



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/13

Date: Issued on 24th March, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 25/03/2026 - 31/03/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

South-Easterly to Easterly winds are expected over Somalia, Kenya and Tanzania waters with wind speeds of **2 to 16 knots (1-08 m/s)** throughout the forecast period.

1.2 Sig. Wave Height and Direction:

Easterly to South-Easterly waves are expected over Somalia, Kenya, and Tanzania waters with wave heights of **0.2-1.0m (≈ 0.6-3.0ft)** throughout the forecast period.

1.3 Sea conditions

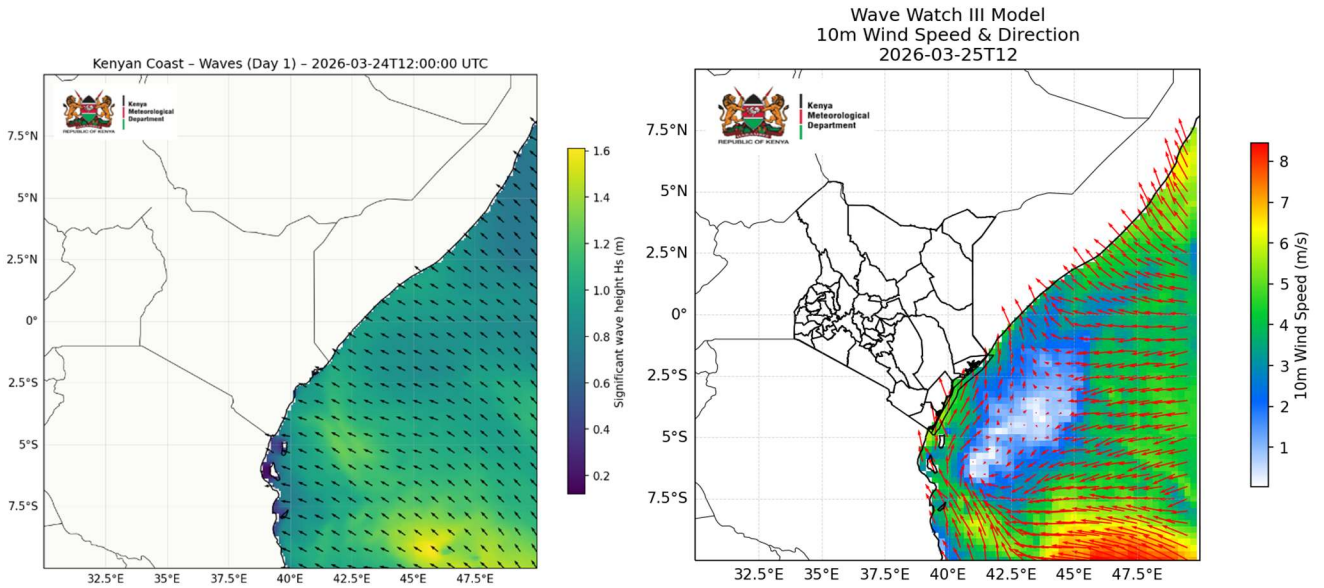
- **Slight to moderate sea condition with wave heights of 0.2-1.0m (0.6-3.0ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.**
- **Light breeze to fresh breeze with wind speeds of 01-08m/s (02 to 16 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.**

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 25TH MARCH, 2026 TO 31TH MARCH, 2026.

2.1 Wednesday 25th March, 2026, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.0m (\approx 0.6– 3.0ft)

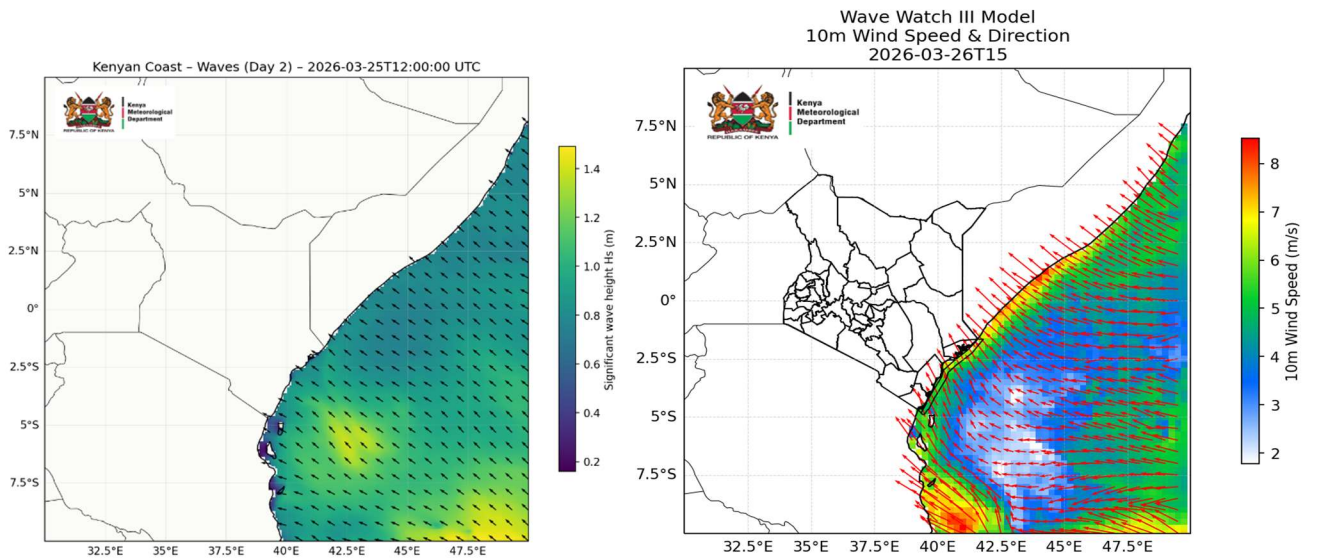
10m Winds: 02-14 knots (\approx 1– 7m/s)



2.2 Thursday 26th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

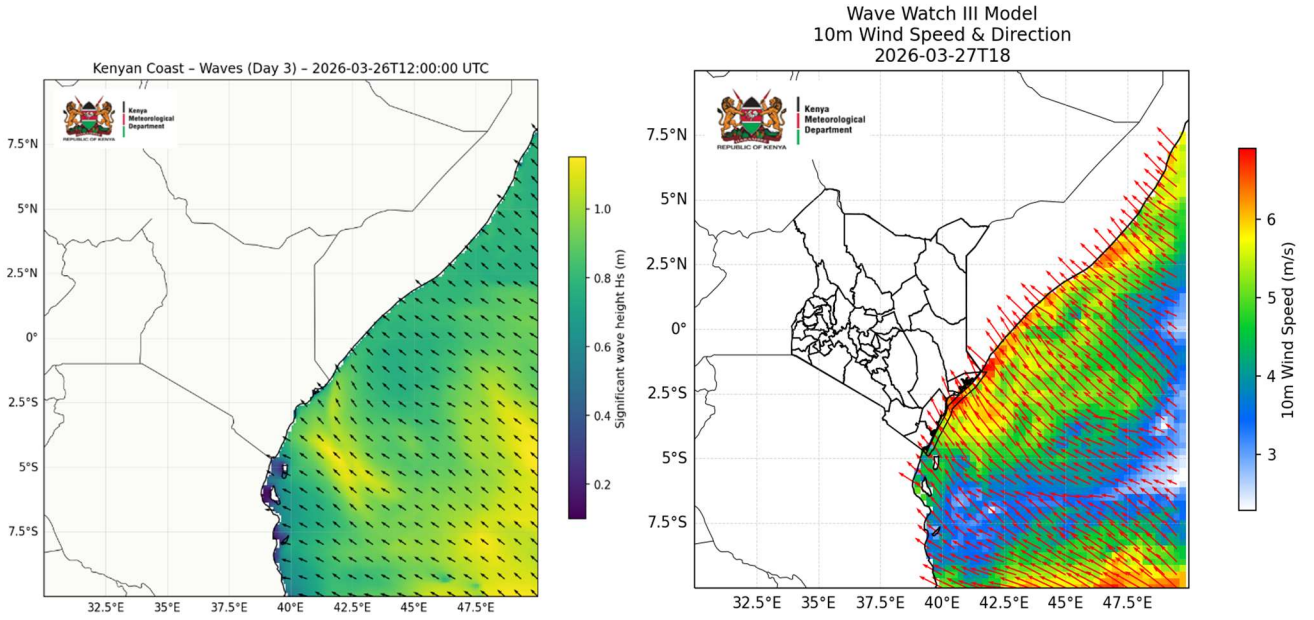
Wave height: 0.2 m to 1.0m (\approx 0.6– 3.0ft)

10m Winds: 04-16 knots (\approx 2 – 8m/s)



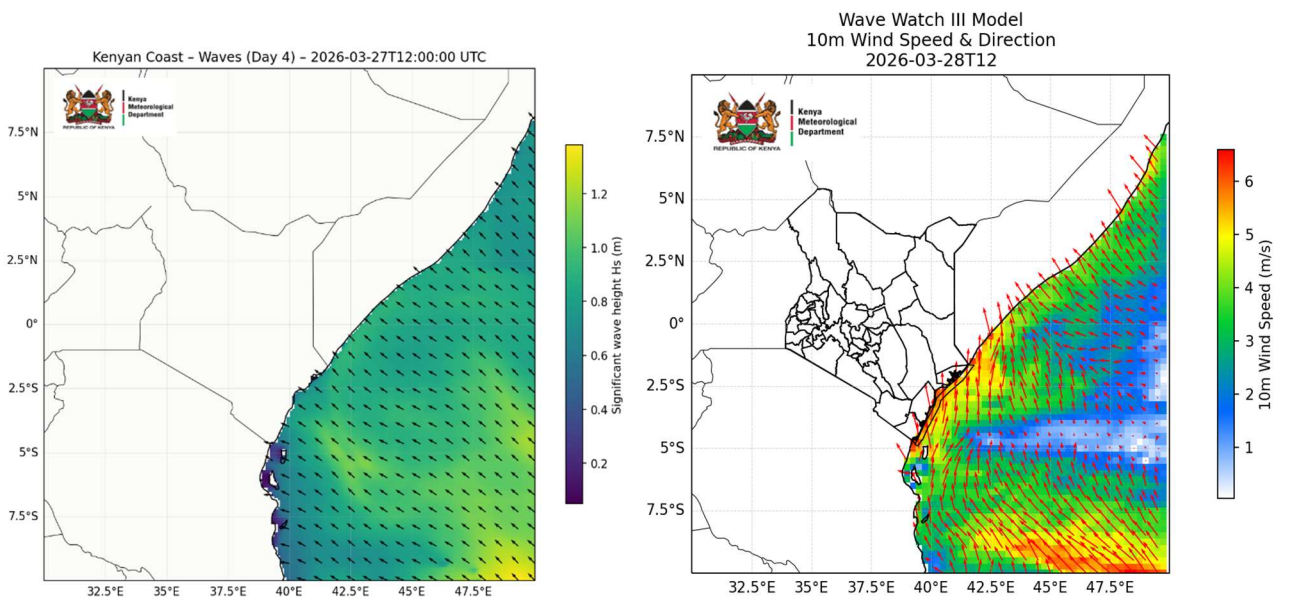
2.3 Friday 27th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.0m (≈ 0.6– 3.0ft) 10m Winds: 06 -16 knots (≈3– 8m/s)



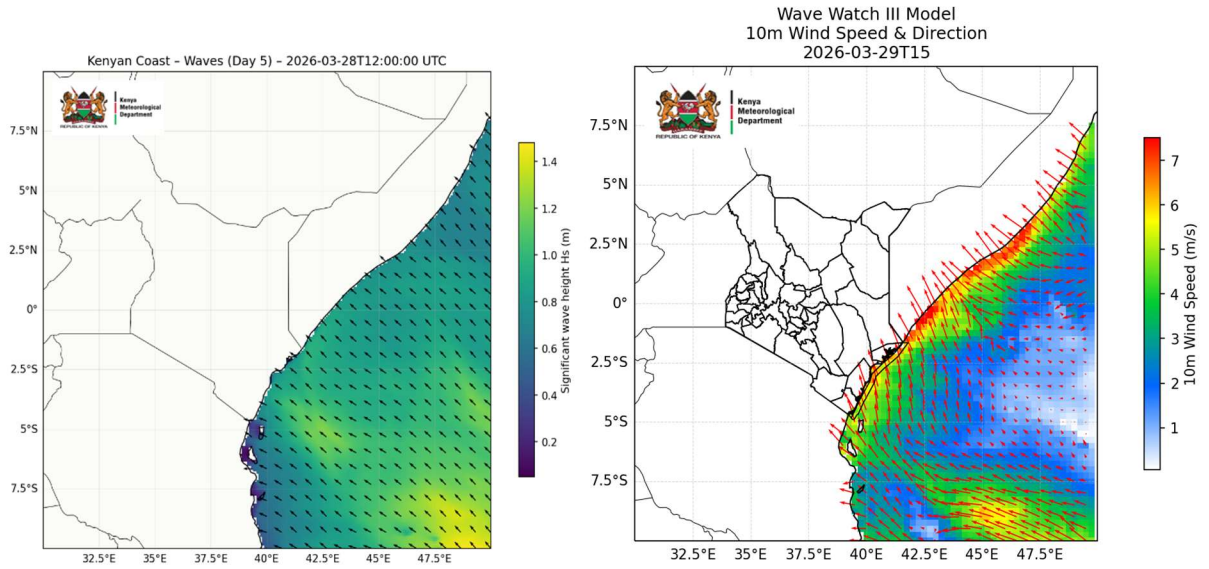
2.4 Saturday 28th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.0m (≈ 0.6– 3.0ft) 10m Winds: 02-12 knots (≈ 1 – 6m/s)



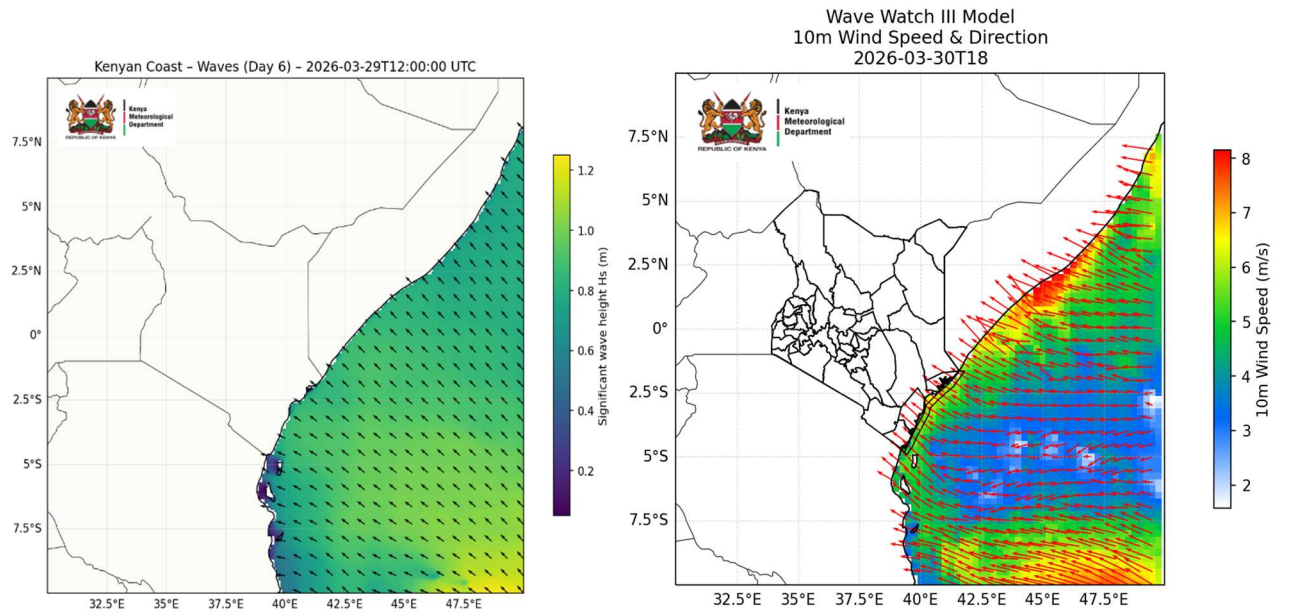
2.5 Sunday 29th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.0m (≈ 0.6– 3.0ft) 10m Winds: 02-14 knots (≈ 1– 7m/s)



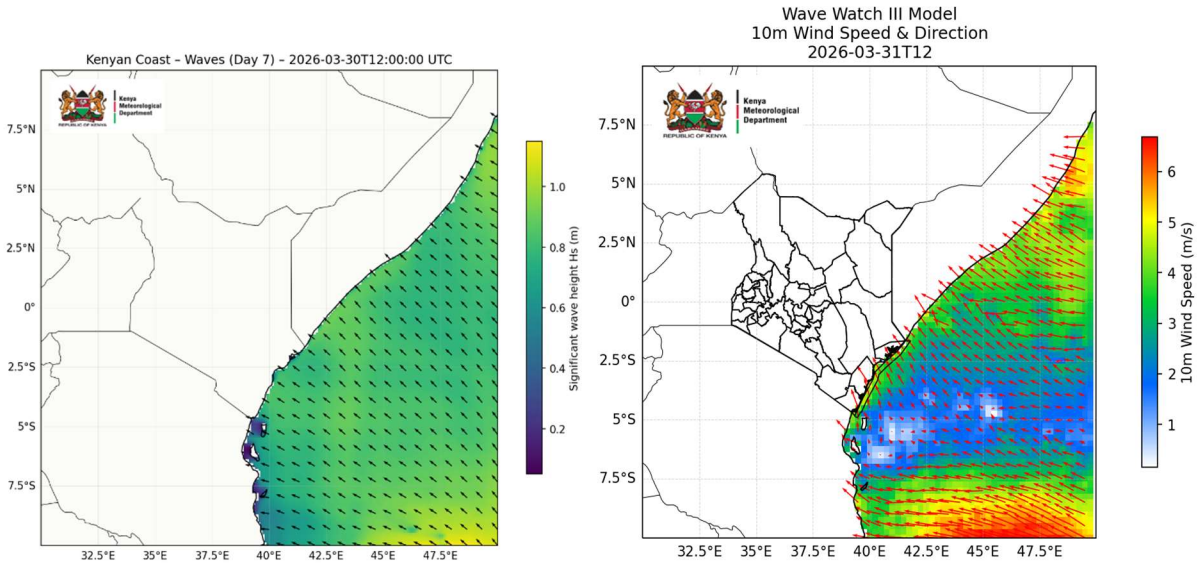
2.6 Monday 30th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.0m (≈ 0.6– 3.0ft) 10m Winds: 02-16knots (≈ 1 – 8m/s)



2.7 Monday 31st March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.0m (≈ 0.6– 3.0ft) 10m Winds: 02-12 knots (≈ 1 – 6m/s)

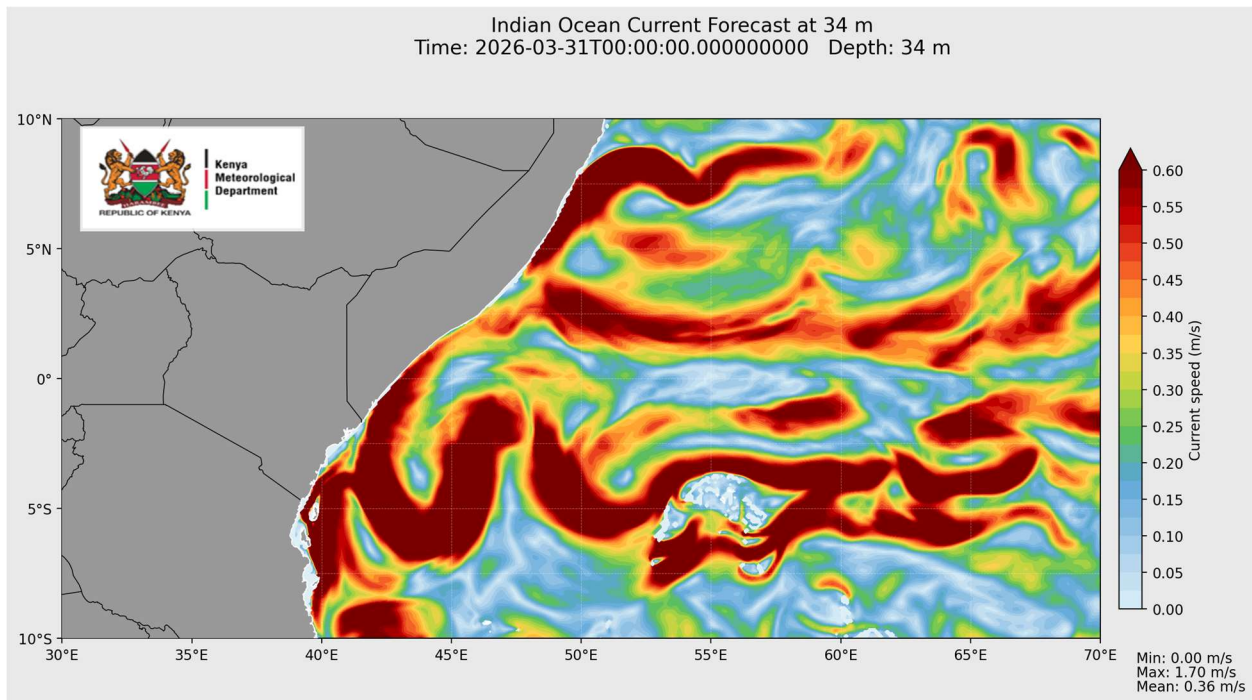


3.0 TIDE FORECAST VALID FROM 25TH MARCH, 2026 TO 31ST MARCH, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Wed 25th March, 2026	1 st Tide	08:08 AM	2.54 m	02:06 AM	0.83 m
	2 nd Tide	08:39 PM	2.99 m	01:54 PM	0.95 m
Thu 26th March, 2026	1 st Tide	09:16 AM	2.22 m	03:12 AM	1.17 m
	2 nd Tide	10:07 PM	2.67 m	02:58 PM	1.30 m
Fri 27th March, 2026	1 st Tide	11:38 AM	2.10 m	05:15 AM	1.37 m
	2 nd Tide			05:18 PM	1.50 m
Sat 28th March, 2026	1 st Tide	2:22 AM	2.60 m	07:21 AM	1.22 m
	2 nd Tide	01:36 PM	2.36 m	07:30 PM	1.30 m
Sun 29th March, 2026	1 st Tide	01:51 AM	2.80 m	08:22 AM	0.95 m

	2nd Tide	02:32 PM	2.73 m	08:33 PM	0.98 m
Mon 30th March, 2026	1st Tide	02:45 AM	3.03 m	09:01 AM	0.70 m
	2nd Tide	03:12 PM	3:07 m	09:17 PM	0.68 m
Tue 31st March, 2026	1st Tide	03:26 AM	3.22 m	09:33 AM	0.51 m
	2nd Tide	03:45 PM	3:35 m	09:52 PM	0.45 m

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 25/03/2026 TO 31/03/2026



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.

Mr. Esibwe

FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT