



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

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**REF.NO: KMD/FCST/03-2026/MARINE/14**

**Date: Issued on 30<sup>th</sup> March, 2026**

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas**  
**Along the Western Indian Ocean Region**  
**Validity: 31/03/2026 - 06/04/2026**

**1.0 GENERAL OUTLOOK**

**1.1 Wind Speed & Direction:**

Easterlies to South South Easterlies (**E to SSE**) winds are expected over Somalia, Kenya and Tanzania waters with wind speeds of **02 to 18 knots (01-09 m/s)** throughout the forecast period.

**1.2 Sig. Wave Height and Direction:**

South-Easterly (**SE**) waves are expected over Somalia, Kenya, and Tanzania waters with wave heights of **0.1–1.2m (≈ 0.3–3.6ft)** throughout the forecast period.

**1.3 Sea conditions**

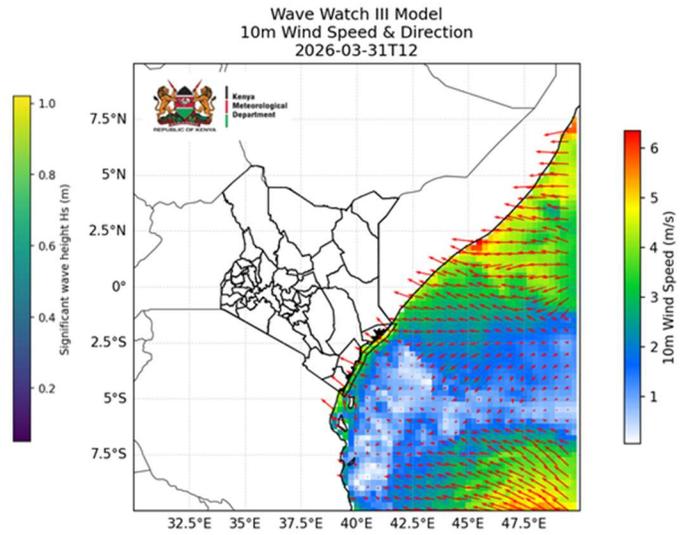
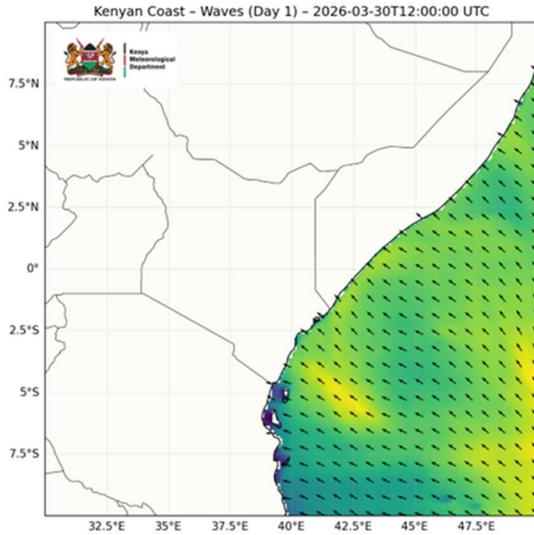
- **Slight to moderate sea condition with wave heights of 0.2-1.0m (0.6-3.0ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.**
- **Light breeze to fresh breeze with wind speeds of 01–08m/s (02 to 16 Knots) expected Somalia, Kenya, and Tanzania waters throughout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

**2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 31<sup>ST</sup> MARCH, 2026 TO 6<sup>TH</sup> APRIL, 2026.**

**2.1 Tuesday 31<sup>st</sup> 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)

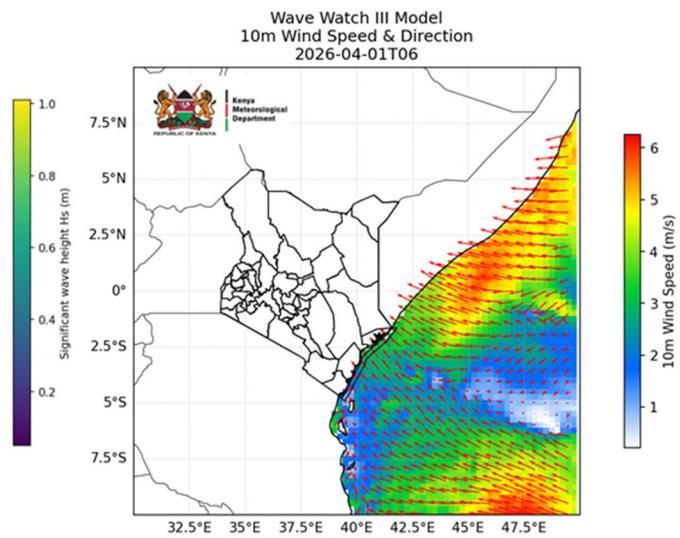
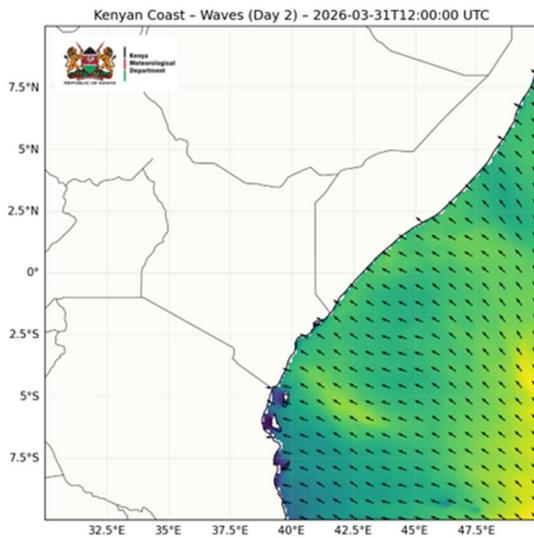
10m Winds: 02-12 knots ( $\approx$  1– 6m/s)



**2.2 Wednesday 1<sup>st</sup> April, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)**

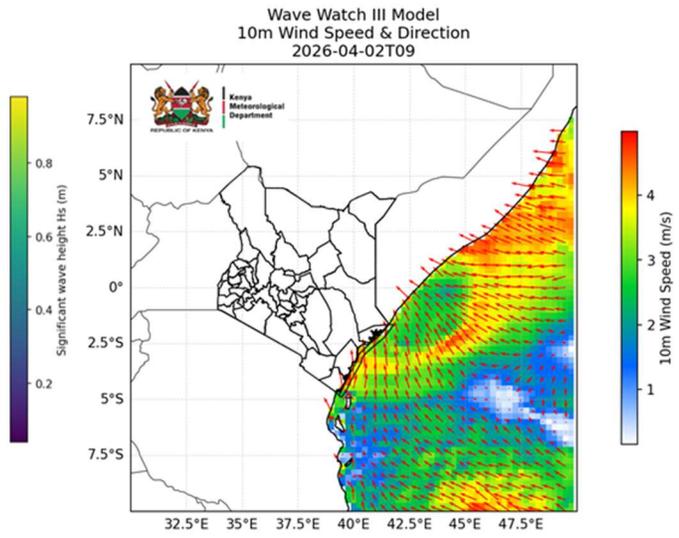
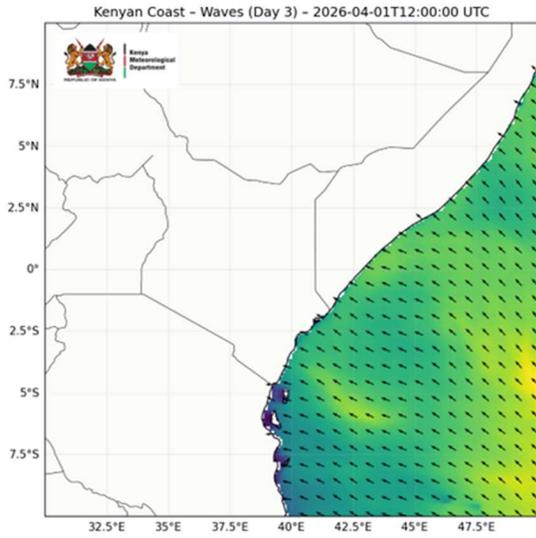
Wave height: 0.2 m to 1.0m ( $\approx$  0.6– 3.0ft)

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



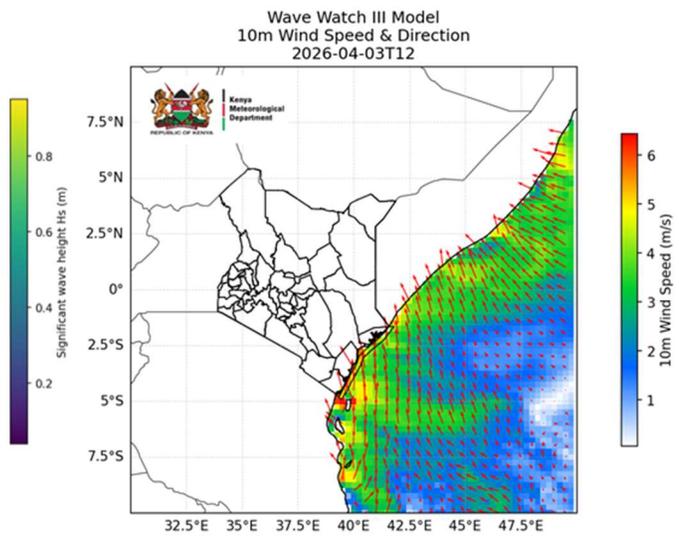
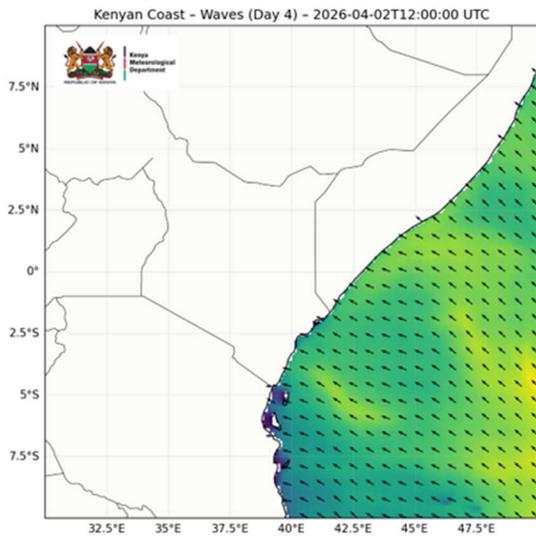
**2.3 Thursday 2<sup>nd</sup> April, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)**

Wave height: 0.2 m to 0.8m ( $\approx$  0.6– 2.4ft)      10m Winds: 02 –08 knots ( $\approx$ 1– 4m/s)



**2.4 Friday 3<sup>rd</sup> April, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)**

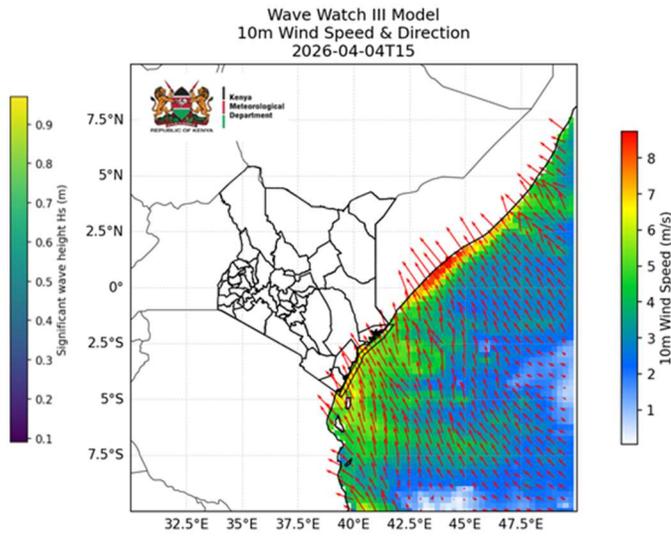
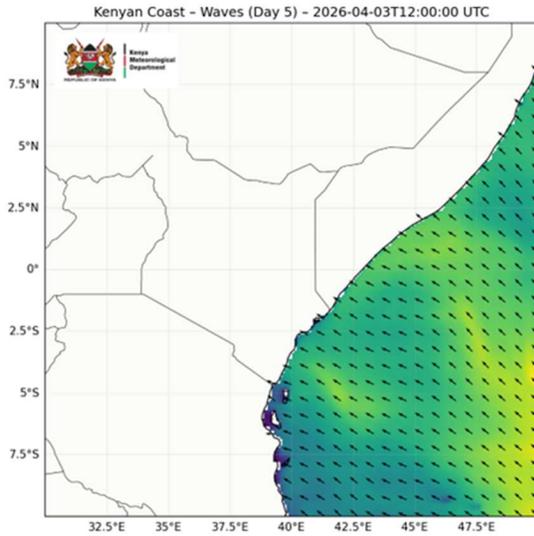
Wave height: 0.2 m to 0.8m ( $\approx$  0.6– 2.4ft)      10m Winds: 02-12 knots ( $\approx$  1 – 6m/s)



**2.5 Saturday 4<sup>th</sup> April, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)**

Wave height: 0.1 m to 0.9m ( $\approx$  0.3–2.7ft)

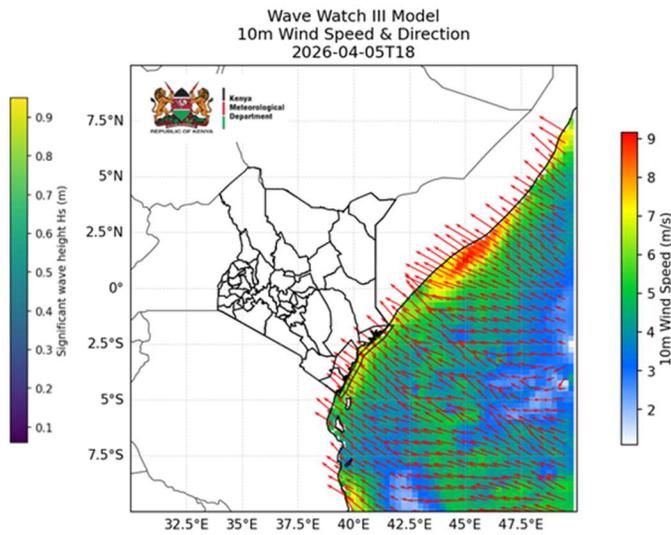
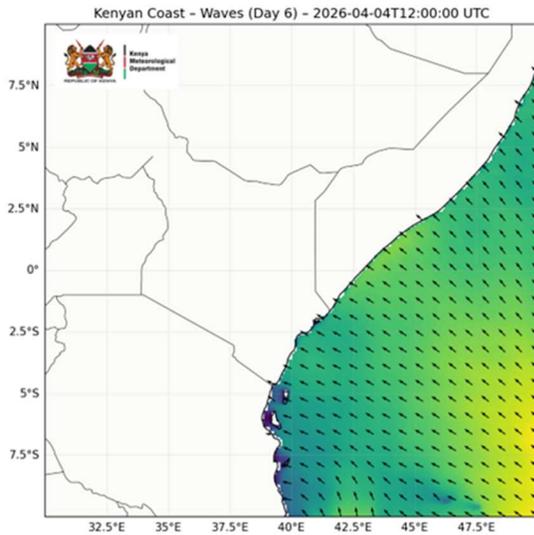
10m Winds: 02-16 knots ( $\approx$  1–8m/s)



**2.6 Sunday 5<sup>th</sup> April, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)**

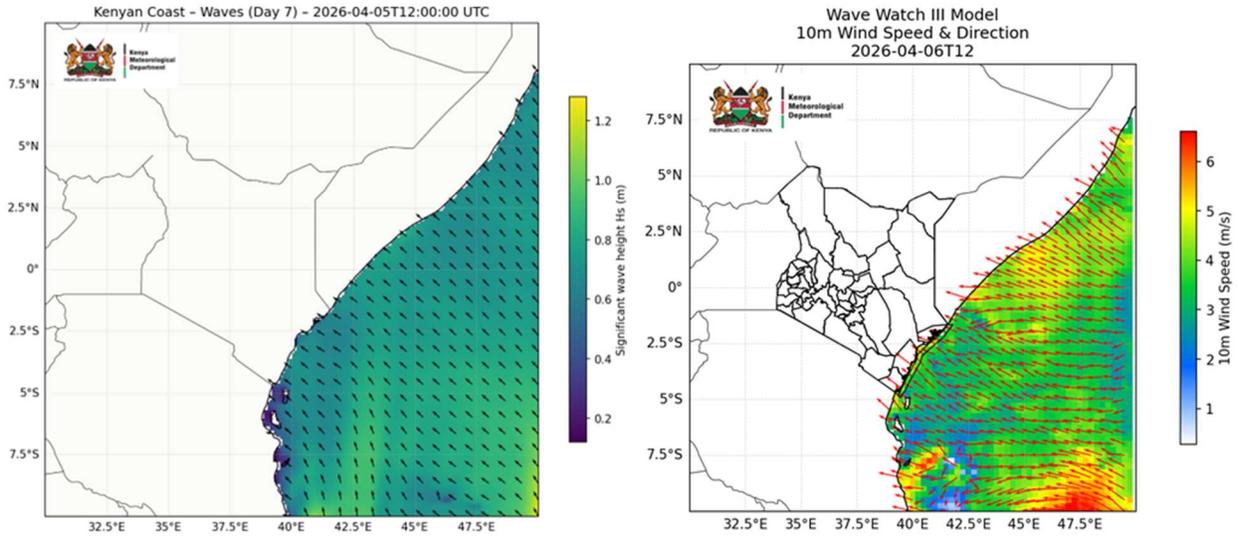
Wave height: 0.2 m to 0.9m ( $\approx$  0.6–2.7ft)

10m Winds: 04-18knots ( $\approx$  2 – 9m/s)



**2.7 Monday 6<sup>th</sup> April, 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: 02-12 knots ( $\approx$  1 – 6m/s)

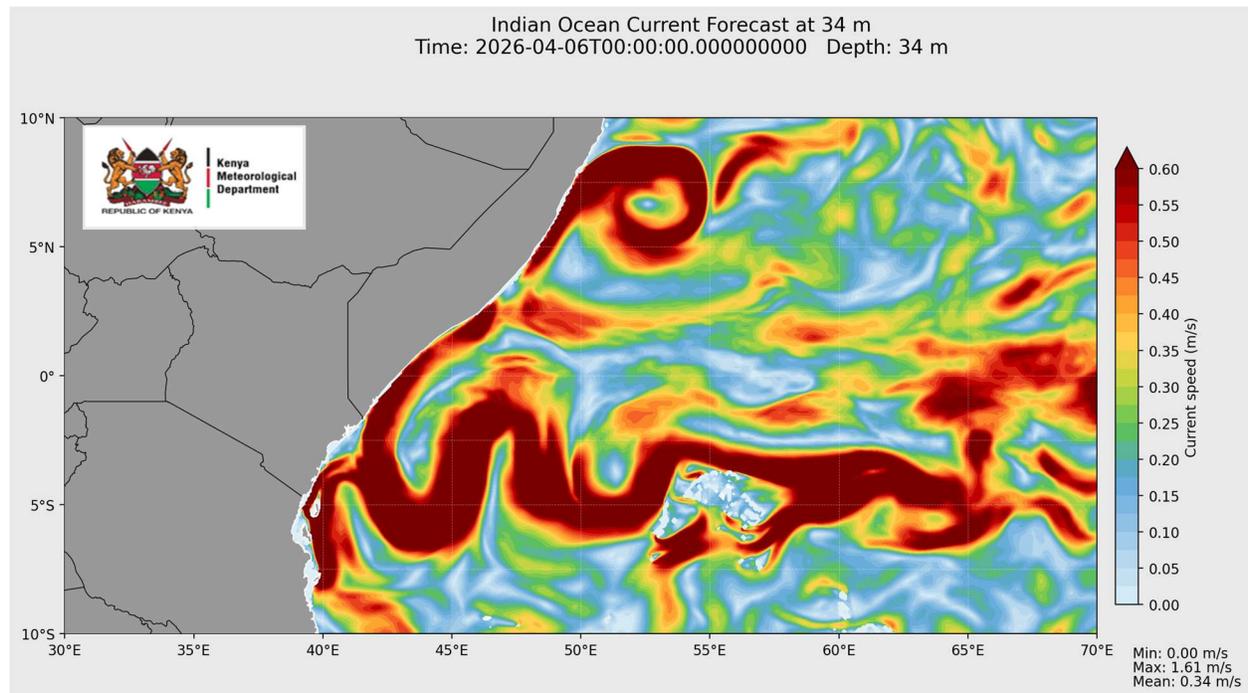


**3.0 TIDE FORECAST VALID FROM 31<sup>ST</sup> MARCH, 2026 TO 6<sup>TH</sup> April, 2026.**

| Date                             | Description          | High Tide |        | Low Tide |        |
|----------------------------------|----------------------|-----------|--------|----------|--------|
|                                  |                      | Time      | Height | Time     | Height |
| Tue 31 <sup>st</sup> March, 2026 | 1 <sup>st</sup> Tide | 03:16 AM  | 3.54 m | 09:25 AM | 0.49 m |
|                                  | 2 <sup>nd</sup> Tide | 03:37 PM  | 3.68 m | 09:43 PM | 0.42 m |
| Wed 1 <sup>st</sup> April, 2026  | 1 <sup>st</sup> Tide | 03:51 AM  | 3.66 m | 09:54 AM | 0.32 m |
|                                  | 2 <sup>nd</sup> Tide | 04:07 PM  | 3.89 m | 10:15 PM | 0.26 m |
| Thu 2 <sup>nd</sup> April, 2026  | 1 <sup>st</sup> Tide | 04:21 AM  | 3.71 m | 10:22 AM | 0.23 m |
|                                  | 2 <sup>nd</sup> Tide | 04:35 PM  | 4.00 m | 10:45 PM | 0.19 m |
| Fri 3 <sup>rd</sup> April, 2026  | 1 <sup>st</sup> Tide | 04:49 AM  | 3.69 m | 10:49 AM | 0.22 m |
|                                  | 2 <sup>nd</sup> Tide | 05:01 PM  | 4.03 m | 11:13 PM | 0.20 m |
| Sat 4 <sup>th</sup> April, 2026  | 1 <sup>st</sup> Tide | 05:15 AM  | 3.62 m | 11:15 AM | 0.28 m |

|  |                            |          |        |          |        |
|--|----------------------------|----------|--------|----------|--------|
|  | <b>2<sup>nd</sup> Tide</b> | 05:27 PM | 3.98 m | 11:41 PM | 0.30 m |
| <b>Sun 5<sup>th</sup> April , 2026</b> | <b>1<sup>st</sup> Tide</b> | 05:40 AM | 3.49 m | 11:41 AM | 0.41 m |
|  | <b>2<sup>nd</sup> Tide</b> | 05:52 PM | 3.85 m |          |        |
| <b>Mon 6<sup>th</sup> April, 2026</b>  | <b>1<sup>st</sup> Tide</b> | 06:06 AM | 3.31 m | 12:09 AM | 0.46 m |
|  | <b>2<sup>nd</sup> Tide</b> | 06:18 PM | 3.66 m | 12:07 PM | 0.59 m |

**4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 31/03/2026 TO 06/04/2026**



**KEY ON SEA STATE**

| <b>WAVE HEIGHT RANGE (Meters)</b> | <b>DESCRIPTION</b> | <b>IMPACT</b>  |
|-----------------------------------|--------------------|--|
| 0.6 – 1.0 m (≈ 1.8 – 3.0 ft)      | Slight             | <b>Conditions suitable for Marine activities</b>                               |
| 1.0 – 1.9 m (≈ 3.0 – 5.7 ft)      | Slight – Moderate  |  |
| 2.0 – 2.9 m (≈ 6.0 – 8.7 ft)      | Moderate-Rough     | <b>Caution on operating marine activities</b>                                  |
| 3.0 – 4.0 m (≈ 9.0 – 12.0 ft)     | Rough              | <b>Warning in place!!!!<br/>Warning in place and marine activities on hold</b> |
| 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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FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT