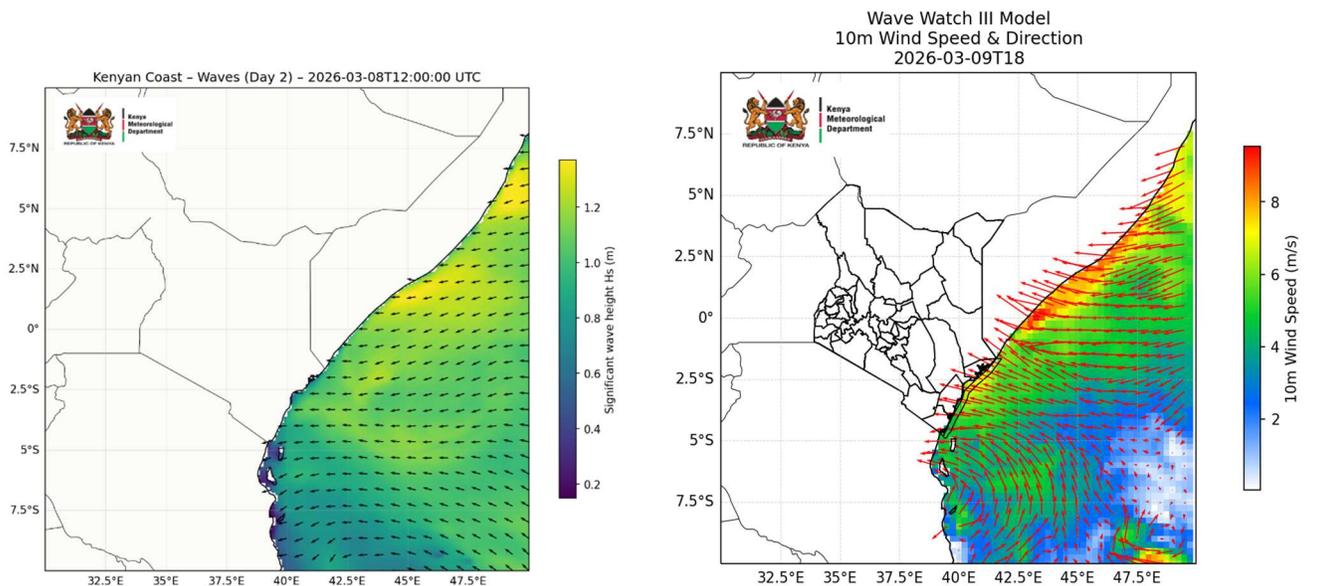
10m Winds: 04-18 knots (\approx 02 – 09m/s)



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

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

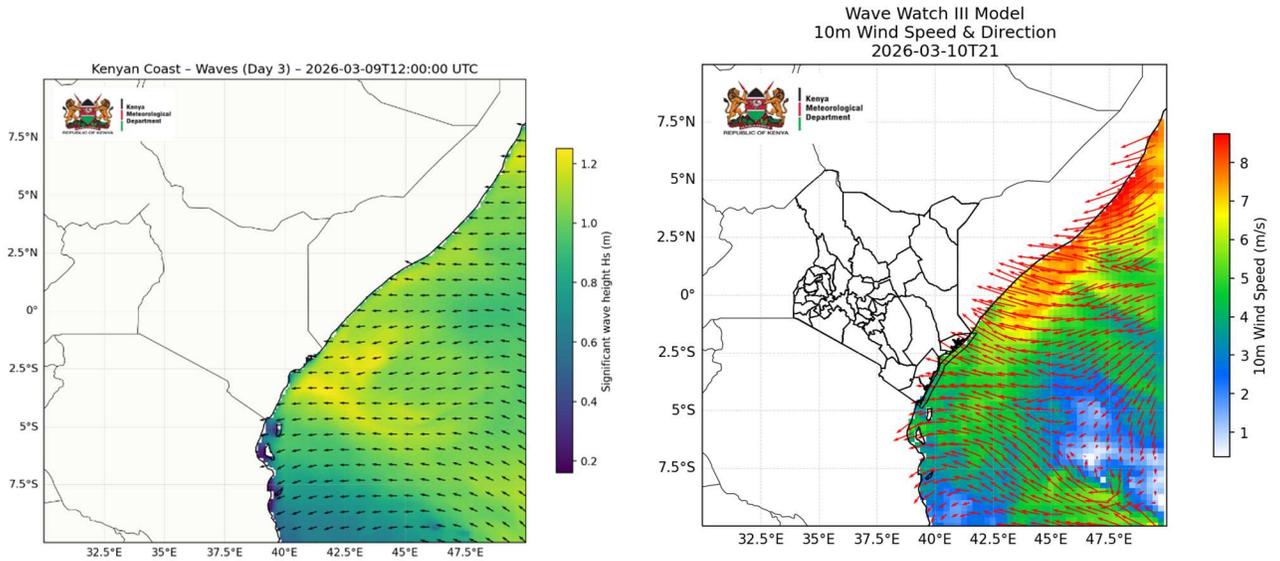
10m Winds: 04-19 knots (\approx 02-09 m/s)



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

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

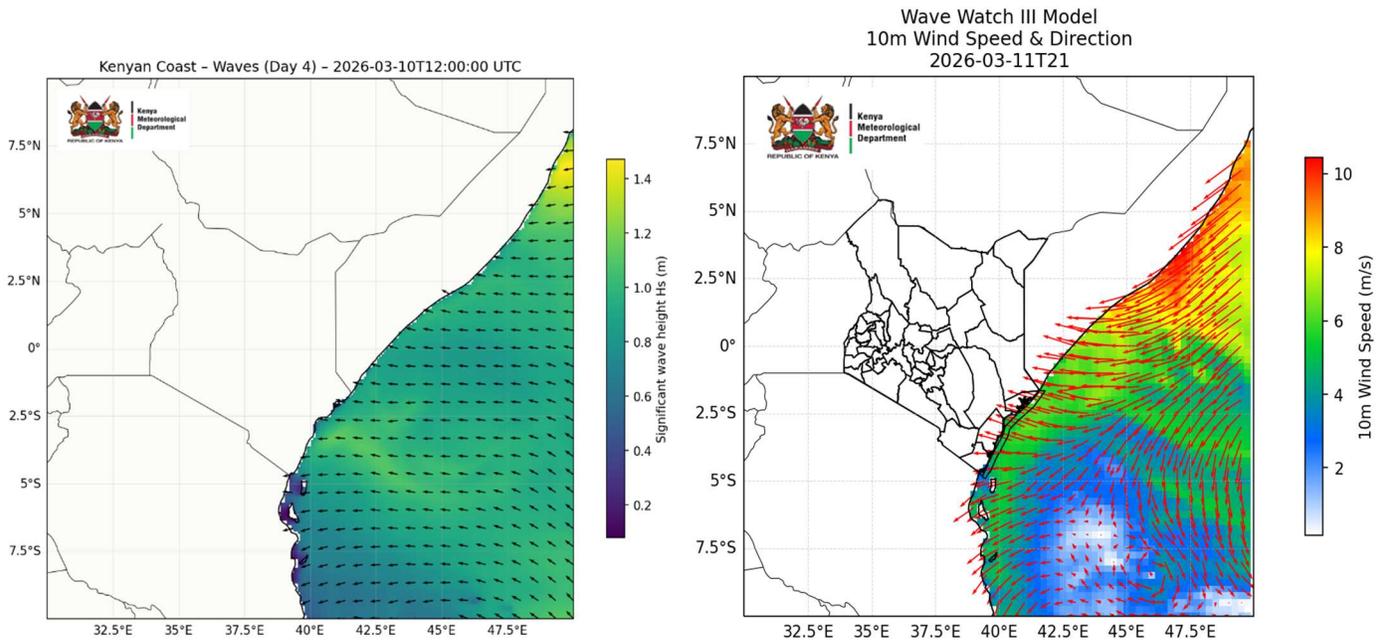
10m Winds: 02-16knots (\approx 1-8m/s)



2.4 Wednesday 11th 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)

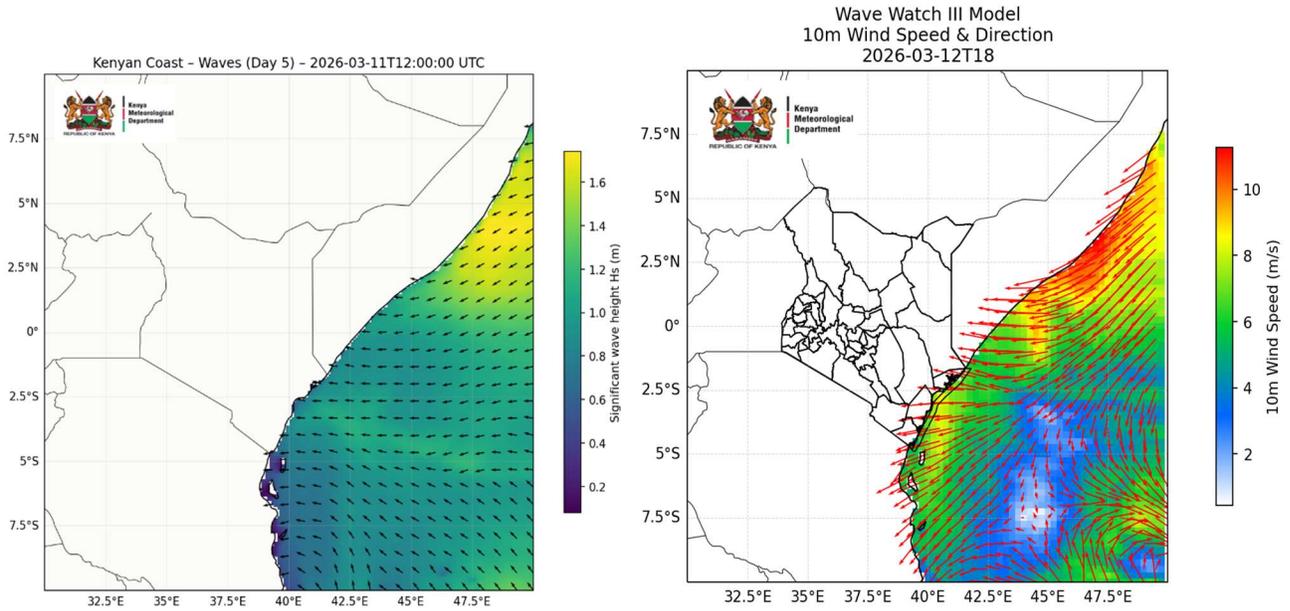
10m Winds: 04-20 knots (\approx 02 – 10m/s)



2.5 Thursday 12th 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)

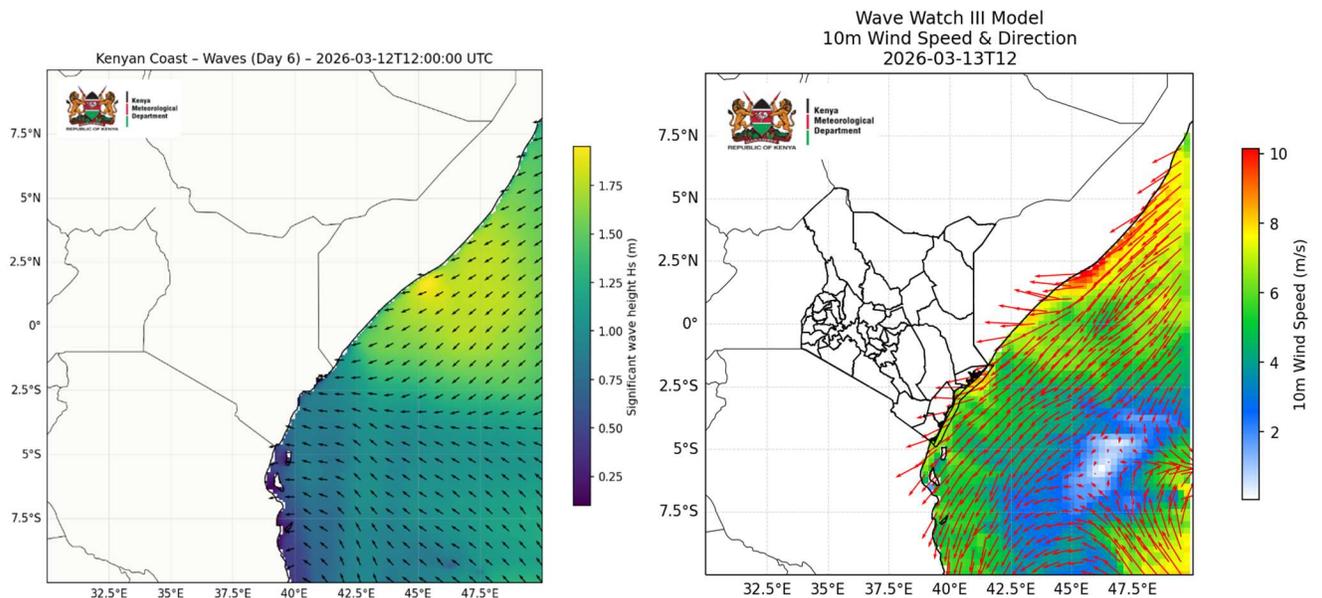
10m Winds: 04-20knots (\approx 02 -10m/s)



2.6 Friday 13th March, 2026: Significant Wave Height and wind speed (Wave scale in meters; Wind scale in m/s)

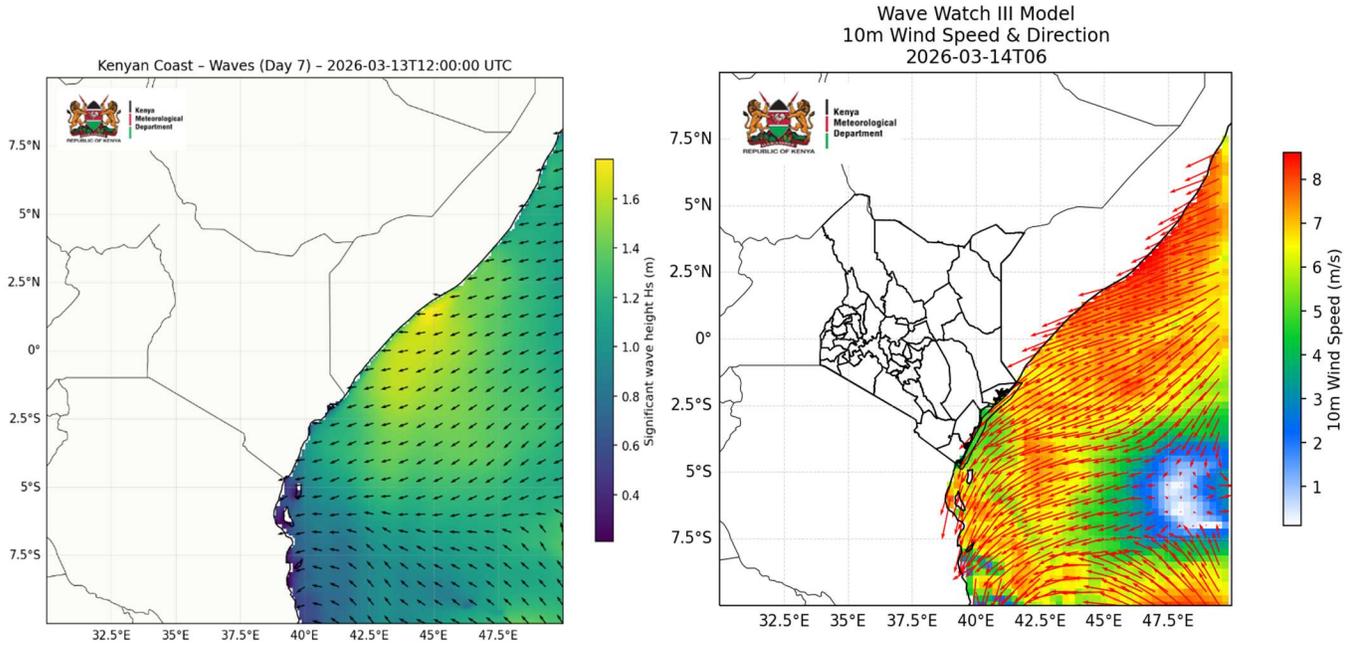
Wave height: 0.2 to 1.8 m (\approx 0.6– 5.4ft)

10m Winds: 04-20knots (\approx 02 – 10 m/s)



2.7 Saturday 14th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

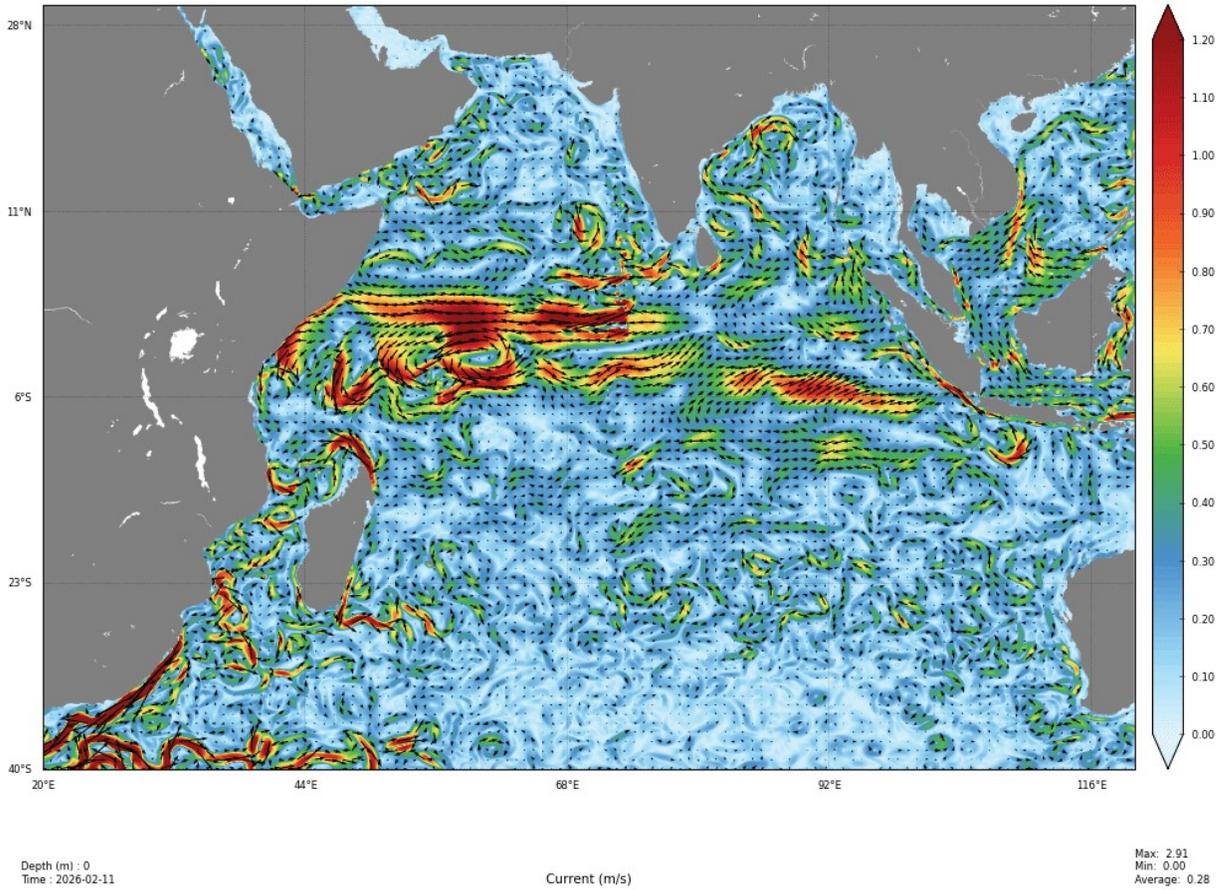
Wave height: 0.2 m to 1.6m (\approx 0.6– 4.8ft) 10m Winds: 08-20 knots (\approx 02 – 08m/s)



3.0 TIDE FORECAST VALID FROM 08TH MARCH, 2026 TO 14TH MARCH, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Sun 08th March 2026	1st 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
Thu 12th March, 2026	1st Tide	08:55 AM	2.02 m	03:22 AM	1.51 m
	2nd Tide	10:09 PM	2:35 m	02:42 PM	1.52 m
Fri 13th March, 2026	1st Tide	12:37 PM	1.88 m	06:21 AM	1.62 m
	2nd Tide			05:48 PM	1.71 m
Sat 14th March, 2026	1st Tide	01:02 AM	2.39 m	08:10 AM	1.37 m
	2nd Tide	02:21 PM	2:17 m	07:53 PM	1.49 m

**4.0 9 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S)
FORECAST VALID 07/03/2026 TO 16/03/2026**



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.

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FOR
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