



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

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REF.NO: KMD/FCST/03-2026/MARINE/13

Date: Issued on 29th March, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 30/03/2026 - 05/04/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

Southerly to South-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:

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

1.3 Sea conditions

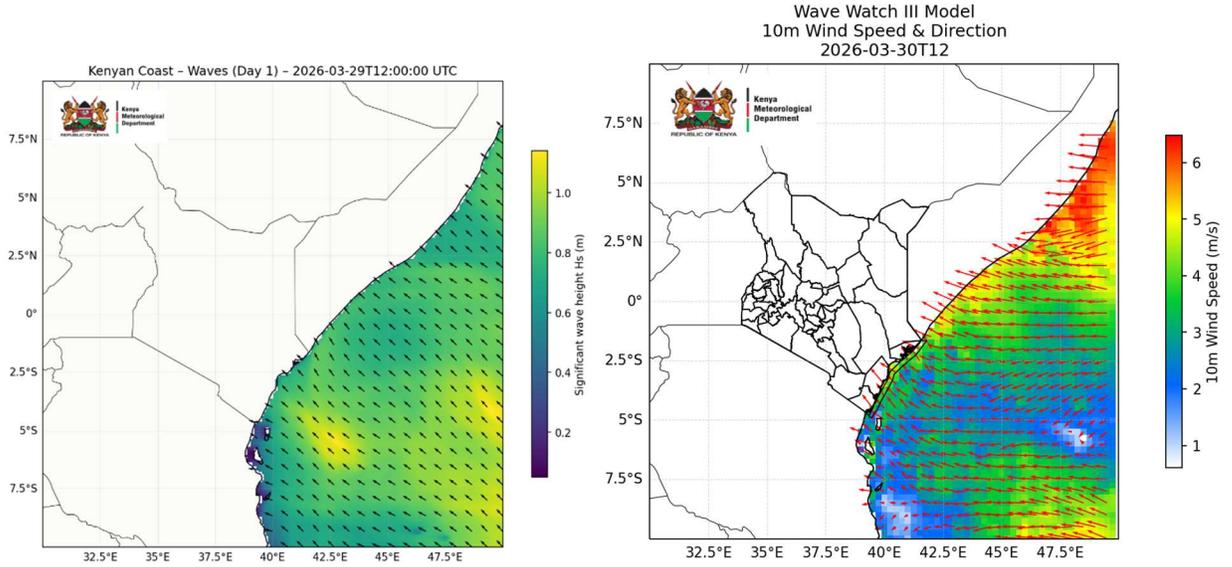
- Slight to moderate sea condition with wave heights of 0.2-1.0m (0.6-3.0ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 01-08m/s (02 to 16 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast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

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 30TH MARCH, 2026 TO 05TH APRIL, 2026.

2.1 Monday 30th 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)

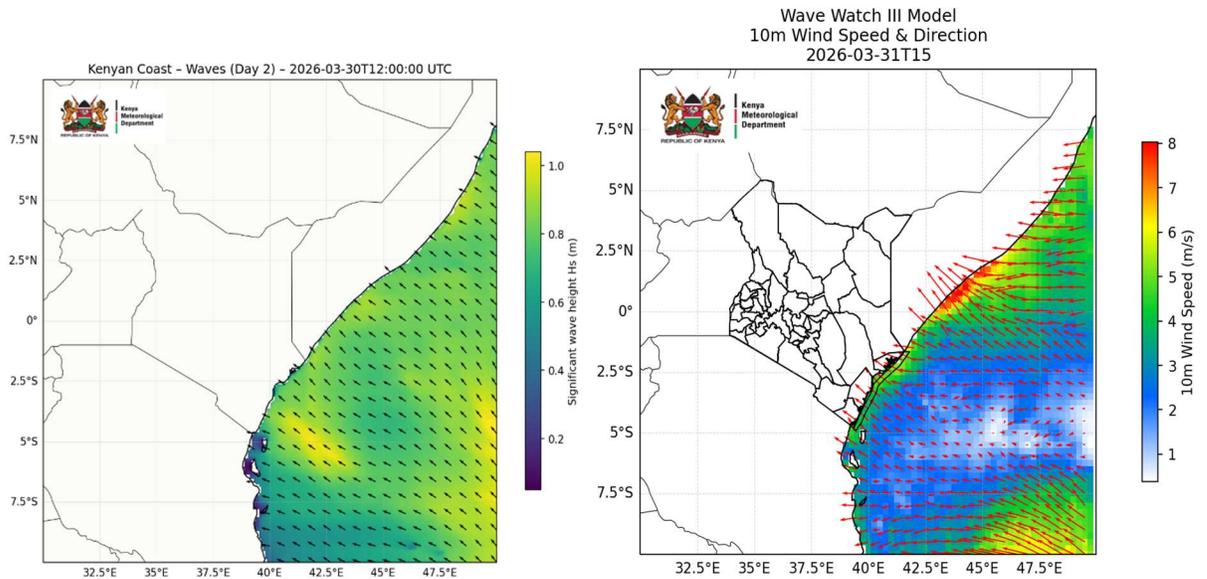
10m Winds: 02-12 knots (\approx 1– 6m/s)



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

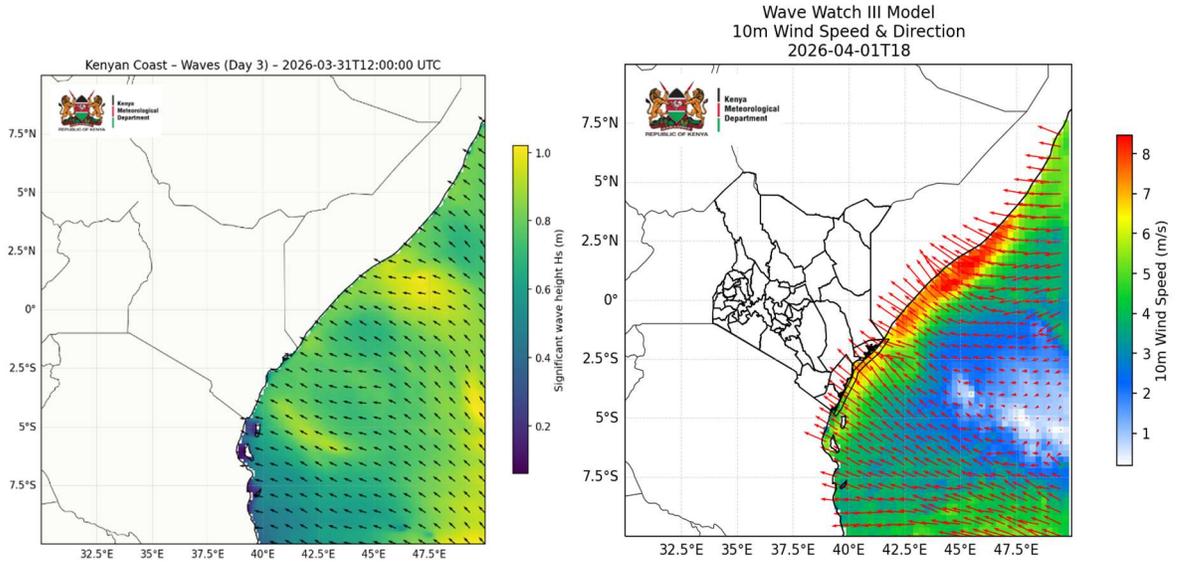
Wave height: 0.2 m to 1.0m (\approx 0.6– 3.0ft)

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



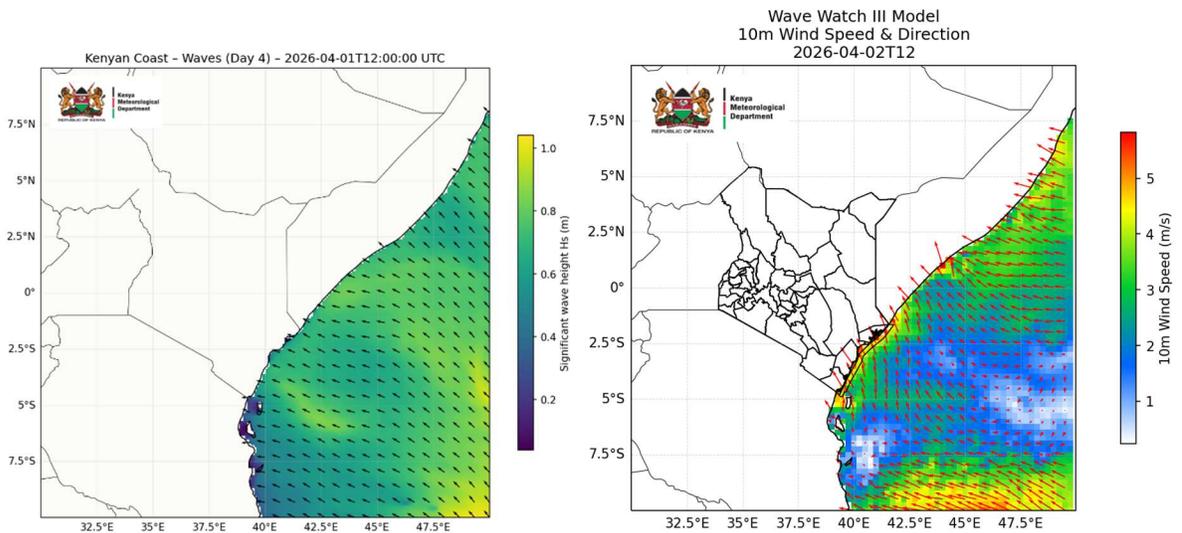
2.3 Wednesday 1st March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

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



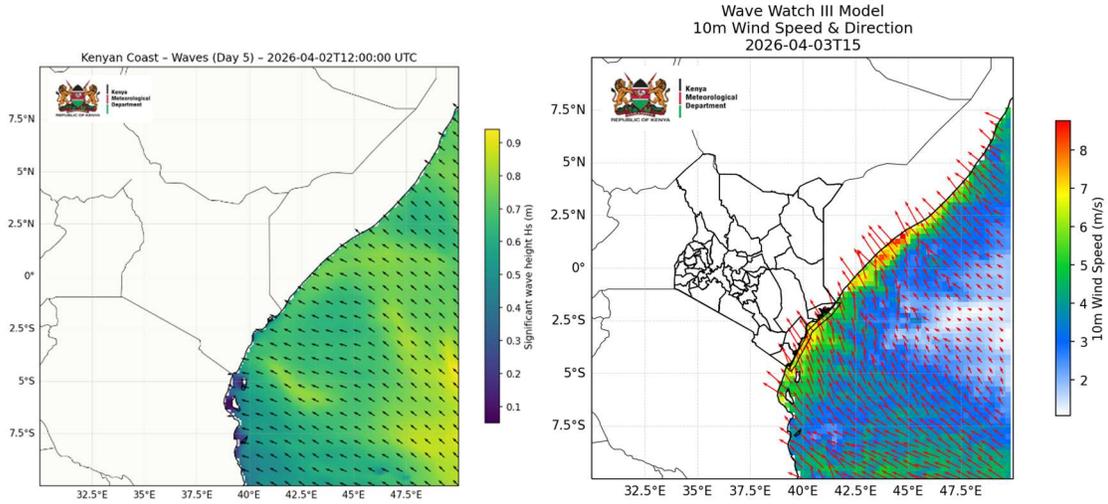
2.4 Thursday 2nd March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 0.9m (≈ 0.6– 2.7ft) 10m Winds: 02-12 knots (≈ 1 – 6m/s)



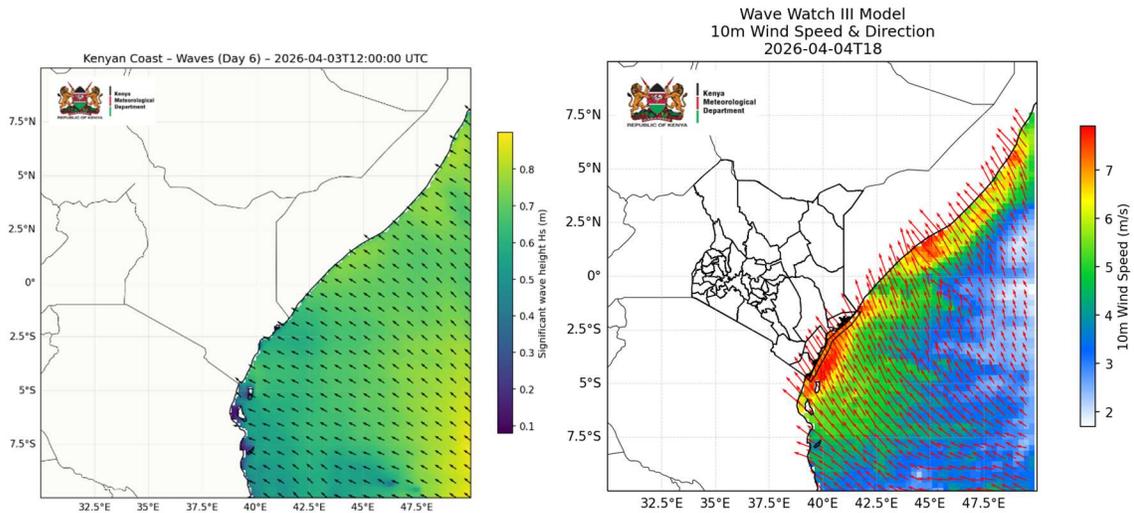
2.5 Friday 03rd March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 0.9m ($\approx 0.6 - 2.7\text{ft}$) 10m Winds: 04-16 knots ($\approx 2 - 8\text{m/s}$)



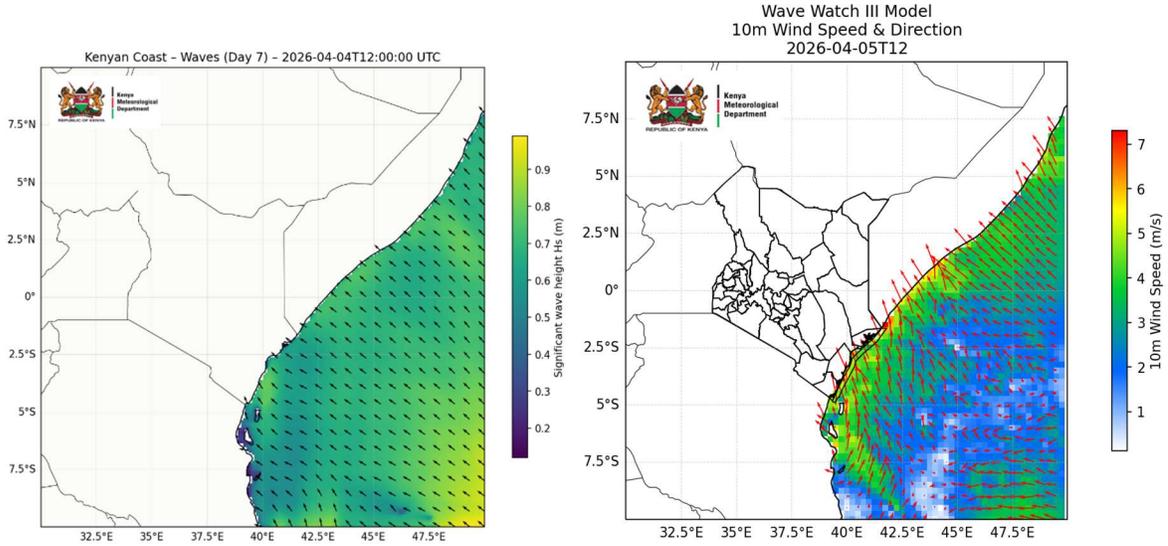
2.6 Saturday 04th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 0.8m ($\approx 0.6 - 2.4\text{ft}$) 10m Winds: 04-16knots ($\approx 2 - 8\text{m/s}$)



2.7 Sunday 05th March, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 0.8m (≈ 0.6– 2.4ft) 10m Winds: 02-14 knots (≈ 1 – 7m/s)

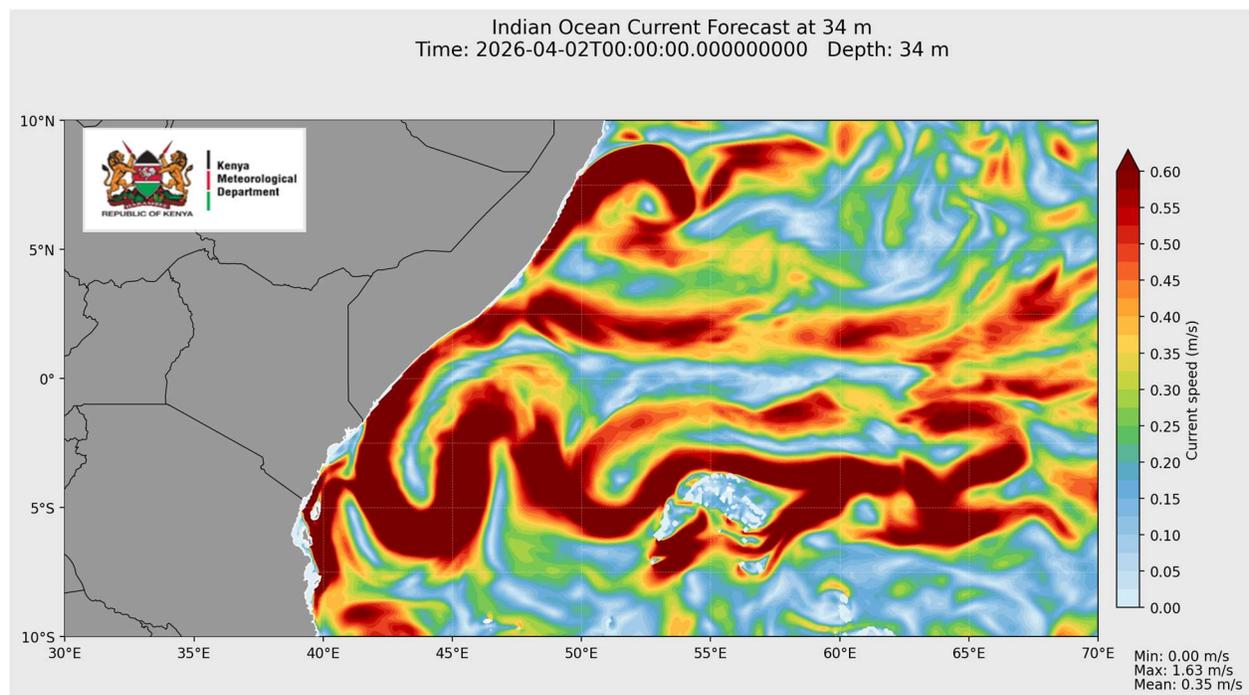


3.0 TIDE FORECAST VALID FROM 29TH MARCH, 2026 TO 04TH April, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Mon 30 th March, 2026	1 st Tide	02:45 AM	3.03 m	09:01 AM	0.70 m
	2 nd Tide	03:12 PM	3:07 m	09:17 PM	0.68 m
Tue 31 st March, 2026	1 st Tide	03:26 AM	3.22 m	09:33 AM	0.51 m
	2 nd Tide	03:45 PM	3:35 m	09:52 PM	0.45 m
Wed 01 st April, 2026	1 st Tide	04:00 AM	3.34 m	10:01 AM	0.37 m
	2 nd Tide	04:15 PM	3:36 m	10:23 PM	0.45 m
Thu 02 nd April, 2026	1 st Tide	04:31 AM	3.39 m	10:28 AM	0.30 m
	2 nd Tide	04:44 PM	3:67 m	10:53 PM	0.22 m

Fri 03rd April, 2026	1st Tide	05:00AM	3.37 m	10:54 AM	0.28m
	2nd Tide	05:11 PM	3.71 m	11:21 PM	0.22 m
Sat 04th April, 2026	1st Tide	05:27AM	3.30 m	11:19 AM	0.33m
	2nd Tide	05:37 PM	3.66 m	11:48 PM	0.30 m
Sun 05th April, 2026	1st Tide	05:53AM	3.18 m	11:45 AM	0.44m
	2nd Tide	06:03 PM	3.55 m		

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 30/03/2026 TO 02/04/2026



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