



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/12

Date: Issued on 16th March, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 17/03/2026 - 23/03/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

Mostly Northerly-Easterly to Southerly winds are expected over Somalia, Kenya and Tanzania waters with wind speeds of 1 to 18 knots (0.5-9 m/s) throughout the forecast period.

1.2 Sig. Wave Height and Direction:

East-North-Easterly to 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.

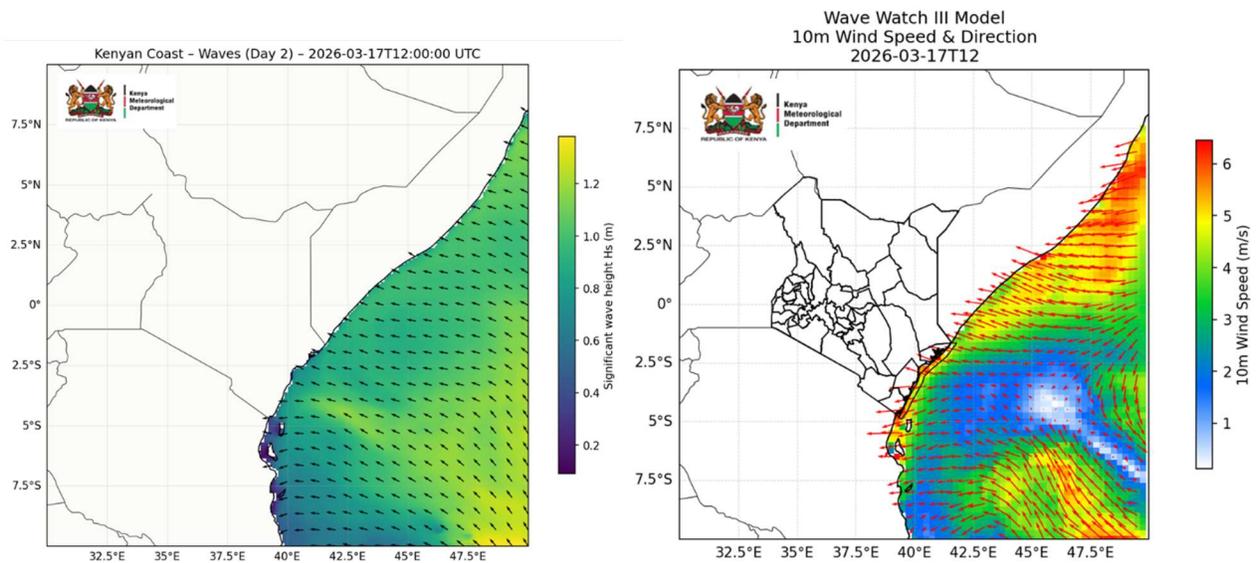
1.3 Sea conditions

- 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– 9m/s (01 to 18 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 17TH MARCH, 2026 TO 23RD MARCH, 2026.

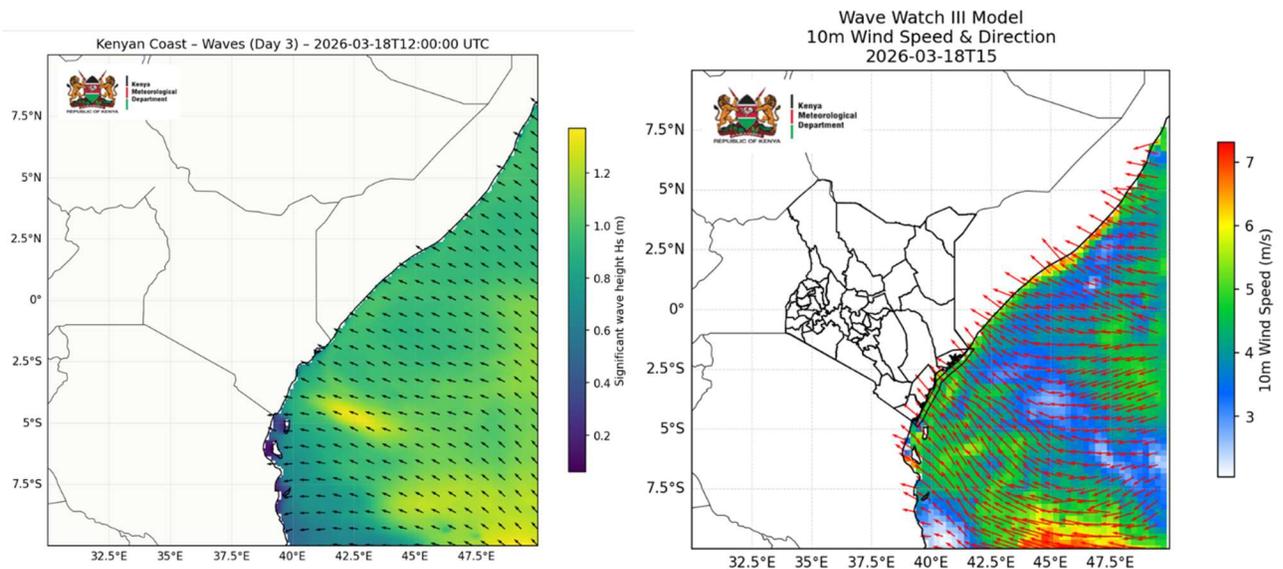
2.1 Tuesday 17th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

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



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

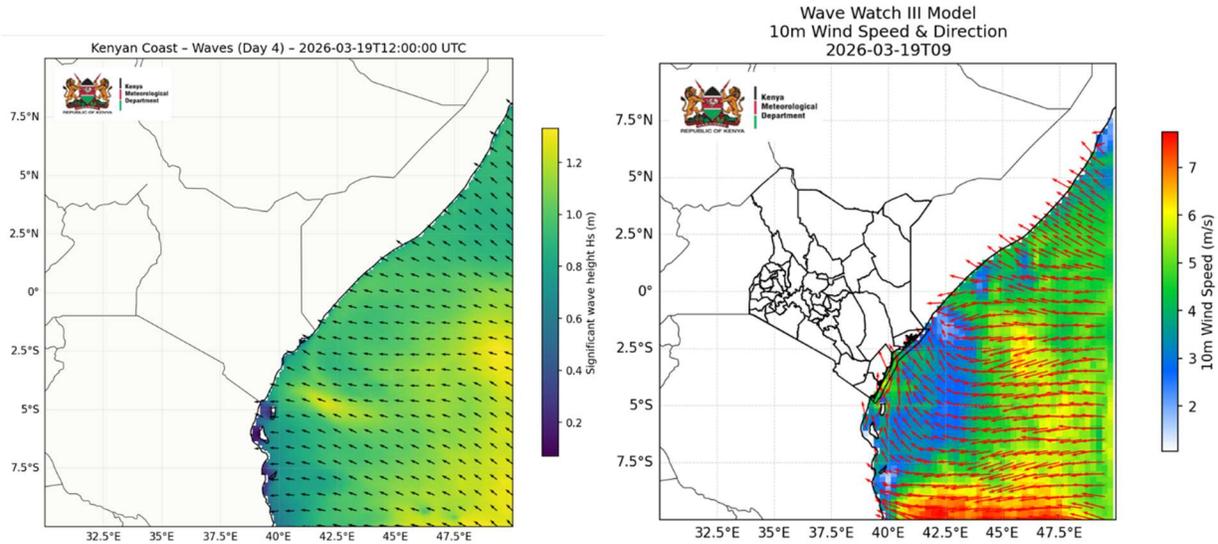
Wave height: 0.2 m to 1.3m (≈ 0.6 – 3.9ft) 10m Winds: 02-14 knots (≈ 1 – 7m/s)



2.3 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 1.3m (\approx 0.6– 3.9ft)

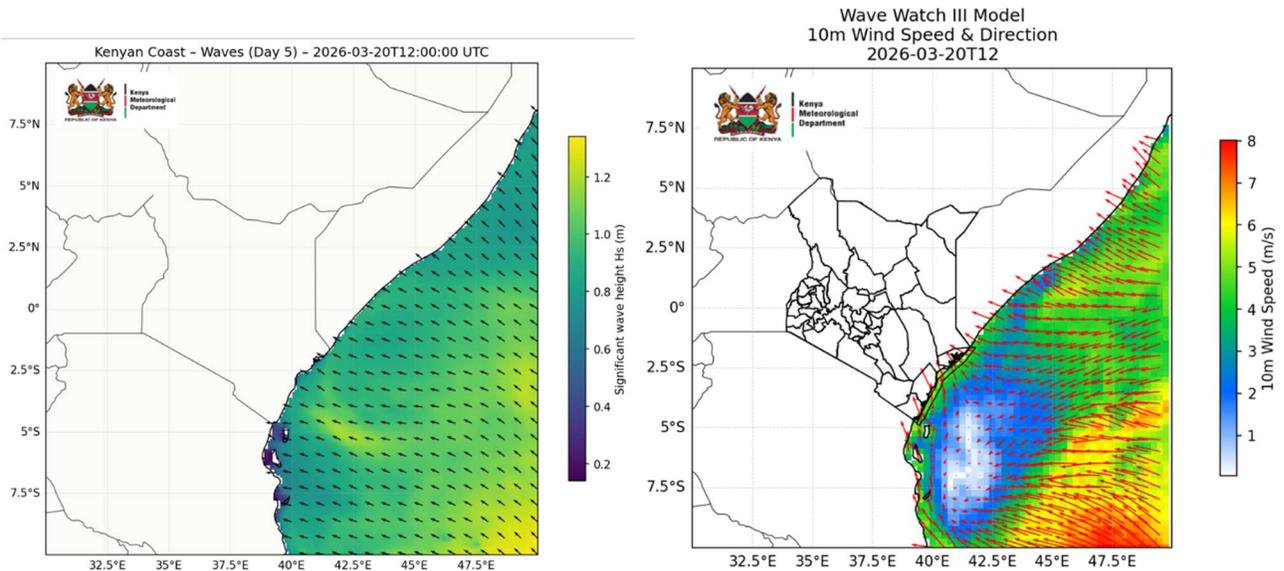
10m Winds: 02-15 knots (\approx 1 – 7.5m/s)



2.4 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)

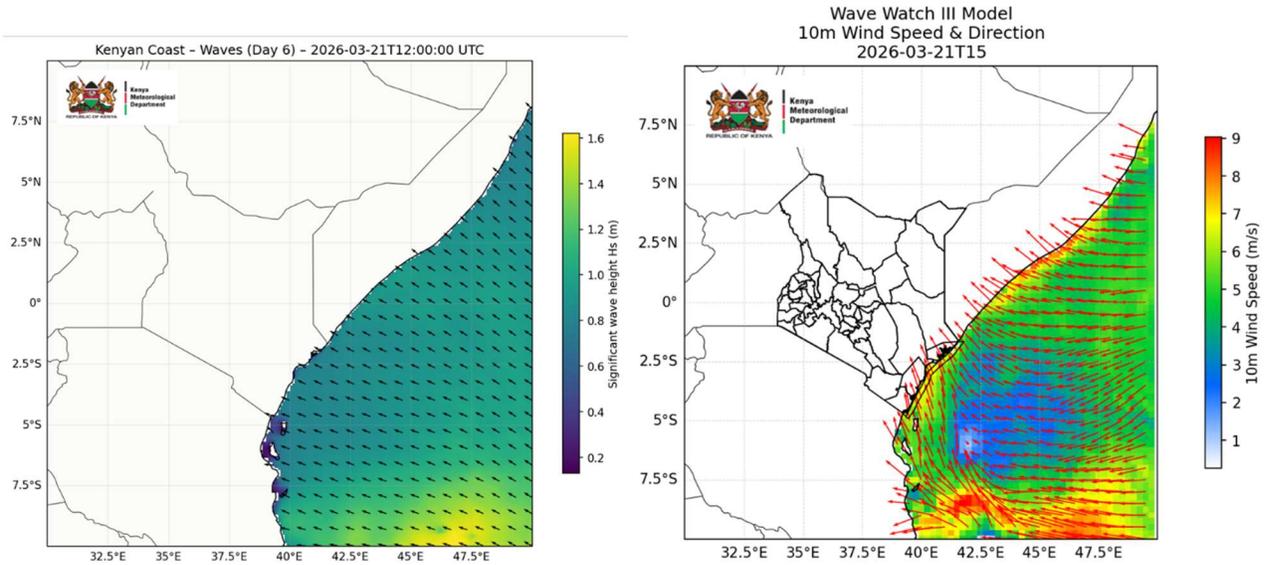
10m Winds: 02-146knots (\approx 1 – 8m/s)



2.5 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 1.6m (\approx 0.6– 4.8ft)

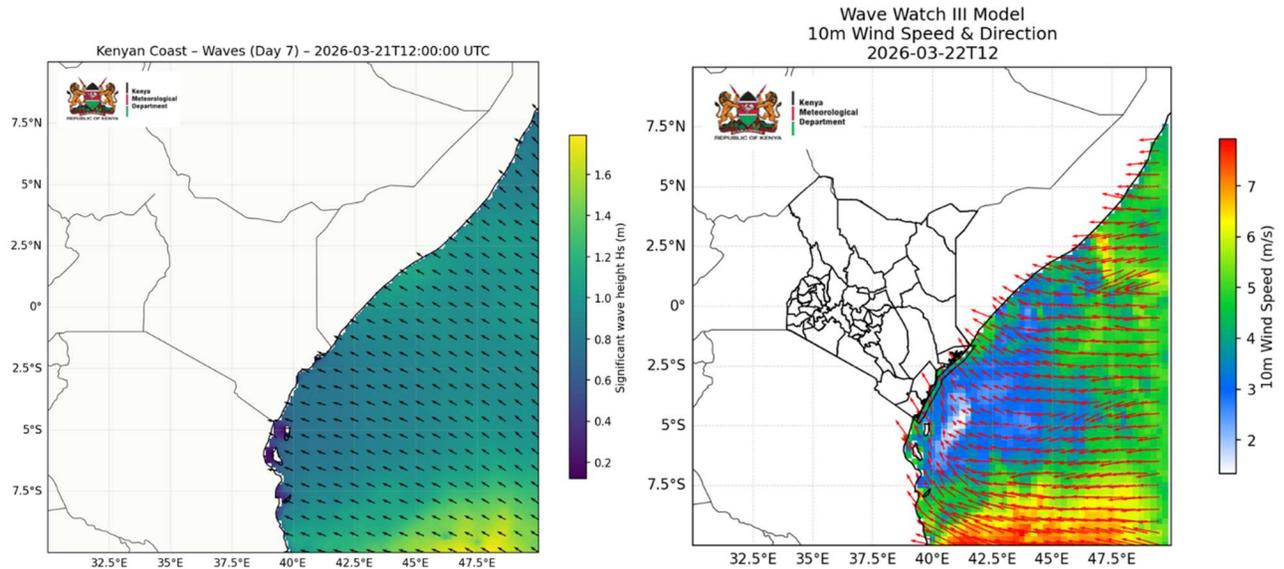
10m Winds: 02-18 knots (\approx 1 – 9m/s)



2.6 Sunday 22nd March, 2026, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

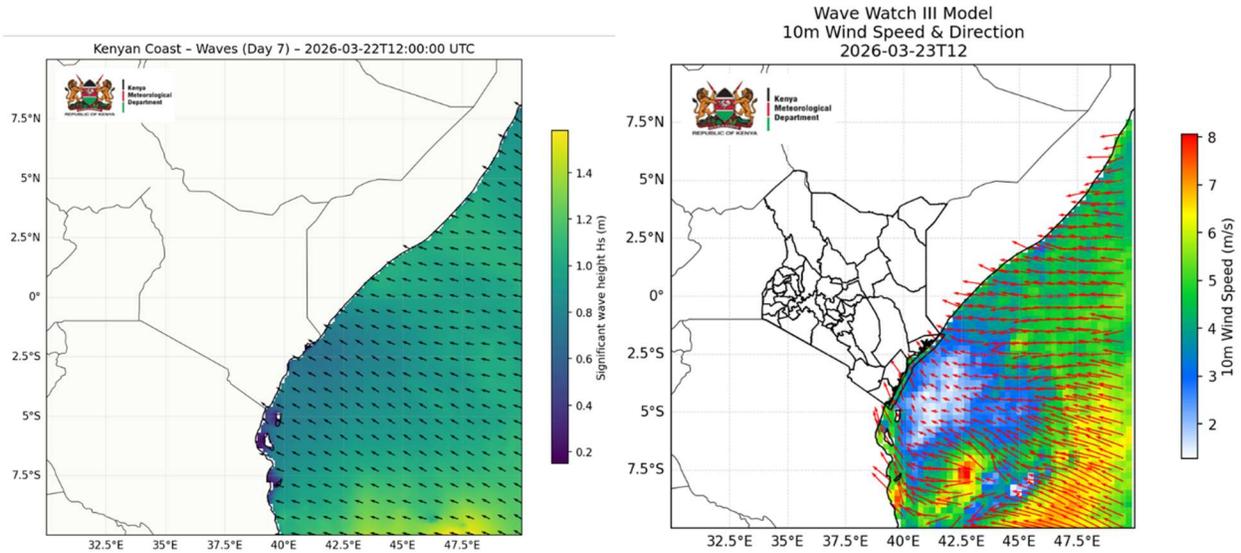
Wave height: 0.2 m to 1.6m (\approx 0.6– 4.8ft)

10m Winds: 03-16 knots (\approx 1.5 – 8m/s)



2.7 Monday 23rd March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.5m (\approx 0.6– 4.5ft) 10m Winds: 02-16 knots (\approx 1 – 8m/s)

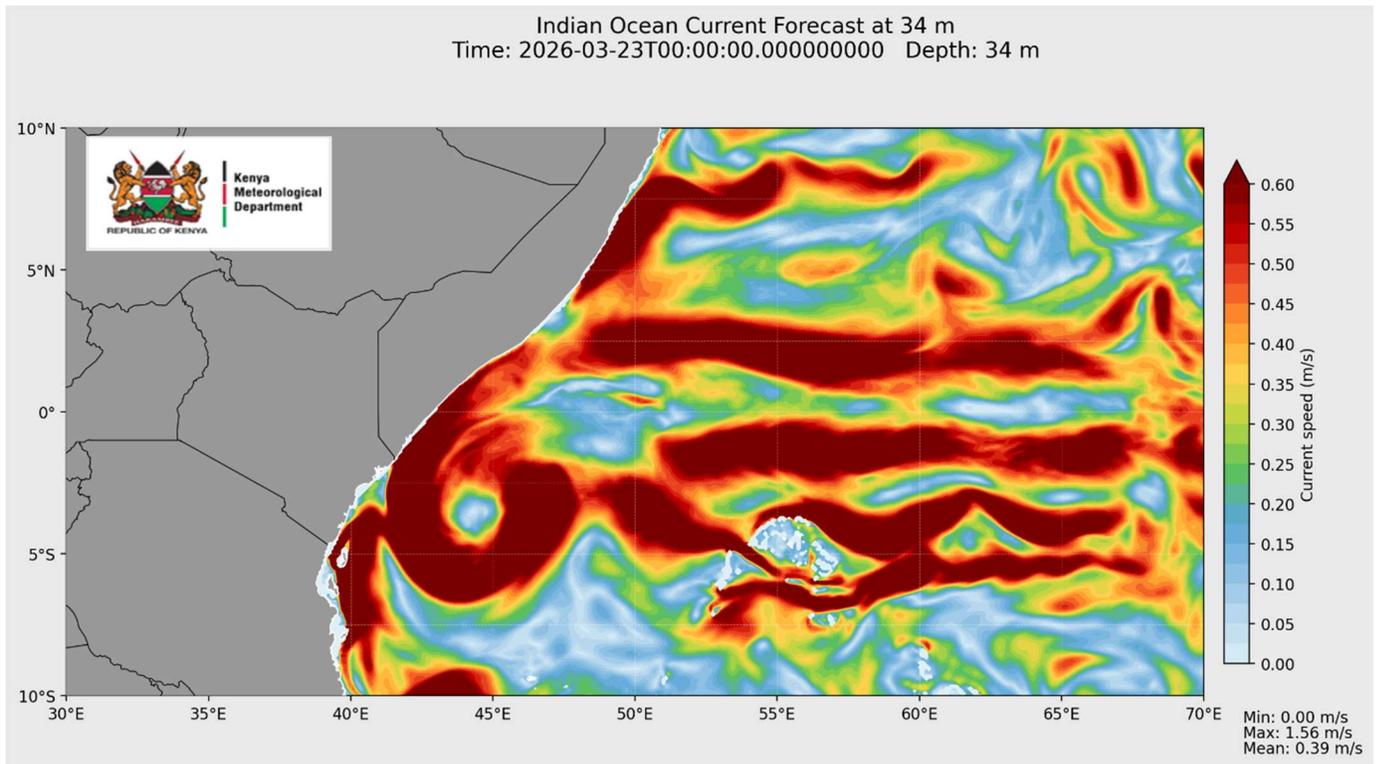


3.0 TIDE FORECAST VALID FROM 17TH MARCH, 2026 TO 23RD MARCH, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
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 19 th March, 2026	1 st Tide	04:31 AM	3.54 m	10:34 AM	0.20 m
	2 nd Tide	04:47 PM	3.69 m	10:54 PM	0.12 m
Fri 20 th March, 2026	1 st Tide	05:03 AM	3.59 m	11:02 AM	0.11 m
	2 nd 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		
Sun 22nd March, 2026	1st Tide	06:10 PM	3.40 m	12:02 AM	0.07 m
	2nd Tide	06:25 PM	3.83 m	12:02 PM	0.20 m
Mon 23rd March, 2026	1st Tide	06:45 PM	3.18 m	12:38 AM	0.23 m
	2nd Tide	07:03 PM	3.64 m	12:35 PM	0.37 m

**4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S)
FORECAST VALID 17/03/2026 TO 23/03/2026**



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!!!!
4.1 – 5.5 m (≈ 12.3 – 16.5 ft)	Very Rough	Warning in place and marine activities on hold

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.

PETER MUGI MURIITHI
FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT