



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

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**REF.NO: KMD/FCST/03-2026/MARINE/11**

**Date: Issued on 11<sup>th</sup> March, 2026**

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas**  
**Along the Western Indian Ocean Region**  
**Validity: 12/03/2026 - 18/03/2026**

**1.0 GENERAL OUTLOOK**

**1.1 Wind Speed & Direction:**

Mostly Northerly to South-South-Easterly winds are expected over Somalia, Kenya and Tanzania waters with wind speeds of 1 to 21 knots (0.5-10.5 m/s) throughout the forecast period.

**1.2 Sig. Wave Height and Direction:**

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

**1.3 Sea conditions**

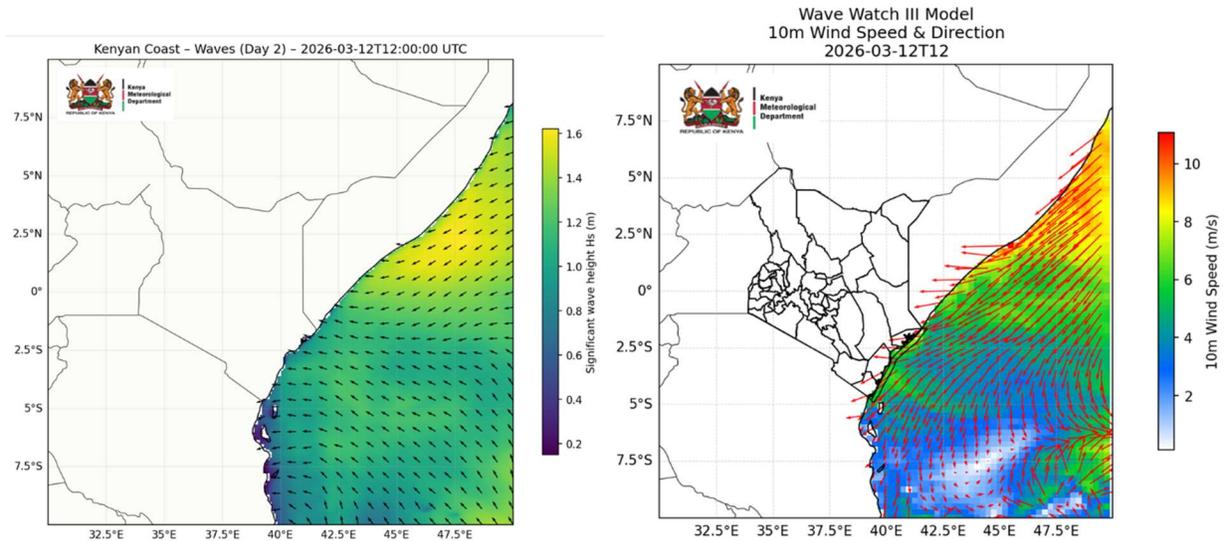
- Slight to moderate sea condition with wave heights of 0.2-1.8m (0.6-5.4ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 0.5– 10.5m/s (01 to 21 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

## 2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 12TH MARCH, 2026 TO 18<sup>TH</sup> MARCH, 2026.

### 2.1 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 m to 1.6m ( $\approx$  0.6– 4.8ft)

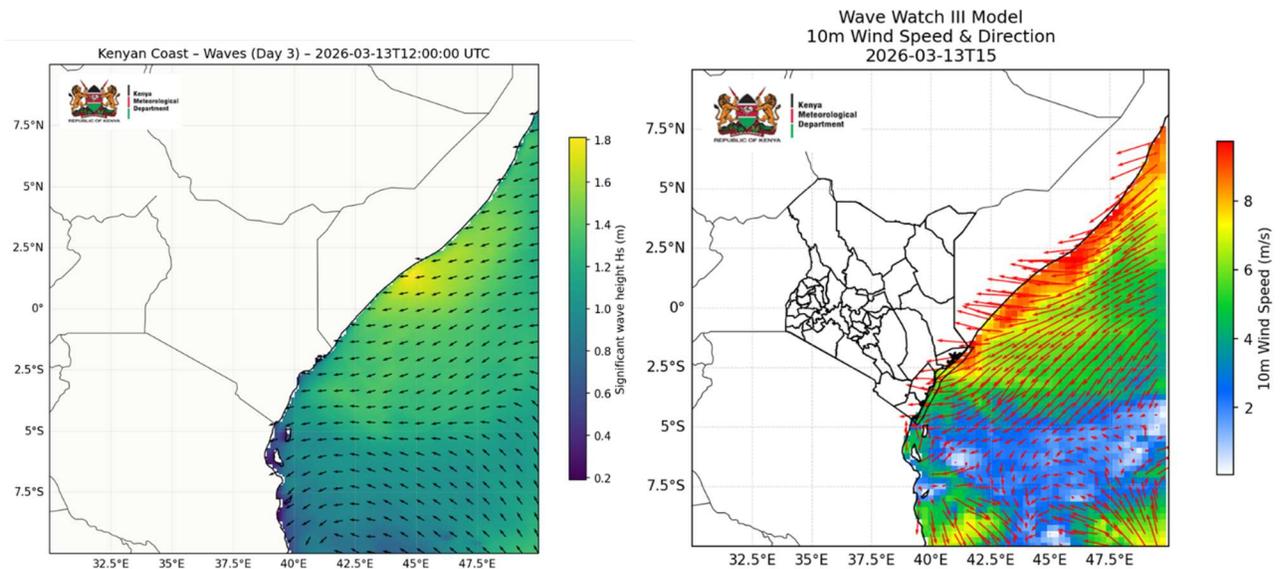
10m Winds: 01-21 knots ( $\approx$  0.5 – 10.5m/s)



### 2.2 Friday 13<sup>th</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

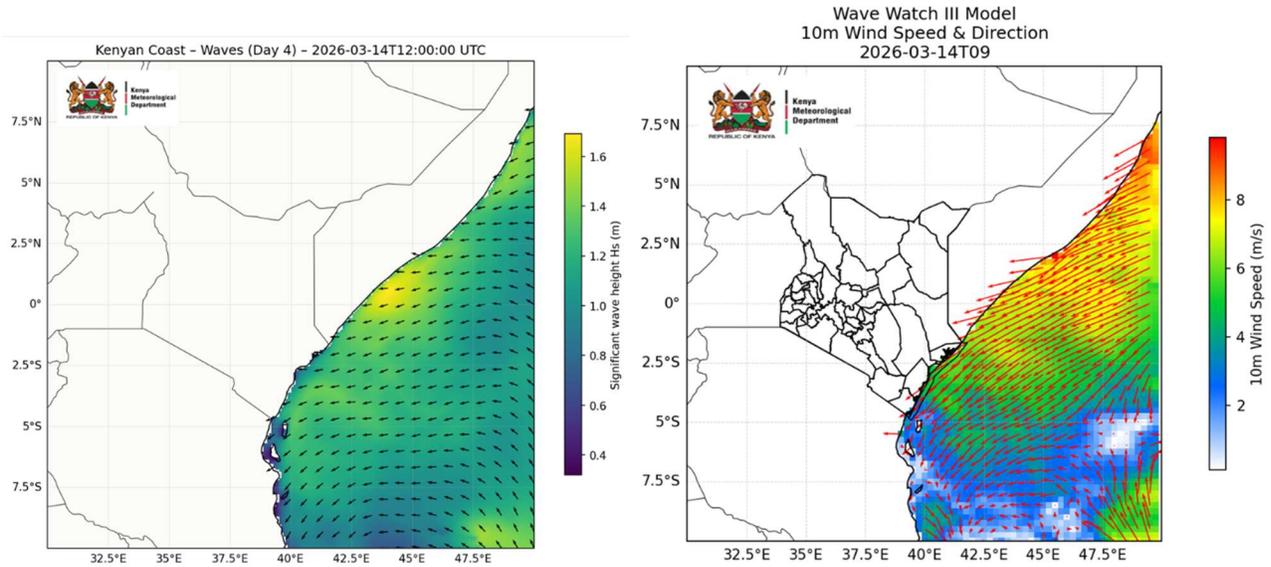
Wave height: 0.2 m to 1.8m ( $\approx$  0.6– 5.4ft)

10m Winds: 02-19 knots ( $\approx$  1 – 9.5m/s)



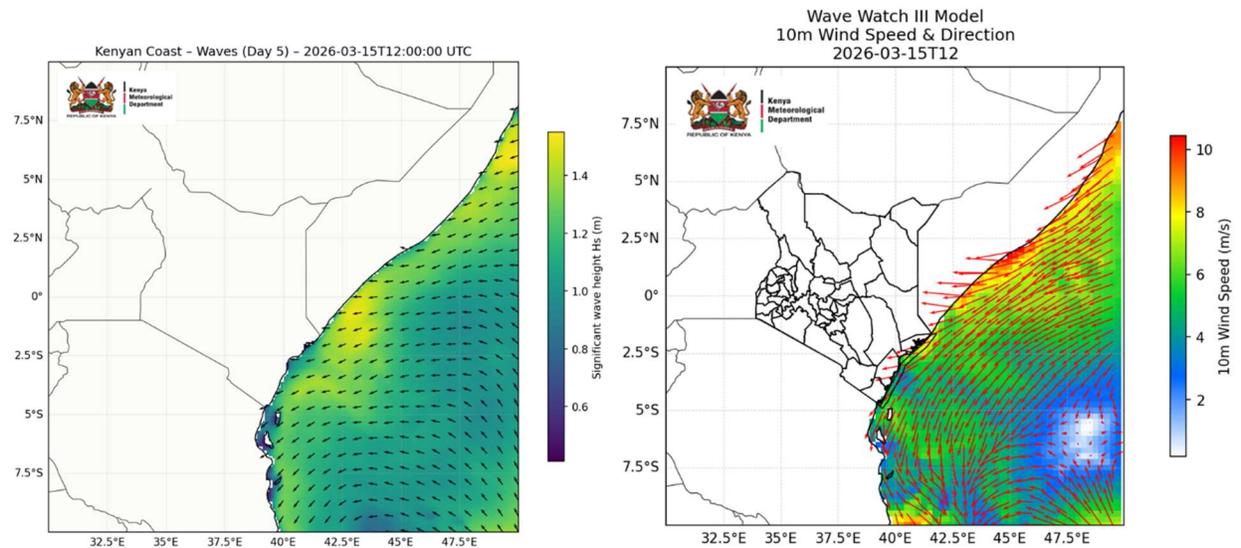
### 2.3 Saturday 14<sup>th</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.3 m to 1.6m ( $\approx$  0.9– 4.8ft)      10m Winds: 02-20 knots ( $\approx$  1 – 10m/s)



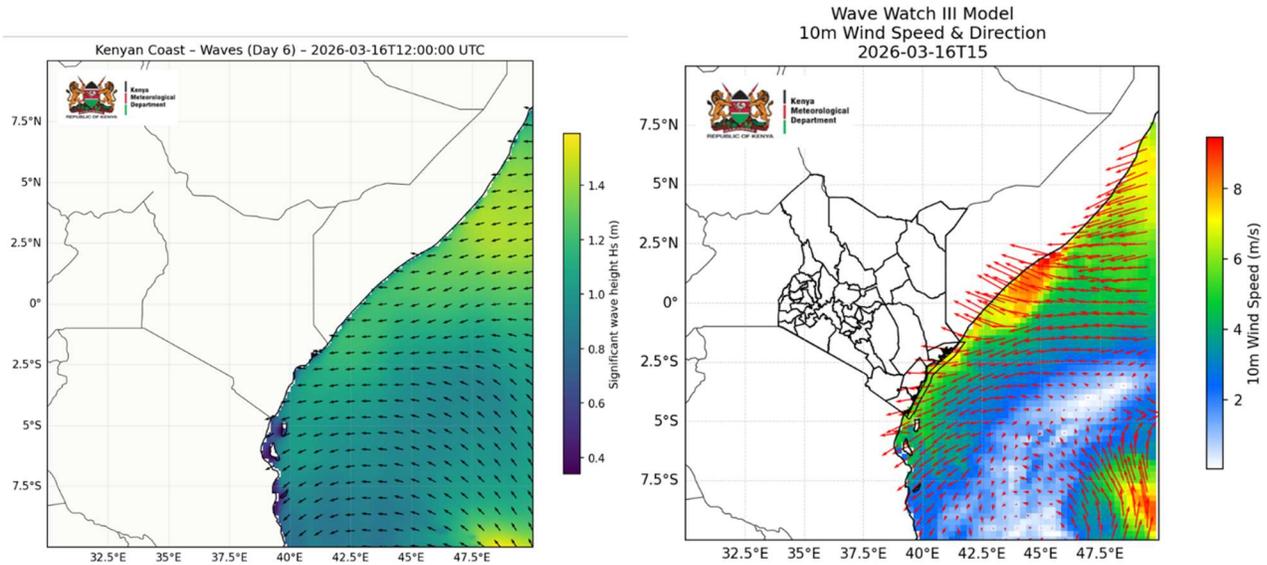
### 2.4 Sunday 15<sup>th</sup> March, 2026, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.5 m to 1.5m ( $\approx$  1.5– 4.5ft)      10m Winds: 02-20 knots ( $\approx$  1 – 10m/s)



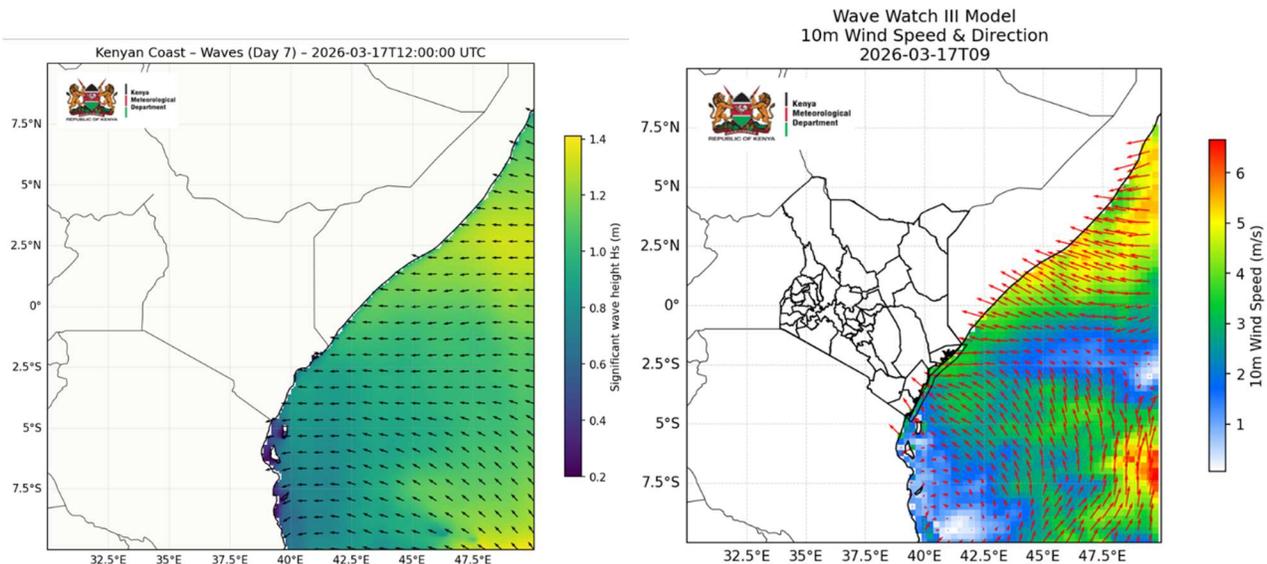
## 2.5 Monday 16<sup>th</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.4 m to 1.5m ( $\approx$  1.2– 4.5ft)      10m Winds: 01-18 knots ( $\approx$  0.5 – 9m/s)



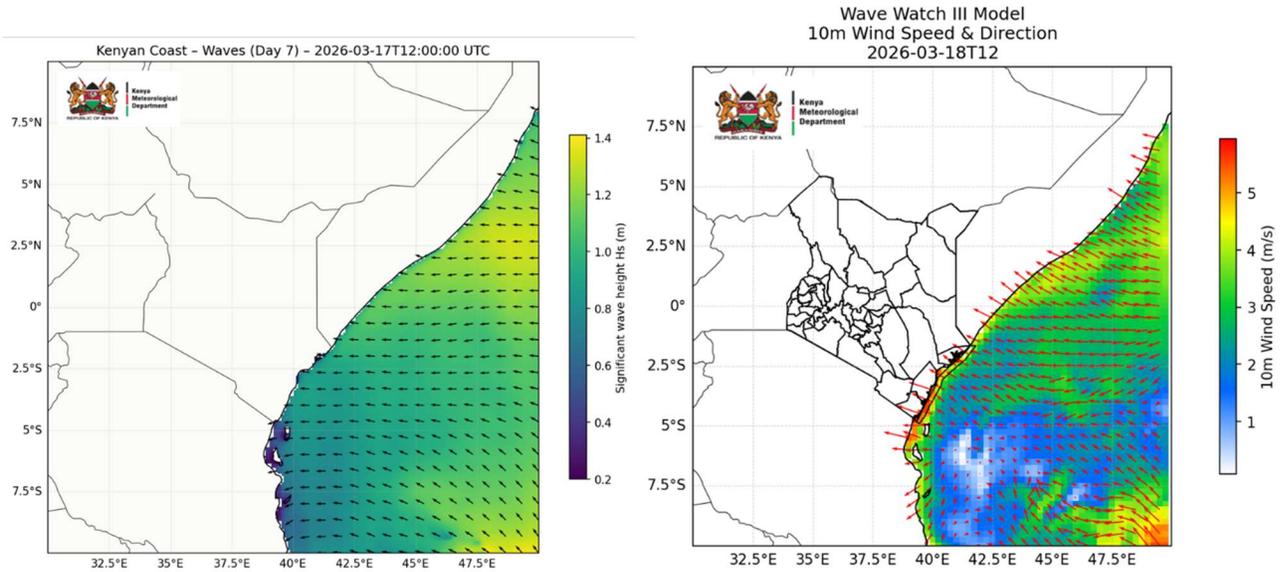
## 2.6 Tuesday 17<sup>th</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.4m ( $\approx$  0.6– 4.2ft)      10m Winds: 02-13 knots ( $\approx$  1 – 6.5m/s)



**2.7 Wednesday 18<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 (≈ 0.6– 4.2ft)      10m Winds: 02-11 knots (≈ 1 – 5.5m/s)

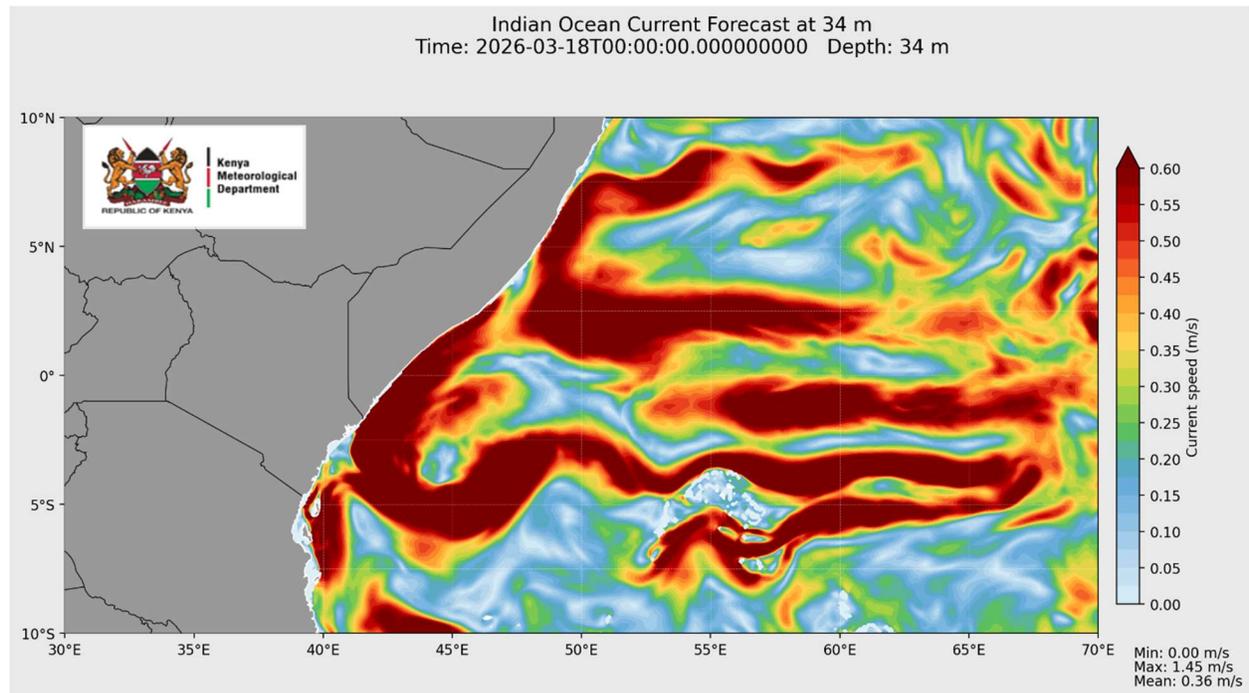


**3.0 TIDE FORECAST VALID FROM 12TH MARCH, 2026 TO 18TH MARCH, 2026.**

| Date                             | Description          | High Tide |        | Low Tide |        |
|----------------------------------|----------------------|-----------|--------|----------|--------|
|                                  |                      | Time      | Height | Time     | Height |
| 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 |
| Sun 15 <sup>th</sup> March, 2026 | 1 <sup>st</sup> Tide | 02:14 AM  | 2.65 m | 08:48 AM | 1.08 m |

|  |                            |          |        |          |        |
|--|----------------------------|----------|--------|----------|--------|
|  | <b>2<sup>nd</sup> Tide</b> | 02:55 PM | 2.50 m | 08:42 PM | 1.17 m |
| <b>Mon 16<sup>th</sup> March, 2026</b> | <b>1<sup>st</sup> Tide</b> | 02:54 AM | 2.93 m | 09:16 AM | 0.81 m |
|  | <b>2<sup>nd</sup> Tide</b> | 03:23 PM | 2.83 m | 09:18 PM | 0.85 m |
| <b>Tue 17<sup>th</sup> March, 2026</b> | <b>1<sup>st</sup> Tide</b> | 03:28 AM | 3.19 m | 09:42 AM | 0.56 m |
|  | <b>2<sup>nd</sup> Tide</b> | 03:50 PM | 3.16 m | 09:50 PM | 0.56 m |
| <b>Wed 18<sup>th</sup> March, 2026</b> | <b>1<sup>st</sup> Tide</b> | 04:00 AM | 3.40 m | 10:08 AM | 0.35 m |
|  | <b>2<sup>nd</sup> Tide</b> | 04:18 PM | 3.45 m | 10:22 PM | 0.30 m |

#### 4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 12/03/2026 TO 18/03/2026



## 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!!!!<br>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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