



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 21st March, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 22/03/2026 - 28/03/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

Northerly-Easterly to South-Westerly winds are expected over Somalia, Kenya and Tanzania waters with wind speeds of 1 to 24 knots (0.5-12 m/s) throughout the forecast period.

1.2 Significant Wave Height and Direction:

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

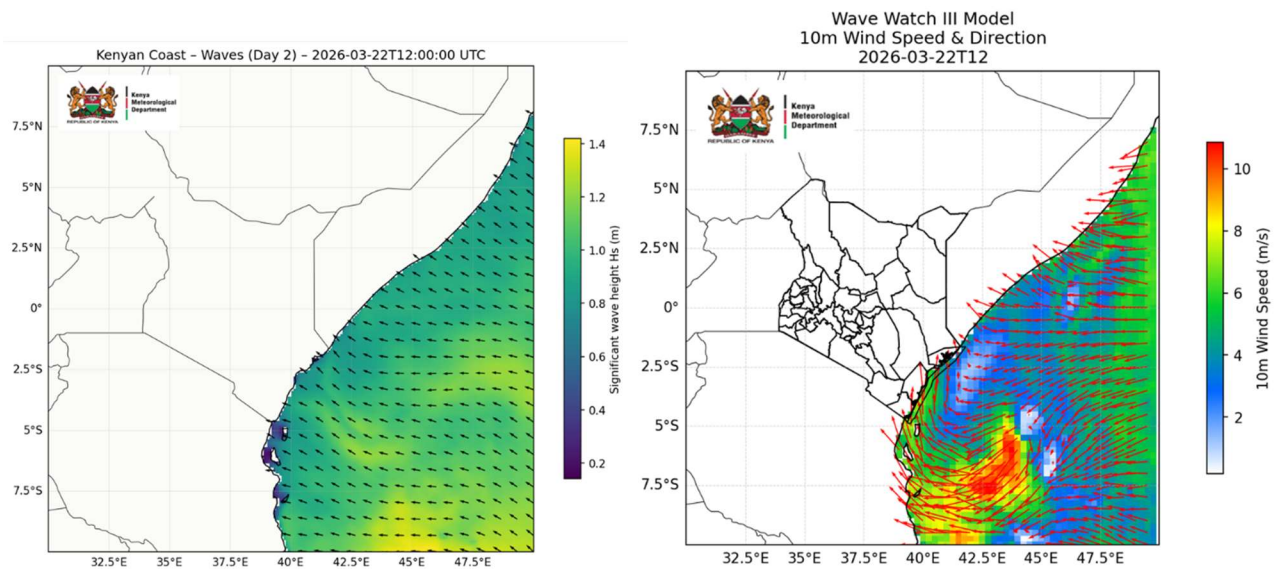
- Slight to moderate sea condition with wave heights of 0.2-1.6m (0.6-4.8ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to strong breeze with wind speeds of 0.5–12m/s (01 to 24 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 22ND MARCH, 2026 TO 28TH MARCH, 2026.

2.1 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 1.4m (\approx 0.6– 4.2ft)

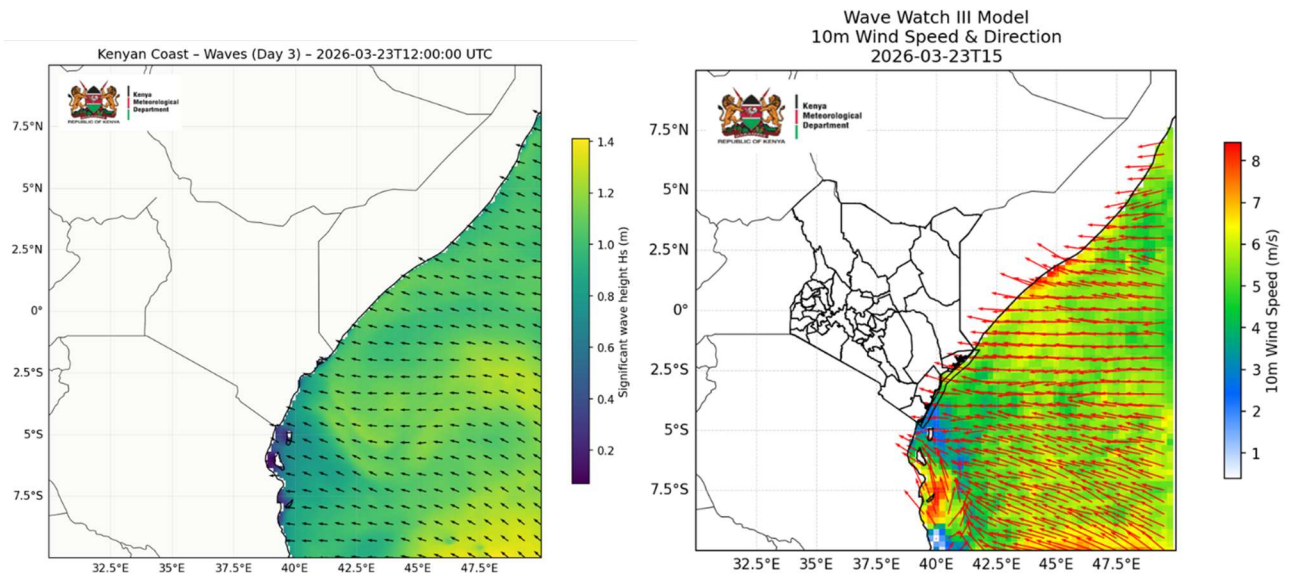
10m Winds: 02-22 knots (\approx 1– 11m/s)



2.2 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 1.4m (\approx 0.6– 4.2ft)

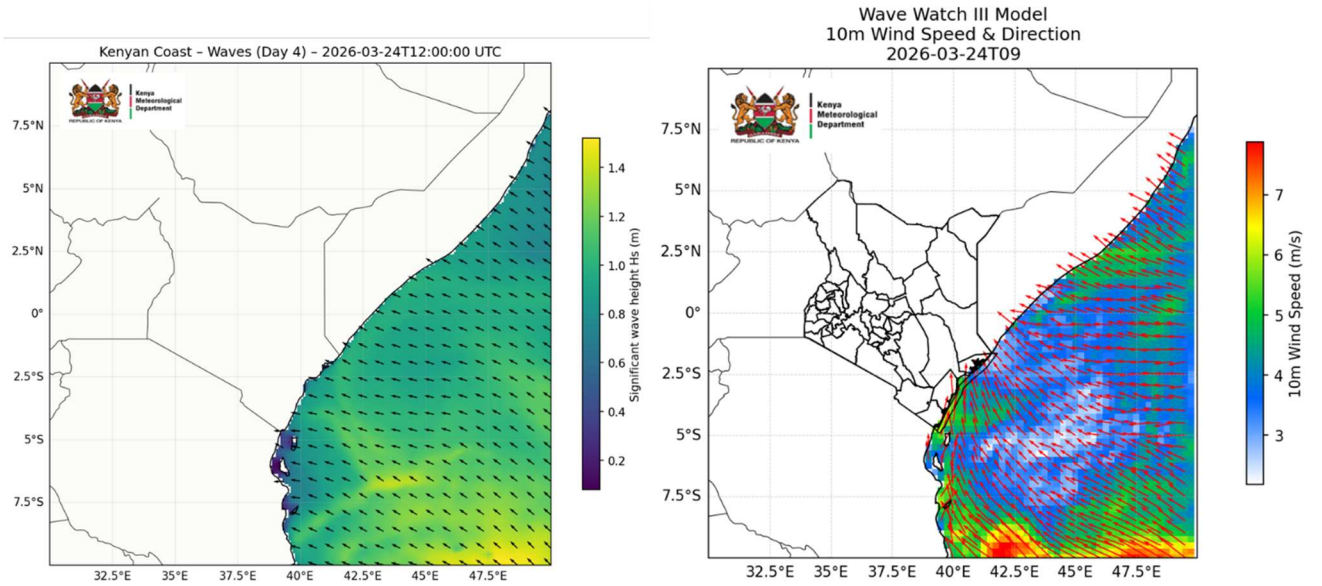
10m Winds: 02-16 knots (\approx 1 – 8m/s)



2.3 Tuesday 24th 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)

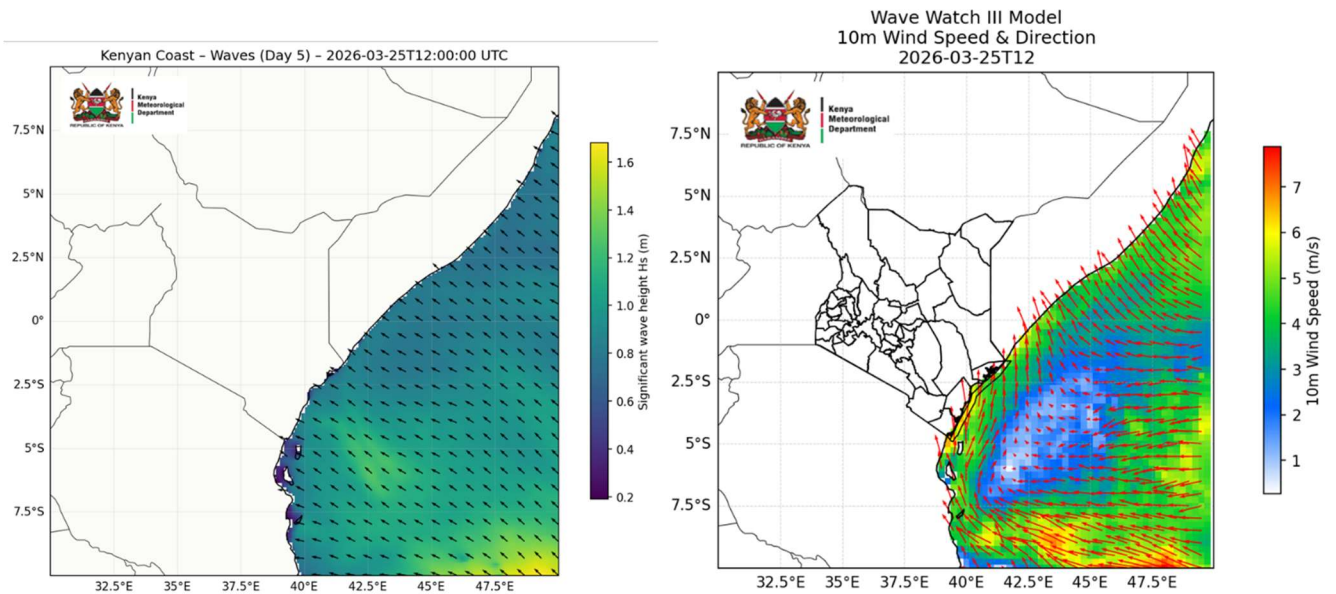
10m Winds: 04 -14 knots (\approx 2– 7m/s)



2.4 Wednesday 25th 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)

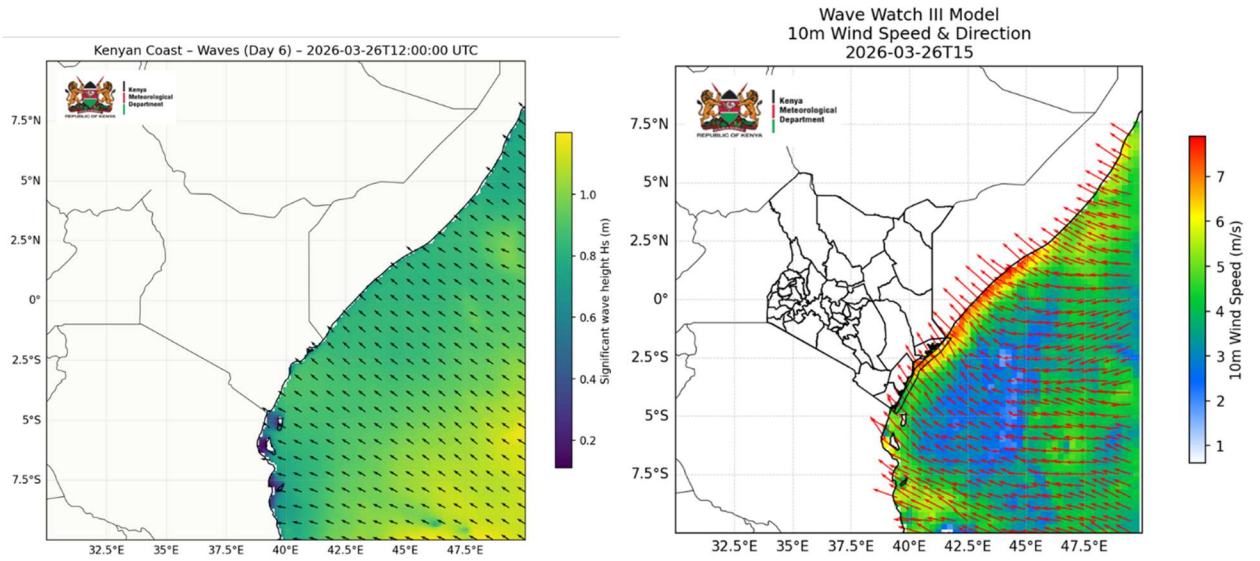
10m Winds: 02-16 knots (\approx 1 – 8m/s)



2.5 Thursday 26th 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– 3.6ft)

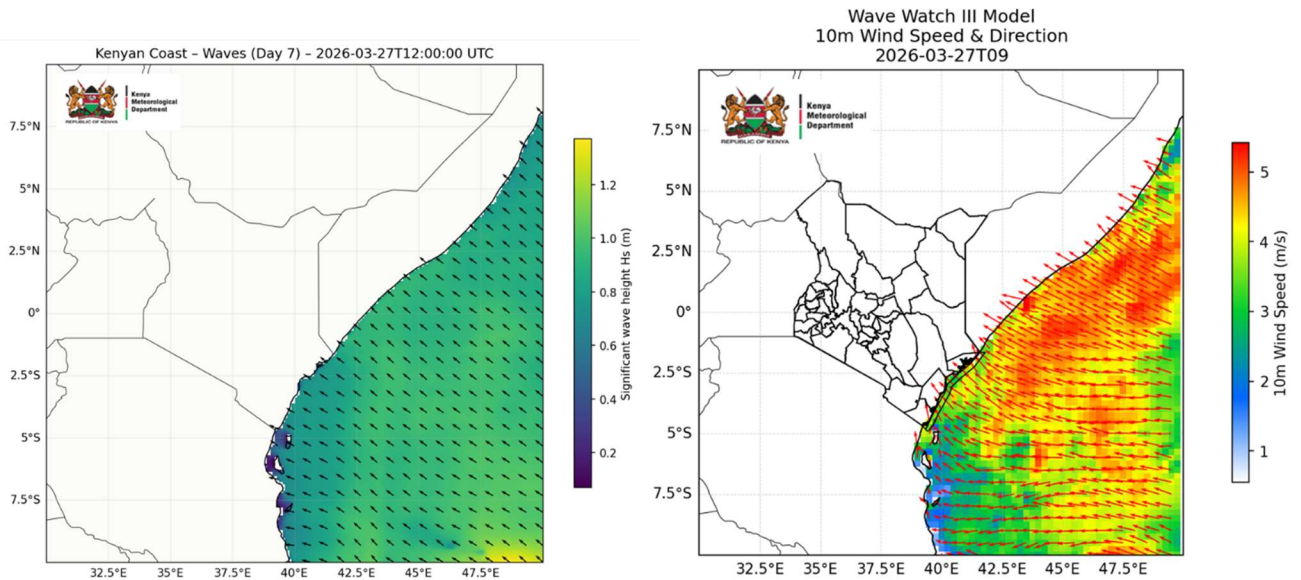
10m Winds: 02-14 knots (\approx 1– 7m/s)



2.6 Friday 27th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

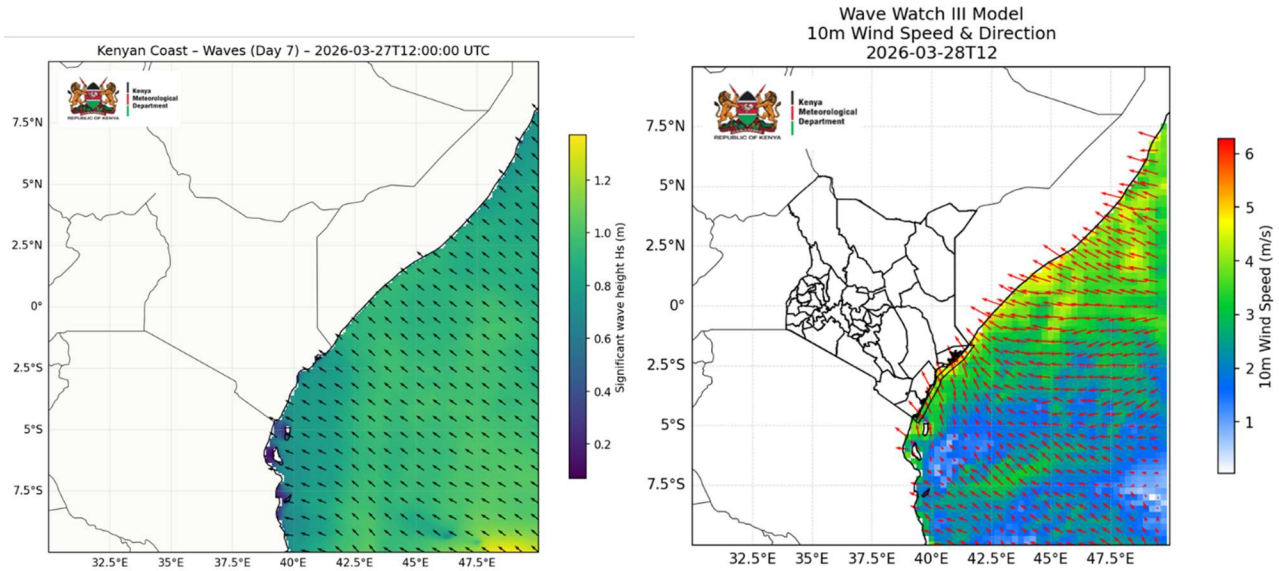
Wave height: 0.2 m to 1.3m (\approx 0.6– 3.9ft)

10m Winds: 02-10knots (\approx 1 – 5m/s)



2.7 Saturday 28th 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: 01-12 knots (≈ 0.5 – 6m/s)

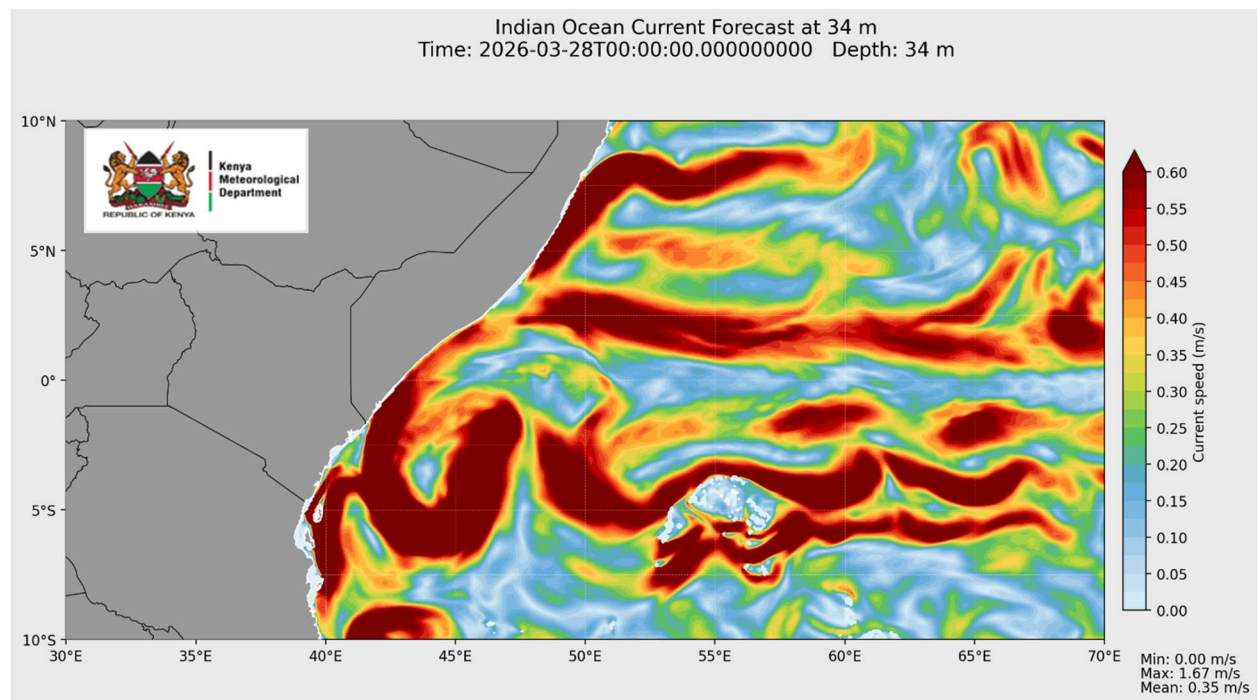


3.0 TIDE FORECAST VALID FROM 22ND MARCH, 2026 TO 28TH MARCH, 2026.

| Date | Description | High Tide | | Low Tide | |
|----------------------|----------------------|-----------|--------|----------|--------|
| | | Time | Height | Time | Height |
| Sun 22nd March, 2026 | 1 st Tide | 06:10 PM | 3.40 m | 12:02 AM | 0.07 m |
| | 2 nd Tide | 06:25 PM | 3.83 m | 12:02 PM | 0.20 m |
| Mon 23rd March, 2026 | 1 st Tide | 06:45 PM | 3.18 m | 12:38 AM | 0.23 m |
| | 2 nd Tide | 07:03 PM | 3.64 m | 12:35 PM | 0.37 m |
| Tue 24th March, 2026 | 1 st Tide | 07:23 AM | 2.88 m | 01:18 AM | 0.49 m |
| | 2 nd Tide | 07:45 PM | 3.35 m | 01:11 PM | 0.63 m |
| Wed 25th March, 2026 | 1 st Tide | 08:08 AM | 2.54 m | 02:06 AM | 0.83 m |

| | | | | | |
|-----------------------------|----------------------------|----------|--------|----------|--------|
| | 2nd Tide | 08:39 PM | 2.99 m | 01:54 PM | 0.95 m |
| Thu 26th March, 2026 | 1st Tide | 09:16 AM | 2.22 m | 03:12 AM | 1.17 m |
| | 2nd Tide | 10:07 PM | 2.67 m | 02:58 PM | 1.30 m |
| Fri 27th March, 2026 | 1st Tide | 11:38 AM | 2.10 m | 05:15 AM | 1.37 m |
| | 2nd Tide | | | 05:18 PM | 1.50 m |
| Sat 28th March, 2026 | 1st Tide | 2:22 AM | 2.60 m | 07:21 AM | 1.22 m |
| | 2nd Tide | 01:36 PM | 2.36 m | 07:30 PM | 1.30 m |

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 22/03/2026 TO 28/03/2026



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.

PETER MUGI MURIITHI
FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT