



**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 08<sup>th</sup> March, 2026**

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas**  
**Along the Western Indian Ocean Region**  
**Validity: 09/03/2026 - 15/03/2026**

**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 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 –1.6m ( $\approx$  1.8– 4.8ft) throughout the forecast period.

**1.3 Sea conditions**

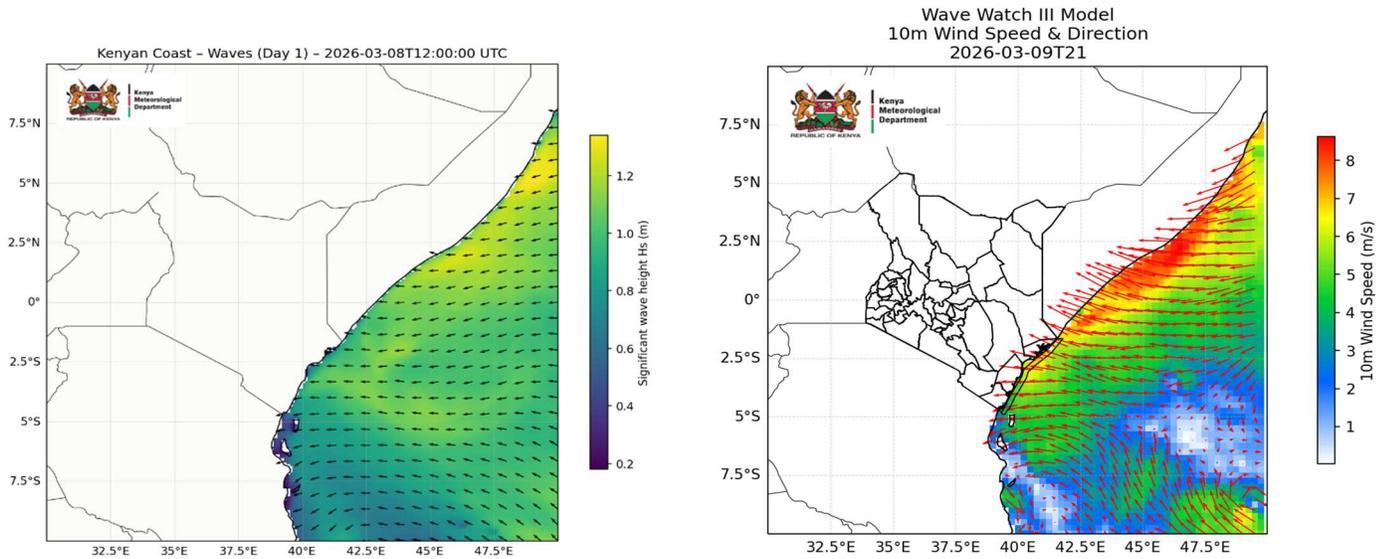
- Slight to moderate sea condition with wave heights of 0.2-1.6m (0.6-4.8ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 02– 10m/s (04 to 20 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

## 2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 09<sup>TH</sup> MARCH, 2026 TO 15<sup>TH</sup> MARCH, 2026.

### 2.1 Monday 09<sup>th</sup> 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)

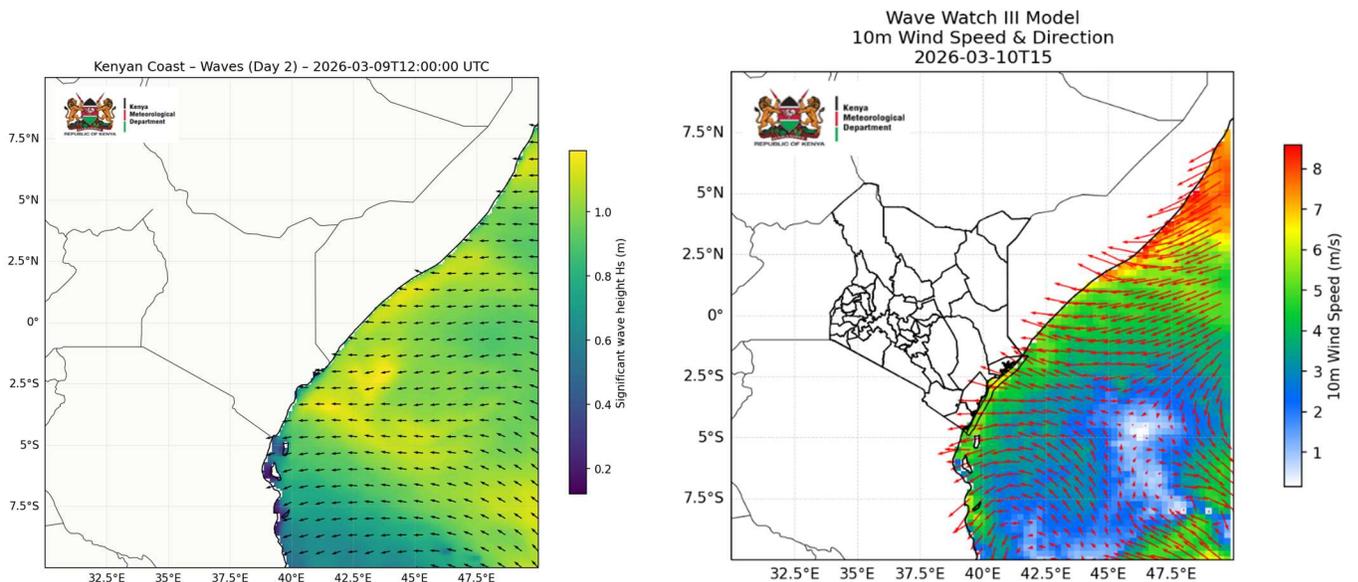
10m Winds: 04-16 knots ( $\approx$  02 – 08m/s)



### 2.2 Tuesday 10<sup>th</sup> 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)

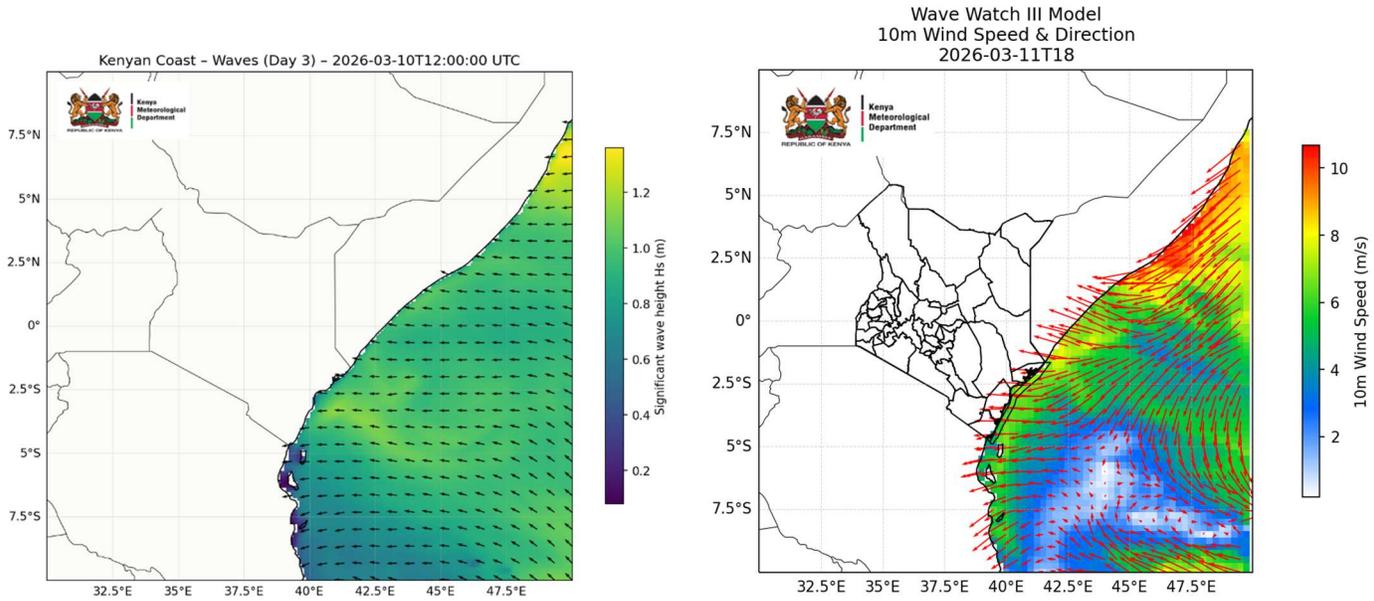
10m Winds: 04-19 knots ( $\approx$  02-08 m/s)



**2.3 Wednesday 11<sup>th</sup> 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)

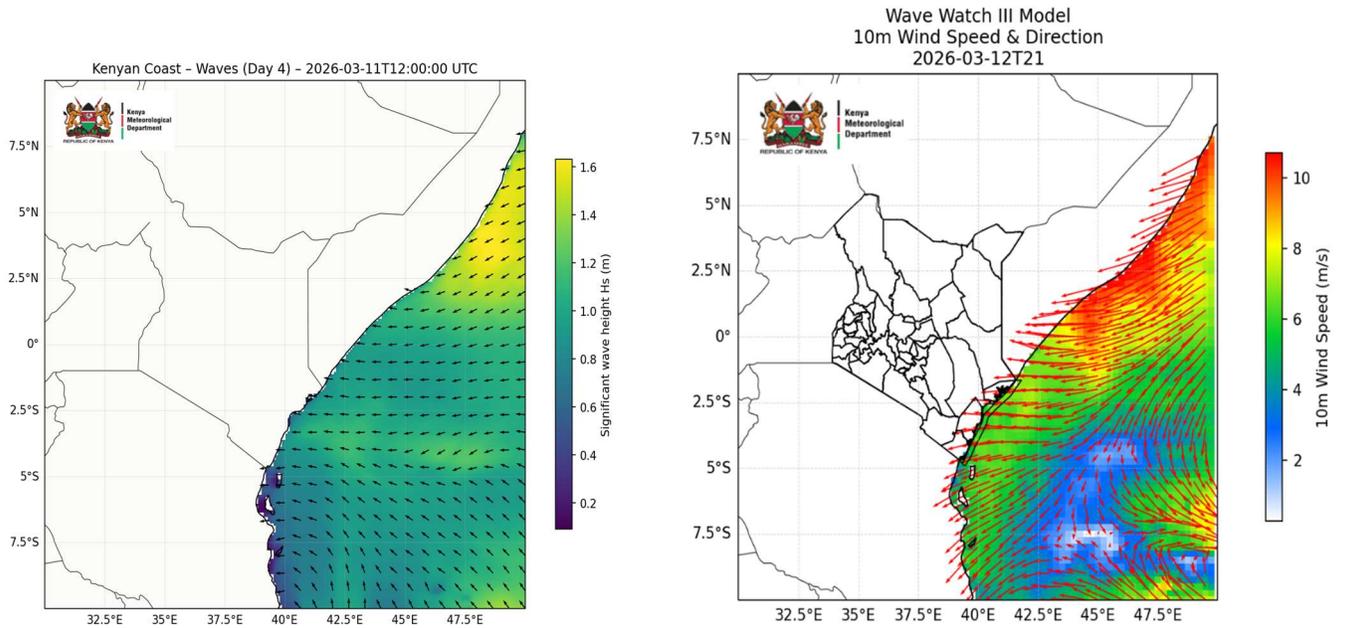
10m Winds: 04-20knots ( $\approx$  2-10m/s)



**2.4 Thursday 12<sup>th</sup> 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)

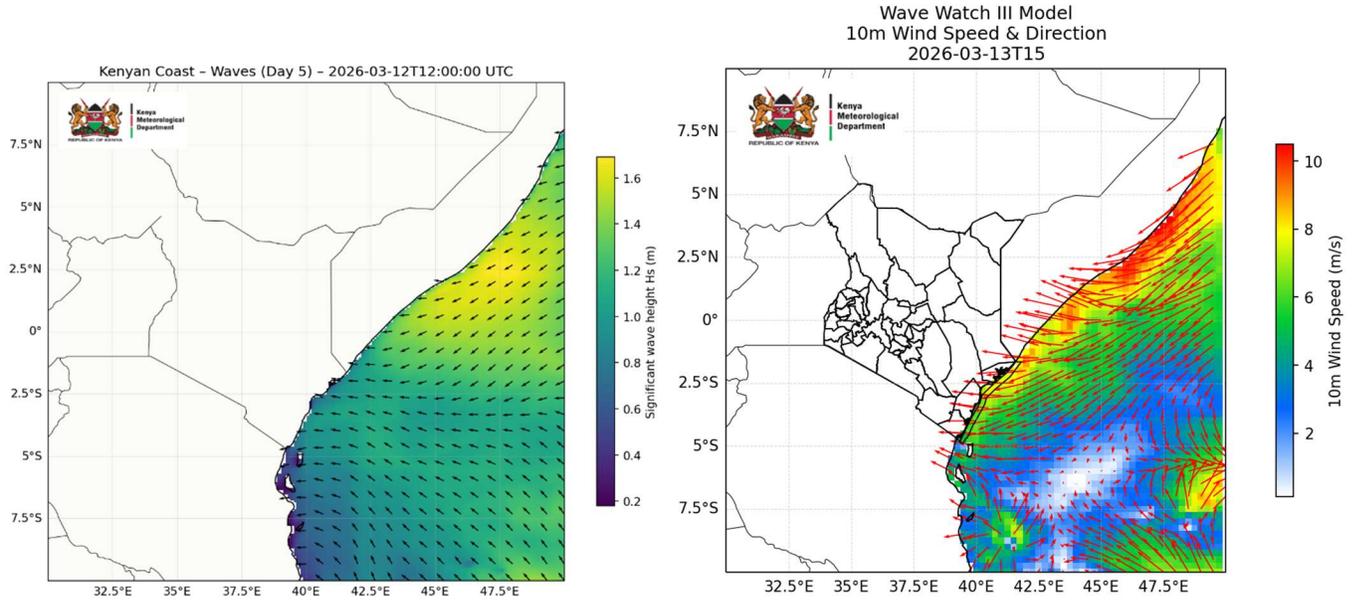
10m Winds: 04-20 knots ( $\approx$  02 – 10m/s)



**2.5 Friday 13<sup>th</sup> 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)

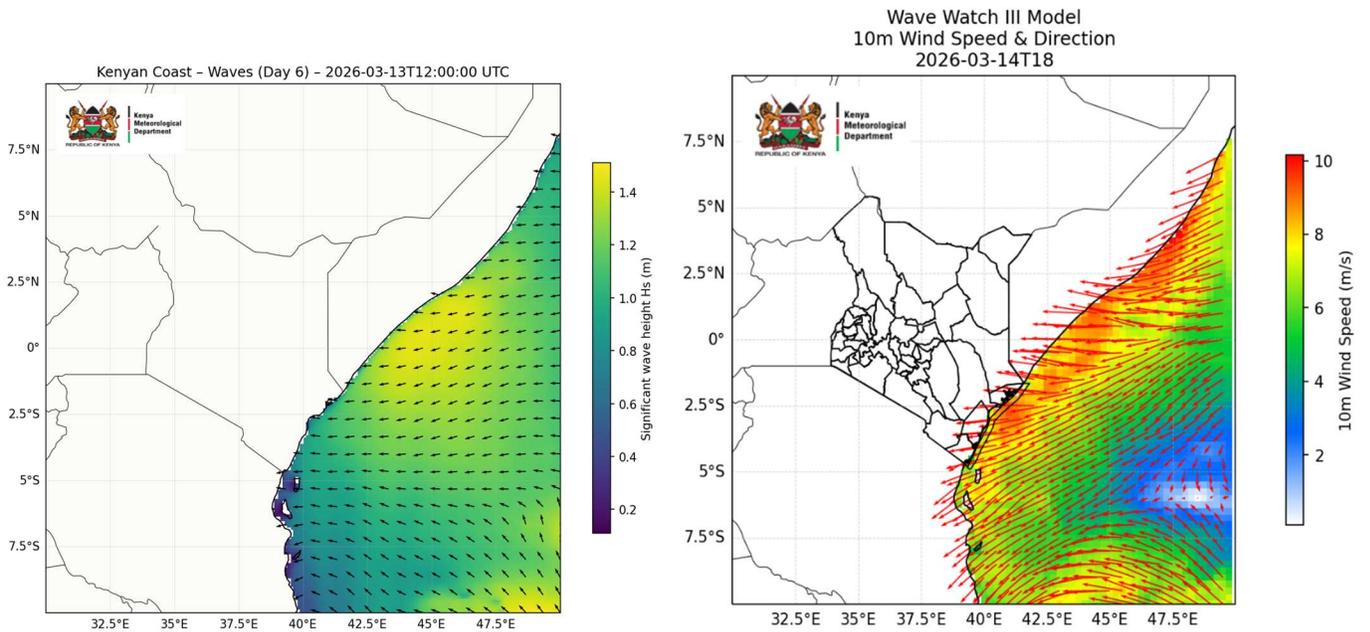
10m Winds: 04-20knots ( $\approx$  02 -10m/s)



**2.6 Saturday 14<sup>th</sup> 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– 5.4ft)

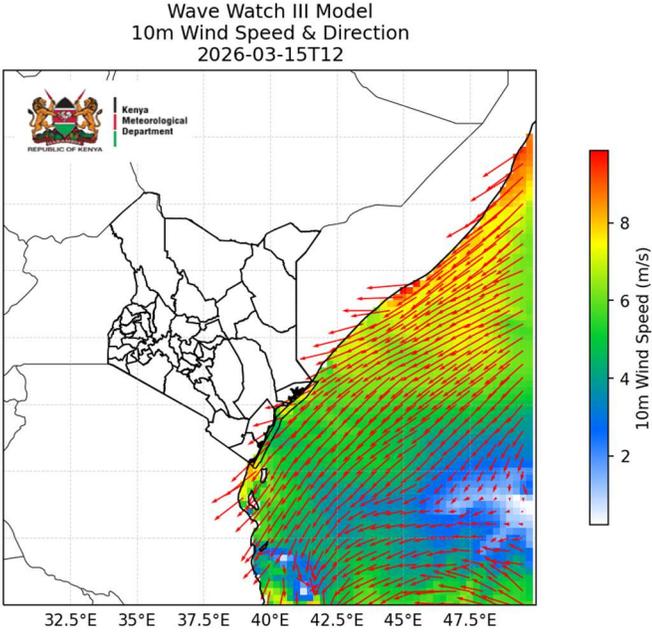
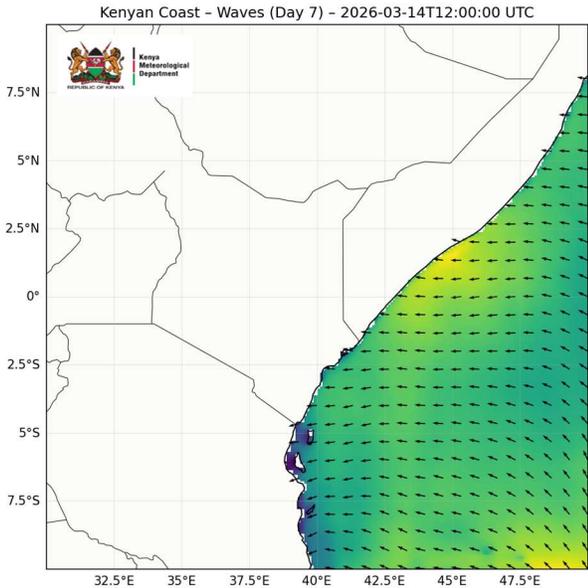
10m Winds: 04-20knots ( $\approx$  02\_10m/s)



**2.7 Sunday 15<sup>th</sup> 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: 08-20 knots ( $\approx$  02 – 10m/s)

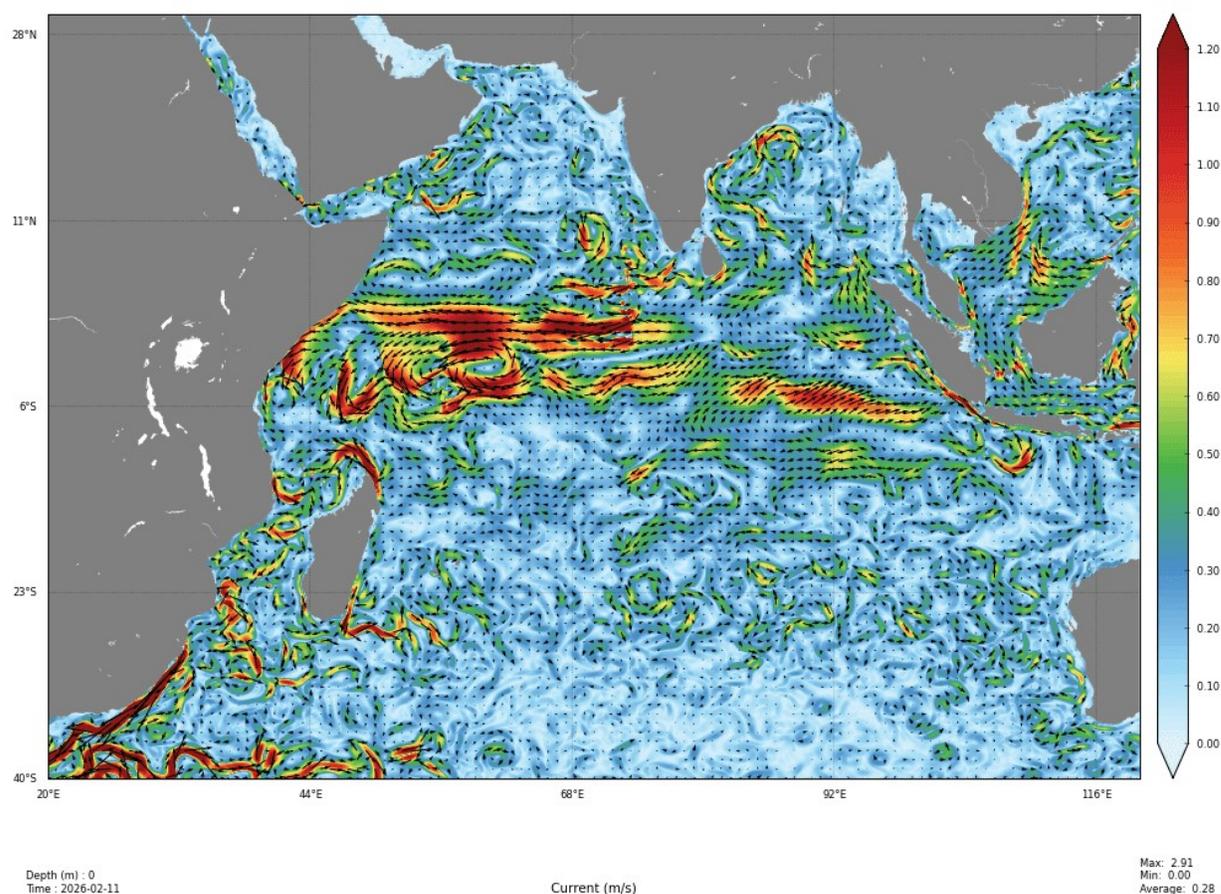


### 3.0 TIDE FORECAST VALID FROM 09<sup>TH</sup> MARCH, 2026 TO 15<sup>TH</sup> MARCH, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
<b>Mon 09<sup>th</sup> March 2026</b>	<b>1<sup>st</sup> Tide</b>	07:13 AM	2.85 m	01:14 AM	0.69 m
	<b>2<sup>nd</sup> Tide</b>	07:31 PM	3.13 m	01:08 PM	0.73 m
<b>Tue 10<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	07:39 AM	2.59 m	01:45 AM	0.95 m
	<b>2<sup>nd</sup> Tide</b>	08:03 PM	2:87 m	01:08 PM	0.97 m
<b>Wed 11<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	08:09 AM	2.30 m	02:22 AM	1.24 m
	<b>2<sup>nd</sup> Tide</b>	08:44 PM	2:60 m	02:01 PM	1.24 m
<b>Thu 12<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	08:55 AM	2.02 m	03:22 AM	1.51 m
	<b>2<sup>nd</sup> Tide</b>	10:09 PM	2:35 m	02:42 PM	1.52 m
<b>Fri 13<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	12:37 PM	1.88 m	06:21 AM	1.62 m
	<b>2<sup>nd</sup> Tide</b>			05:48 PM	1.71 m
<b>Sat 14<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	01:02 AM	2.39 m	08:10 AM	1.37 m

	<b>2<sup>nd</sup> Tide</b>	02:21 PM	2:17 m	07:53 PM	1.49 m
<b>Sun 15<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	02:14AM	2.65 m	08:48AM	1.08 m
	<b>2<sup>nd</sup> Tide</b>	02:55PM	2.50 m	08:42 PM	1.17 m

**4.0 9 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S)  
FORECAST VALID 08/03/2026 TO 17/03/2026**



**KEY ON SEA STATE**

<b>WAVE HEIGHT RANGE (Meters)</b>	<b>DESCRIPTION</b>	<b>IMPACT</b>
0.6 – 1.0 m (≈ 1.8 – 3.0 ft)	Slight	

1.0 – 1.9 m (≈ 3.0 – 5.7 ft)	Slight – Moderate	<b>Conditions suitable for Marine activities</b>
2.0 – 2.9 m (≈ 6.0 – 8.7 ft)	Moderate-Rough	<b>Caution on operating marine activities</b>
3.0 – 4.0 m (≈ 9.0 – 12.0 ft)	Rough	<b>Warning in place!!!!</b>
4.1 – 5.5 m (≈ 12.3 – 16.5 ft)	Very Rough	<b>Warning in place and marine activities on hold</b>

### KEY ON SEA STATE

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

*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**