



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

Dagoretti Corner, Ngong Road, P. O. Box 30259, 00100 GPO, Nairobi, Kenya
Telephone: 254 (0) 20 3867880-7, **Fax:** 254 (0) 20 3876955/3877373/3867888,
e-mail: director@meteo.go.ke, info@meteo.go.ke **Website:** <http://www.meteo.go.ke>

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

Date: Issued on 14th March, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 15/03/2026 - 21/03/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

Mostly Northerly-Easterly to South-South-Easterly winds are expected over Somalia, Kenya and Tanzania waters with wind speeds of 1 to 19 knots (0.5-9.5 m/s) throughout the forecast period.

1.2 Sig. Wave Height and Direction:

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

1.3 Sea conditions

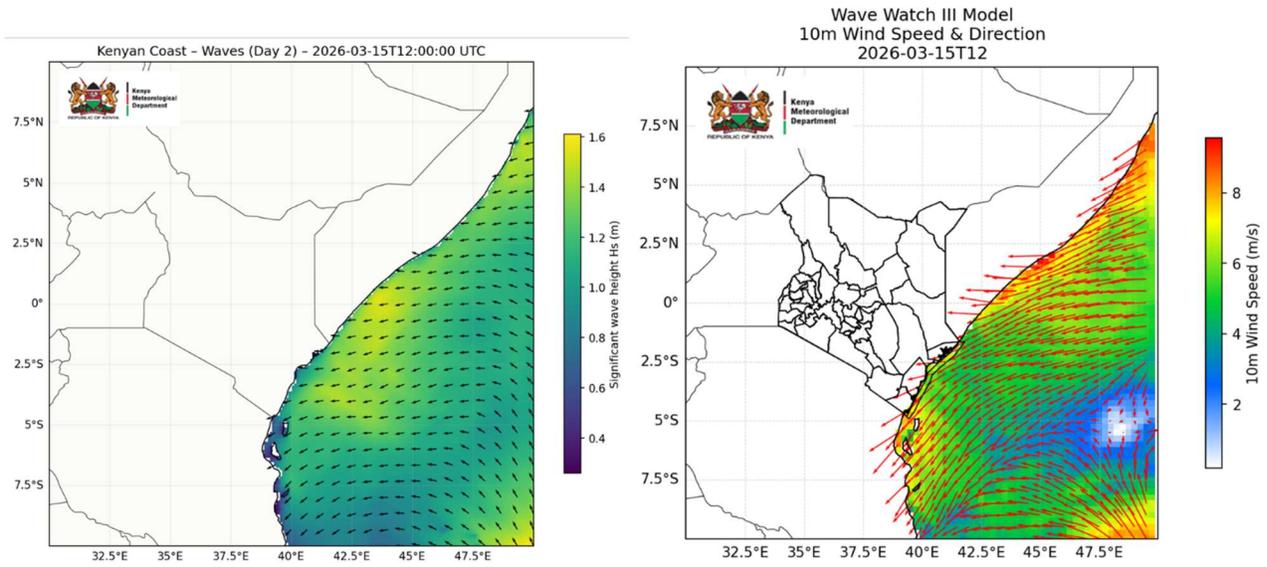
- Slight to moderate sea condition with wave heights of 0.2-1.6m (0.6-4.8ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 0.5– 9.5m/s (01 to 19 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 15TH MARCH, 2026 TO 21ST MARCH, 2026.

2.1 Sunday 15th March, 2026, 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)

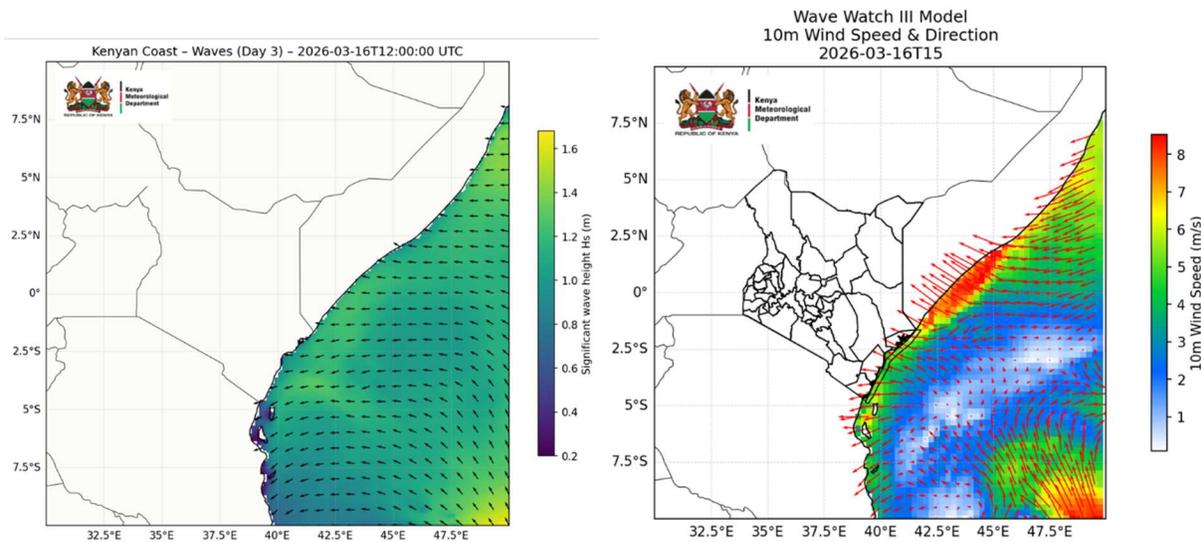
10m Winds: 02-18 knots (\approx 1 – 9m/s)



2.2 Monday 16th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

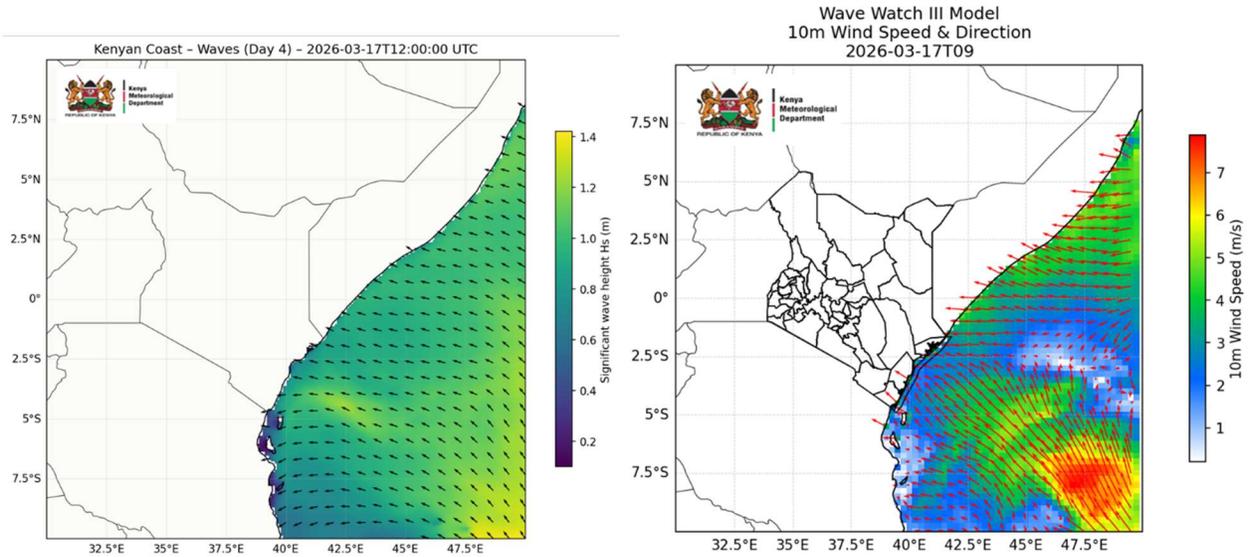
Wave height: 0.2 m to 1.6m (\approx 0.6– 4.8ft)

10m Winds: 01-16 knots (\approx 0.5 – 8m/s)



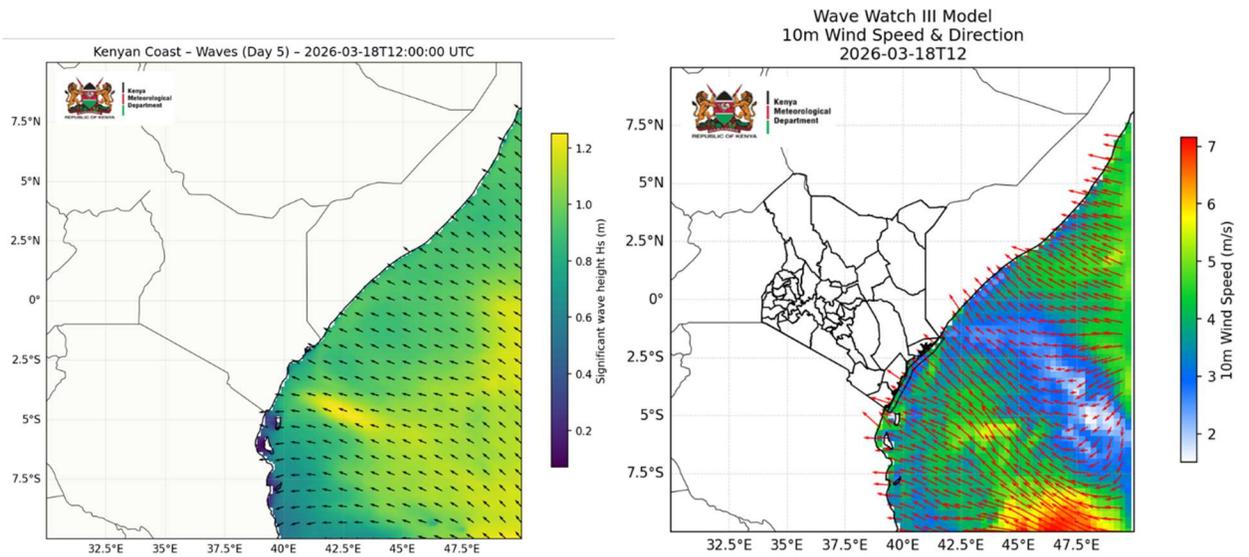
2.3 Tuesday 17th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.4m ($\approx 0.6 - 4.2$ ft) 10m Winds: 01-15 knots ($\approx 0.5 - 7.5$ m/s)



2.4 Wednesday 18th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

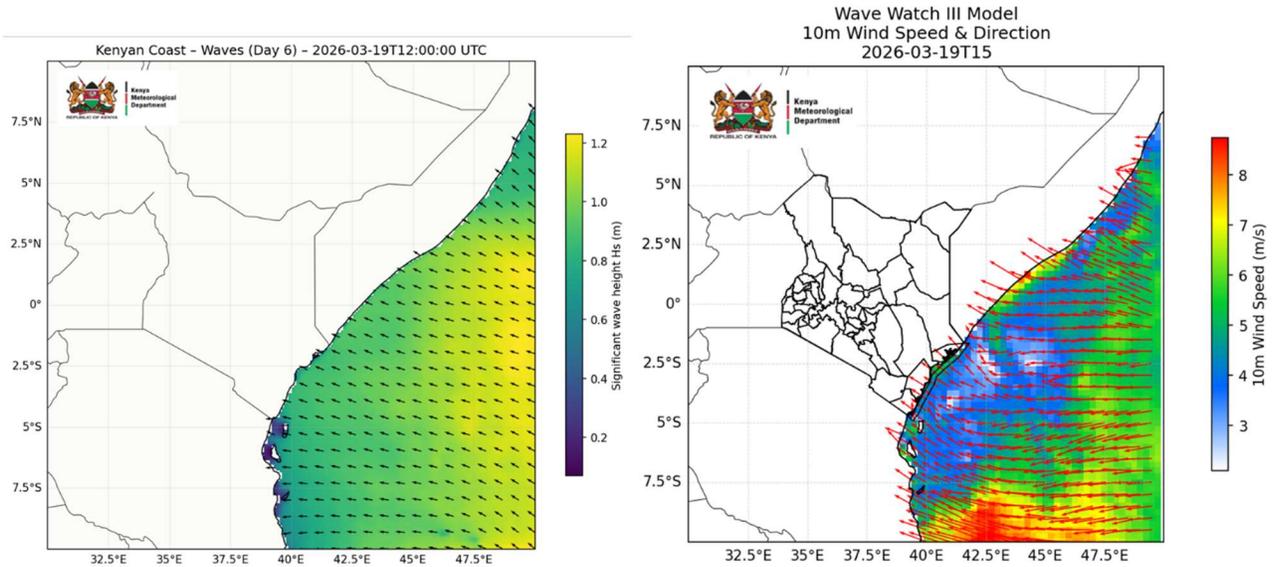
Wave height: 0.2 m to 1.2m ($\approx 0.6 - 3.6$ ft) 10m Winds: 02-14 knots ($\approx 1 - 7$ m/s)



2.5 Thursday 19th 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)

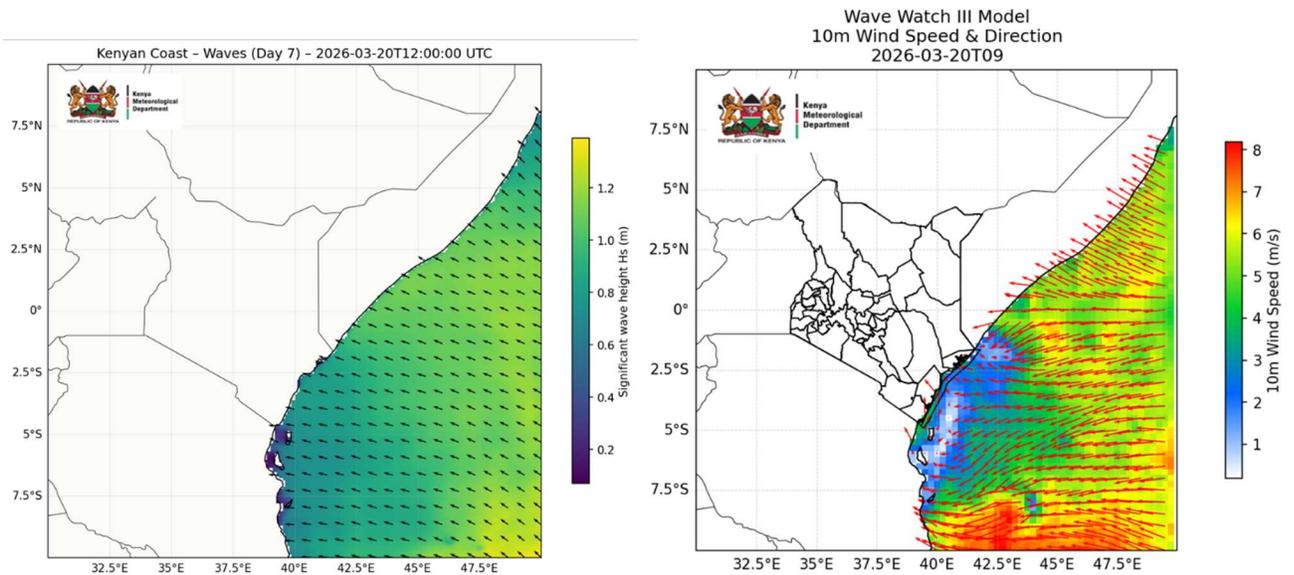
10m Winds: 02-16 knots (\approx 1 – 8m/s)



2.6 Friday 20th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

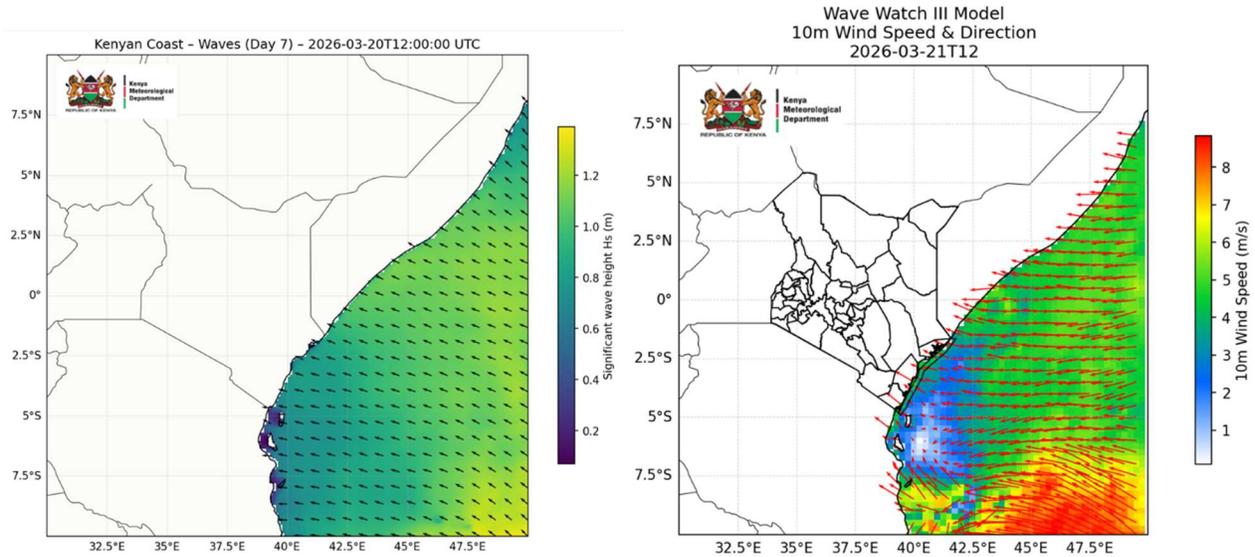
Wave height: 0.2 m to 1.3m (\approx 0.6– 3.9ft)

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



2.7 Saturday 21st March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.3m (≈ 0.6– 3.9ft) 10m Winds: 02-17 knots (≈ 1 – 8.5m/s)

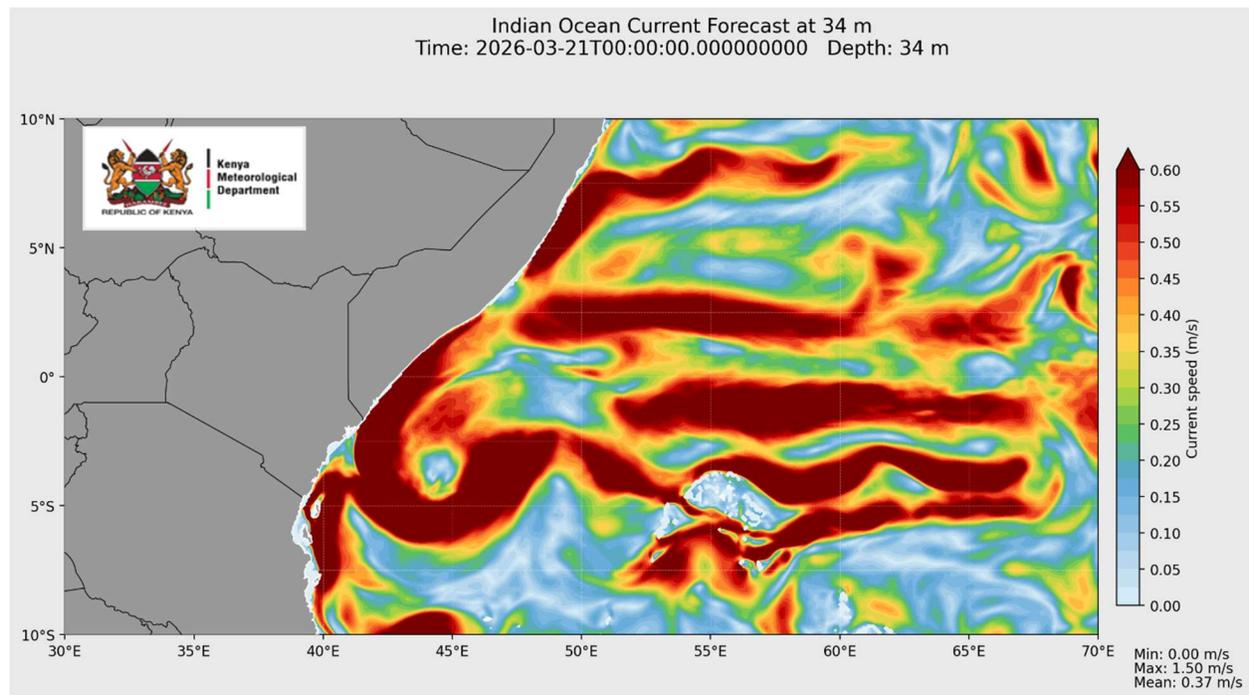


3.0 TIDE FORECAST VALID FROM 15TH MARCH, 2026 TO 21ST MARCH, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Sun 15 th March, 2026	1 st Tide	02:14 AM	2.65 m	08:48 AM	1.08 m
	2 nd Tide	02:55 PM	2.50 m	08:42 PM	1.17 m
Mon 16 th March, 2026	1 st Tide	02:54 AM	2.93 m	09:16 AM	0.81 m
	2 nd Tide	03:23 PM	2.83 m	09:18 PM	0.85 m
Tue 17 th March, 2026	1 st Tide	03:28 AM	3.19 m	09:42 AM	0.56 m
	2 nd Tide	03:50 PM	3.16 m	09:50 PM	0.56 m
Wed 18 th March, 2026	1 st Tide	04:00 AM	3.40 m	10:08 AM	0.35 m
	2 nd Tide	04:18 PM	3.45 m	10:22 PM	0.30 m

Thur 19th March, 2026	1st Tide	04:31 AM	3.54 m	10:34 AM	0.20 m
	2nd Tide	04:47 PM	3.69 m	10:54 PM	0.12 m
Fri 20th March, 2026	1st Tide	05:03 AM	3.59 m	11:02 AM	0.11 m
	2nd Tide	05:19 PM	3.85 m	11:27 PM	0.04 m
Sat 21st March, 2026	1st Tide	05:36 AM	3.55 m	11:32 AM	0.11 m
	2nd Tide	05:51 PM	3.90 m		

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 15/03/2026 TO 21/03/2026



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.

DR PHILLIP OKELLO AND PETER MUGI MURIITHI
FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT