



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

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**REF.NO: KMD/FCST/03-2026/MARINE/12**

**Date: Issued on 17<sup>th</sup> March 2026**

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas**  
**Along the Western Indian Ocean Region**  
**Validity: 18/03/2026 - 24/03/2026**

**1.0 GENERAL OUTLOOK**

**1.1 Wind Speed & Direction:**

Northerly-Easterly to South-South-Westerly winds are expected over Somalia, Kenya and Tanzania waters with wind speeds of 1 to 20 knots (0.5-10 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.

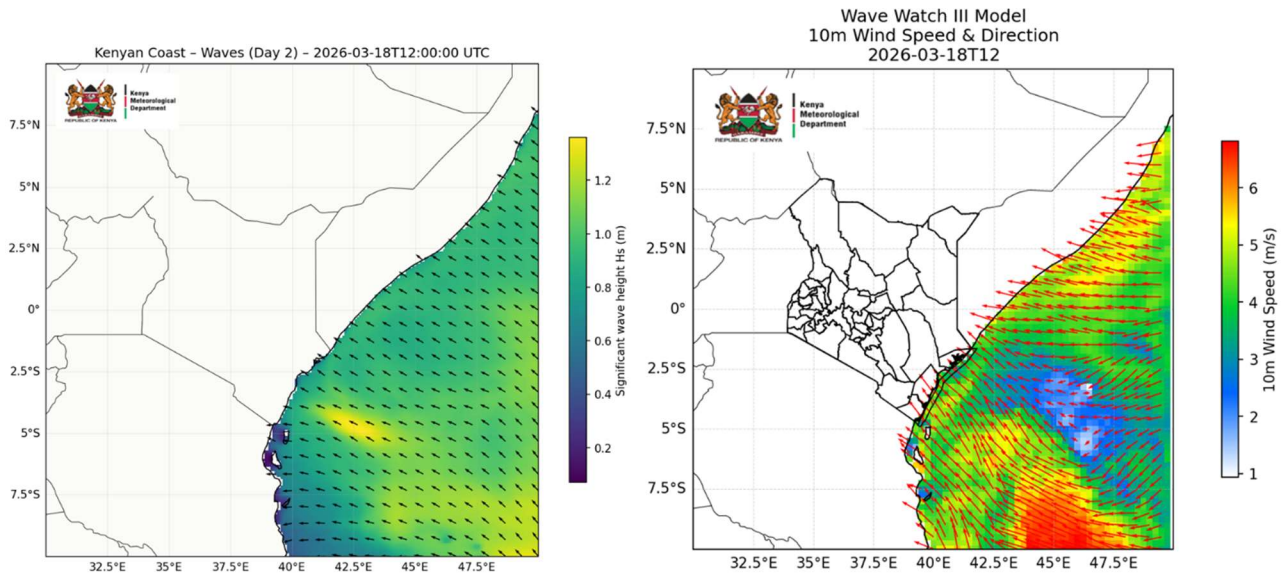
**1.3 Sea conditions**

- 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– 10m/s (01 to 20 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

## 2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 18TH MARCH 2026 TO 24<sup>TH</sup> MARCH, 2026.

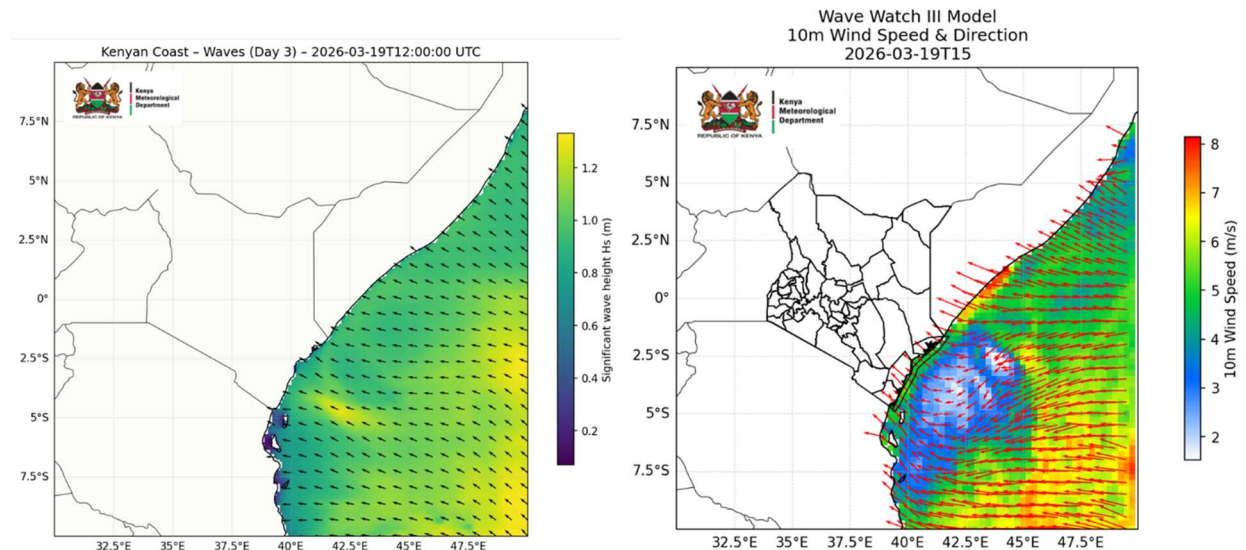
### 2.1 Wednesday 18<sup>th</sup> March 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

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



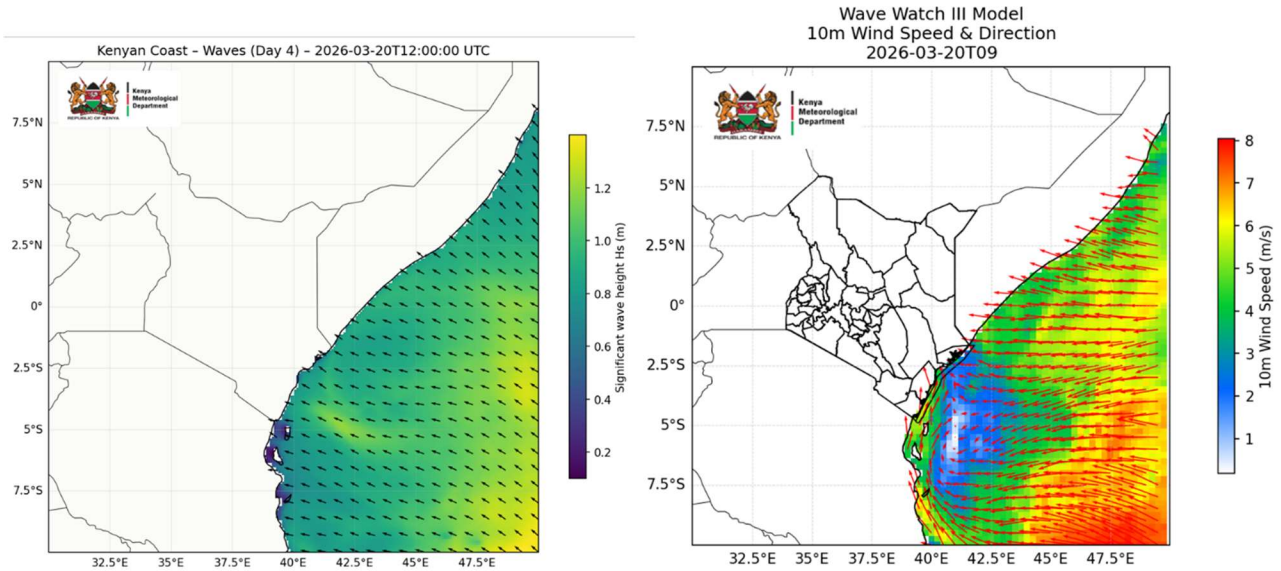
### 2.2 Thursday 19<sup>th</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.3m ( $\approx$  0.6– 3.9ft)      10m Winds: 04-16 knots ( $\approx$  2 – 8m/s)



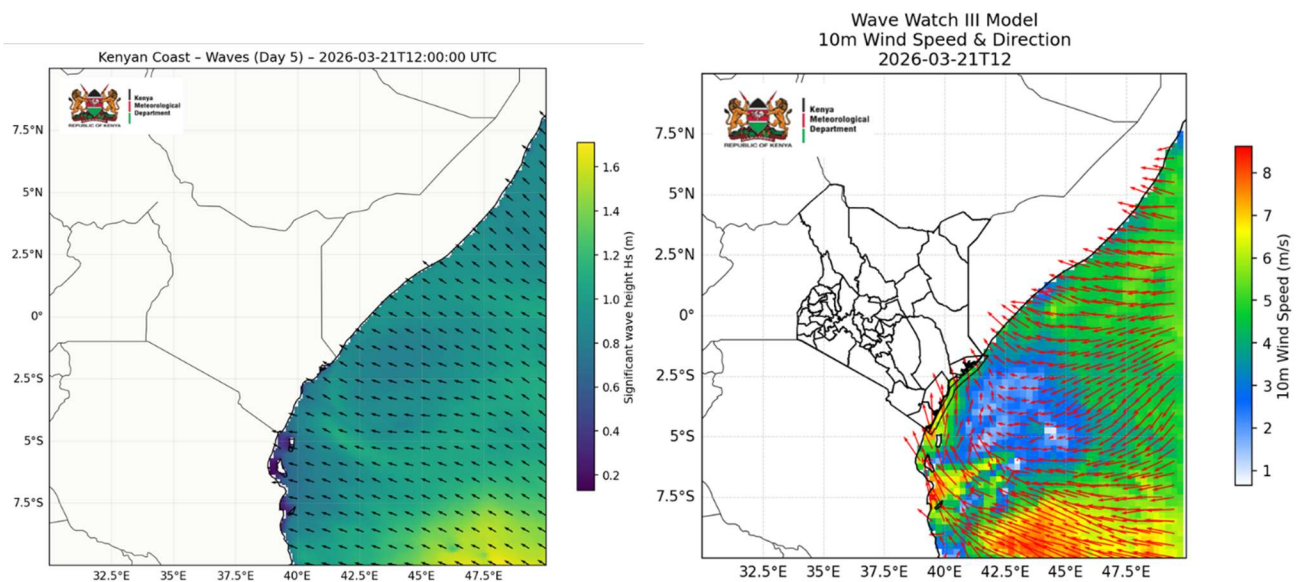
**2.3 Friday 20<sup>th</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)**

Wave height: 0.2 m to 1.3m ( $\approx$  0.6– 3.9ft)      10m Winds: 02-146knots ( $\approx$  1 – 8m/s)



**2.4 Saturday 21<sup>st</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)**

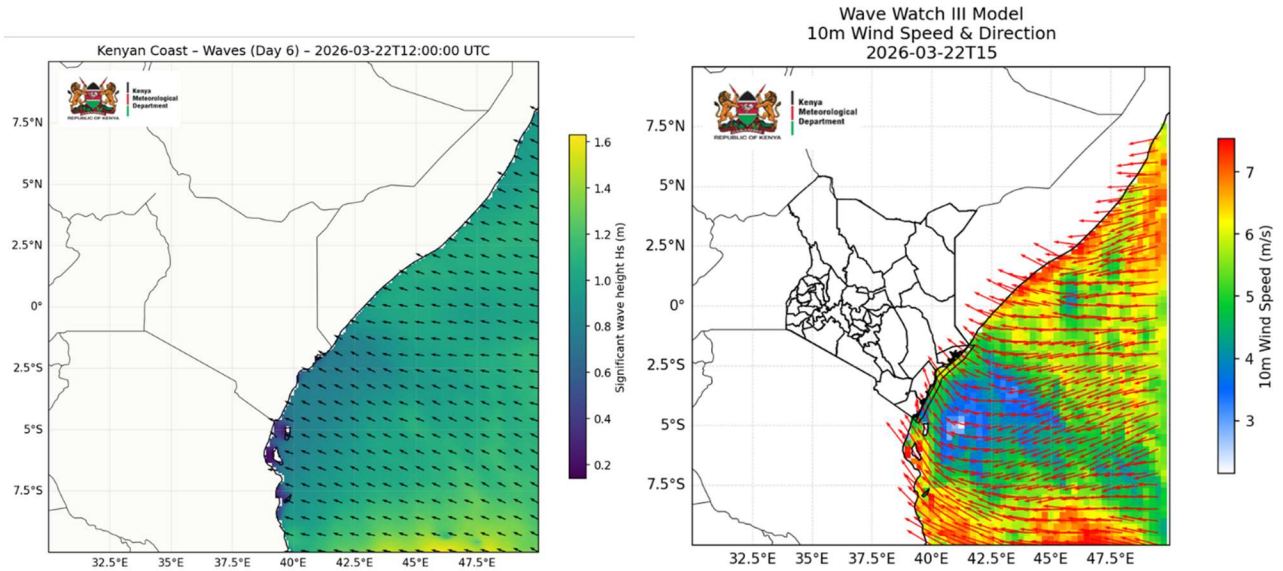
Wave height: 0.2 m to 1.6m ( $\approx$  0.6– 4.8ft)      10m Winds: 02-16 knots ( $\approx$  1 – 8m/s)



## 2.5 Sunday 22<sup>nd</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)

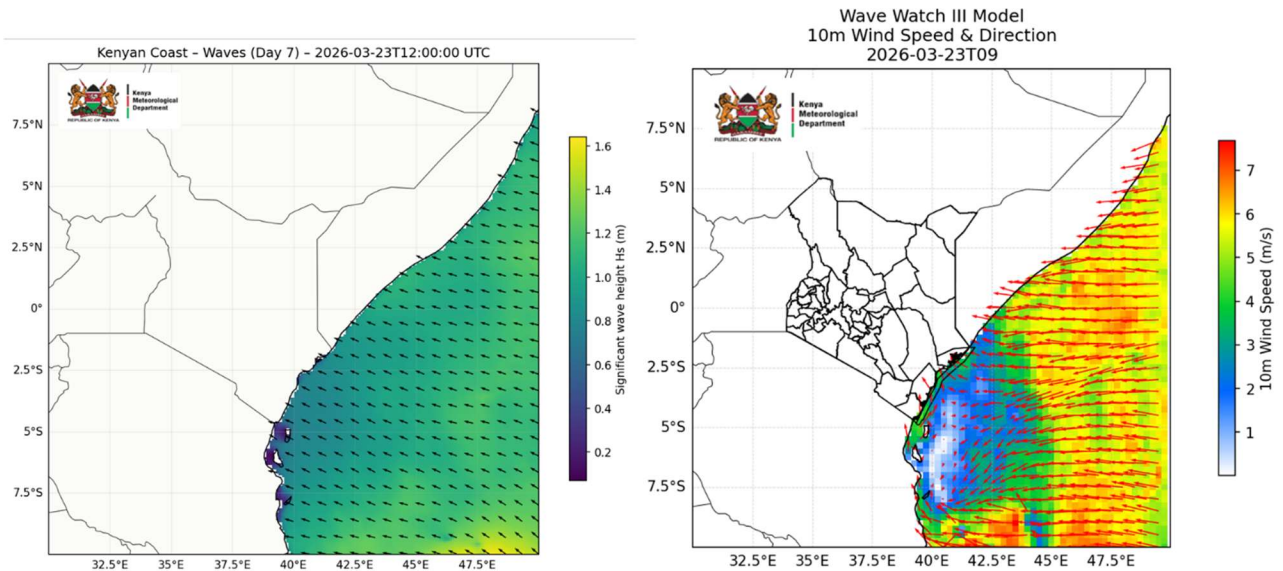
10m Winds: 05-15 knots ( $\approx$  2.5 – 7.5m/s)



## 2.6 Monday 23<sup>rd</sup> March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

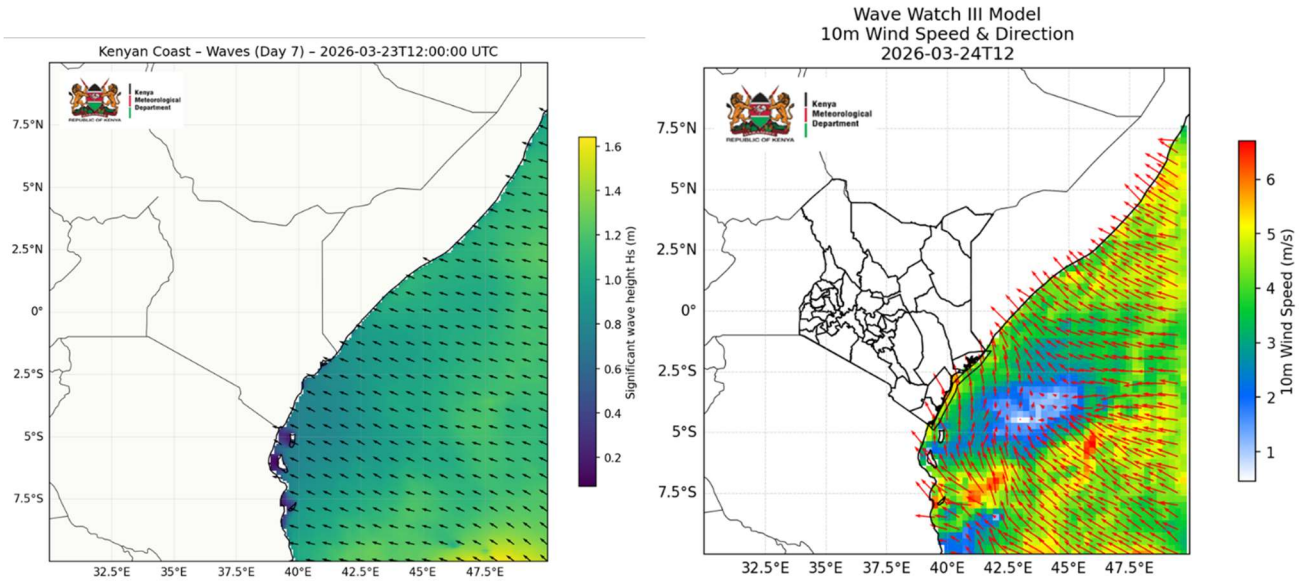
Wave height: 0.2 m to 1.5m ( $\approx$  0.6– 4.5ft)

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



**2.7 Tuesday 24<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 -13 knots (≈1 – 6.5m/s)

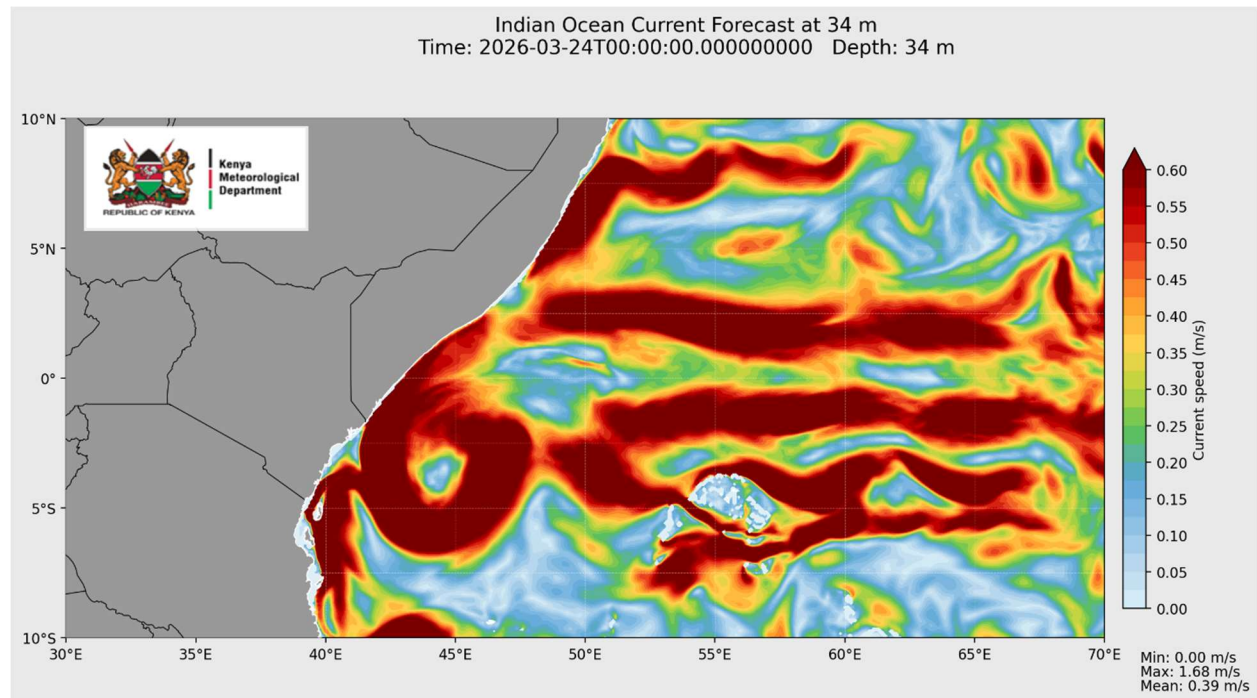


**3.0 TIDE FORECAST VALID FROM 17TH MARCH, 2026 TO 24<sup>TH</sup> MARCH, 2026.**

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
<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
<b>Thur 19<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	04:31 AM	3.54 m	10:34 AM	0.20 m
	<b>2<sup>nd</sup> Tide</b>	04:47 PM	3.69 m	10:54 PM	0.12 m
<b>Fri 20<sup>th</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	05:03 AM	3.59 m	11:02 AM	0.11 m
	<b>2<sup>nd</sup> Tide</b>	05:19 PM	3.85 m	11:27 PM	0.04 m
<b>Sat 21<sup>st</sup> March, 2026</b>	<b>1<sup>st</sup> Tide</b>	05:36 AM	3.55 m	11:32 AM	0.11 m
	<b>2<sup>nd</sup> Tide</b>	05:51 PM	3.90 m		

<b>Sun 22nd March, 2026</b>	<b>1<sup>st</sup> Tide</b>	06:10 PM	3.40 m	12:02 AM	0.07 m
	<b>2<sup>nd</sup> Tide</b>	06:25 PM	3.83 m	12:02 PM	0.20 m
<b>Mon 23rd March, 2026</b>	<b>1<sup>st</sup> Tide</b>	06:45 PM	3.18 m	12:38 AM	0.23 m
	<b>2<sup>nd</sup> Tide</b>	07:03 PM	3.64 m	12:35 PM	0.37 m
<b>Tue 24th March, 2026</b>	<b>1<sup>st</sup> Tide</b>	07:23 AM	2.88 m	01:18 AM	0.49 m
	<b>2<sup>nd</sup> Tide</b>	07:45 PM	3.35 m	01:11 PM	0.63 m

#### 4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 18/03/2026 TO 24/03/2026



## 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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