



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

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REF.NO: KMD/FCST/05-2026/MARINE/18

Date: Issued on 3rd May, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 04/05/2026 - 10/05/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

South-Easterly to South-Westerly (SE to SW) winds are expected over Somalia, Kenya and Tanzania water with wind speeds of **4 to 24 knots (2-12 m/s)** throughout the forecast period.

1.2 Sig. Wave Height and Direction:

East South-Easterly to South South-Westerly (ESE to SSW) waves are expected over Somalia, Kenya, and Tanzania waters with wave heights of **0.2 – 2.5 m (\approx 0.6 – 7.5 ft)** throughout the forecast period.

1.3 Sea conditions

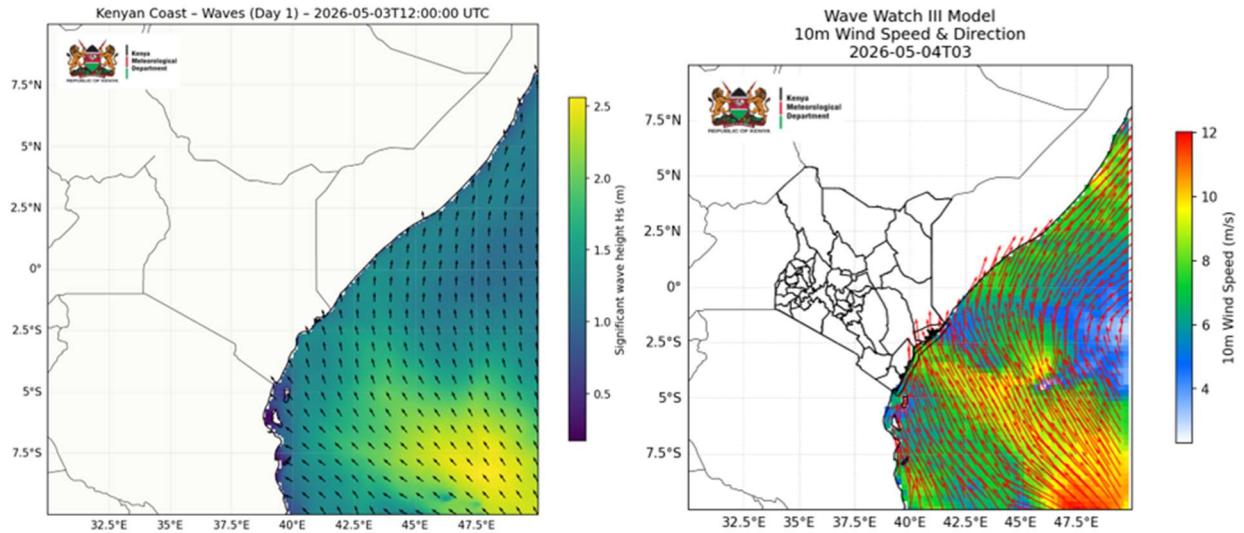
- **Slight to moderate sea condition with wave heights of 0.2 - 2.5 m (0.6 - 7.5 ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.**
- **Light breeze to Strong breeze with wind speeds of 02–12 m/s (04 to 24 Knots) expected Somalia, Kenya, and Tanzania waters throughout the forecast period.**

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 4TH MAY, 2026 TO 10TH MAY, 2026.

2.1 Monday 4th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.5 m to 2.5m (\approx 1.5– 7.5ft)

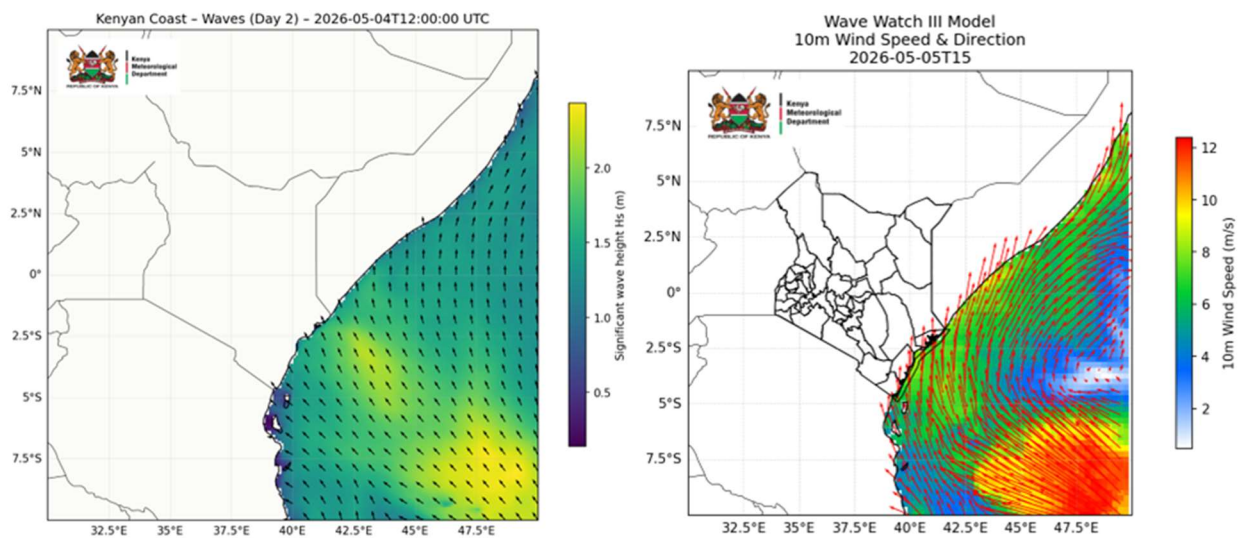
10m Winds: 08-24 knots (\approx 4– 12m/s)



2.2 Tuesday 5th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

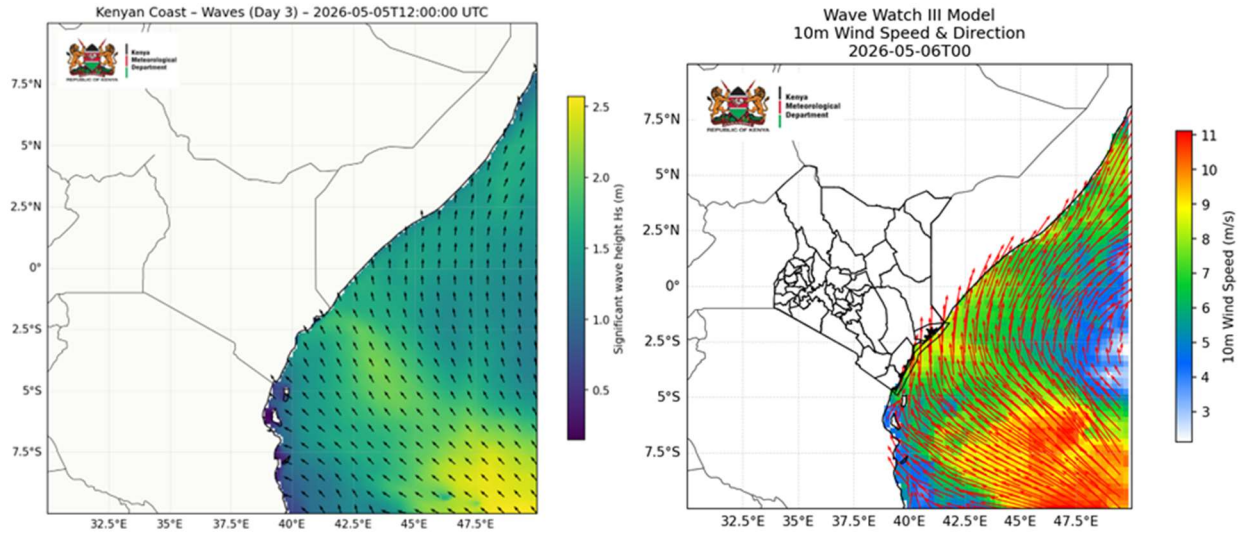
Wave height: 0.5 m to 2.0m (\approx 1.5 - 6.0ft)

10m Winds: 04-24 knots (\approx 2 – 12m/s)



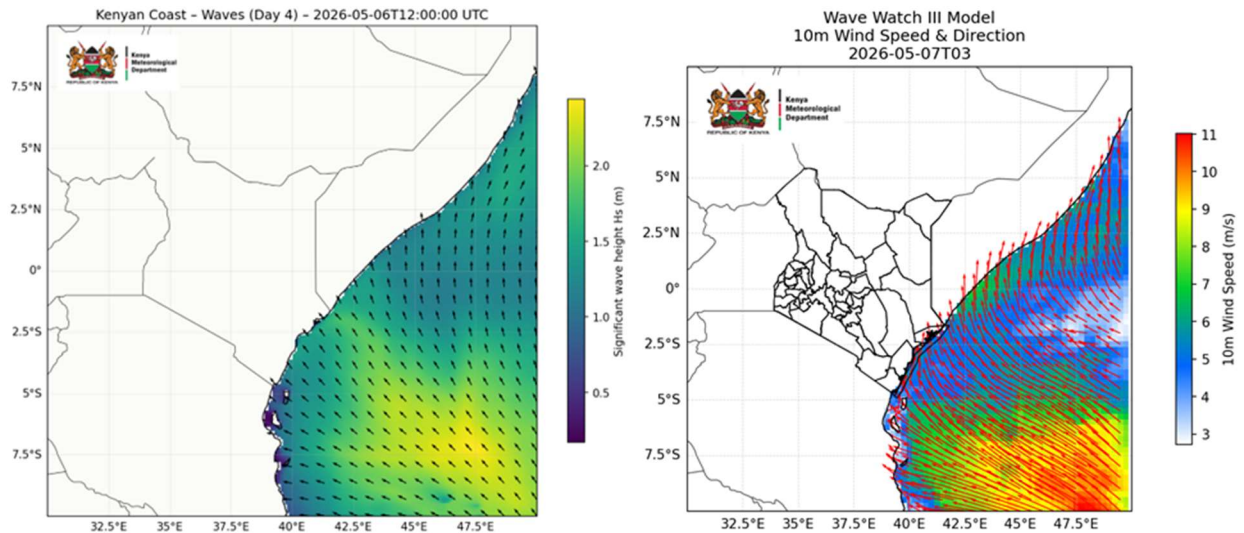
2.3 Wednesday 6th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.5m to 2.5m ($\approx 1.5-7.5$ ft) 10m Winds: 06 -22 knots ($\approx 3-11$ m/s)



2.4 Thursday 7th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

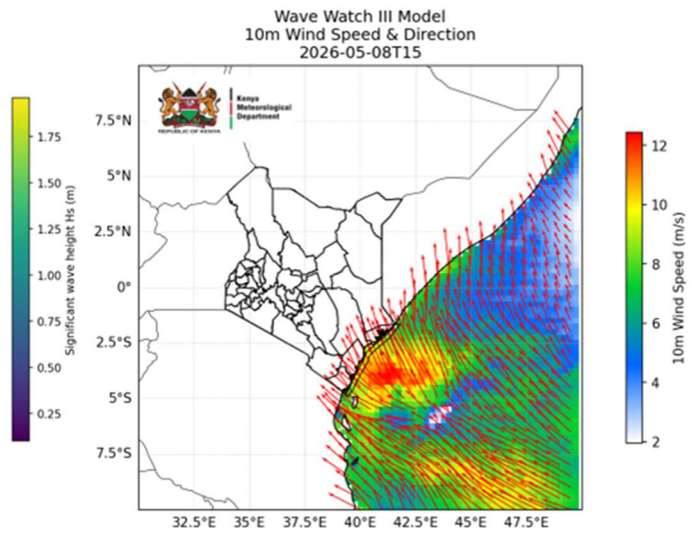
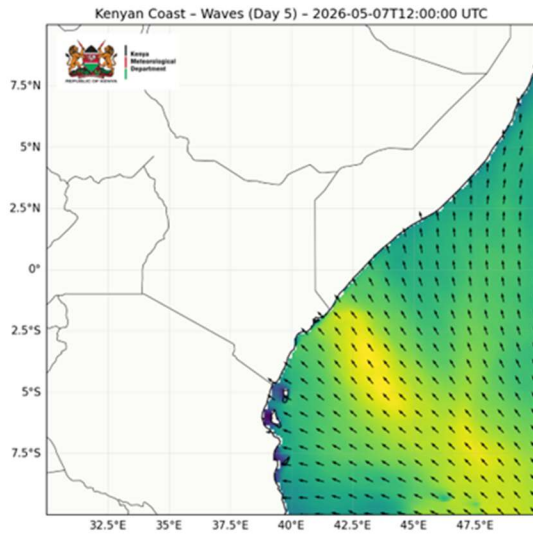
Wave height: 0.5 m to 2.0m ($\approx 1.5-6.0$ ft) 10m Winds: 06-22knots ($\approx 3-11$ m/s)



2.5 Friday 8th May,2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.25 m to 1.75m (\approx 0.75–5.25 ft) .

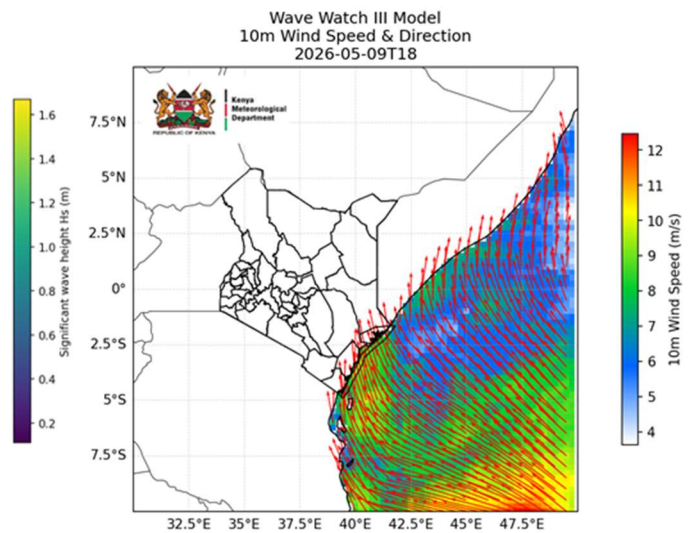
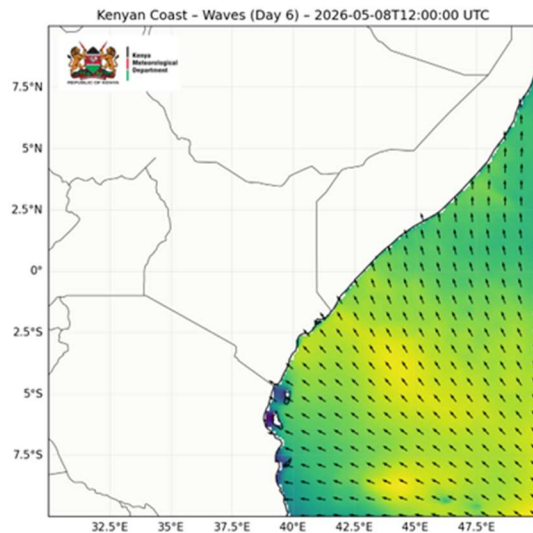
10m Winds: 04-24knots (\approx 2– 12m/s)



2.6 Saturday 9th ,May 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

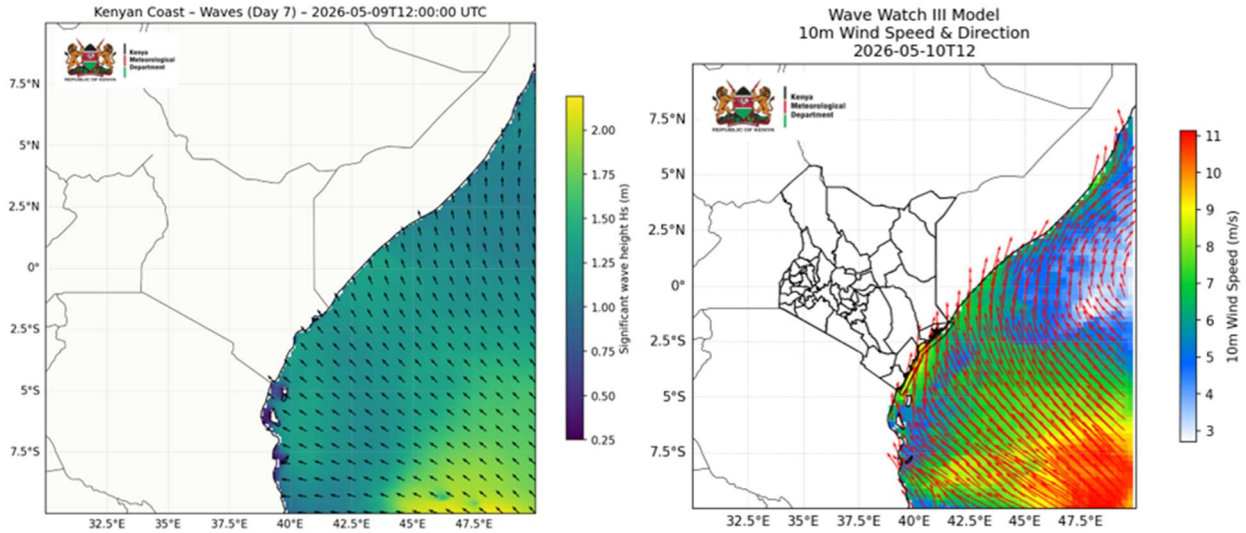
Wave height: 0.2 m to 1.6m (\approx 0.6– 5.4ft)

10m Winds: 08-24knots (\approx 4 – 12m/s)



2.7 Sunday 10th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.25 m to 2.0m (≈ 0.75– 6.0ft) 10m Winds: 06-22 knots (≈ 3 – 11m/s)

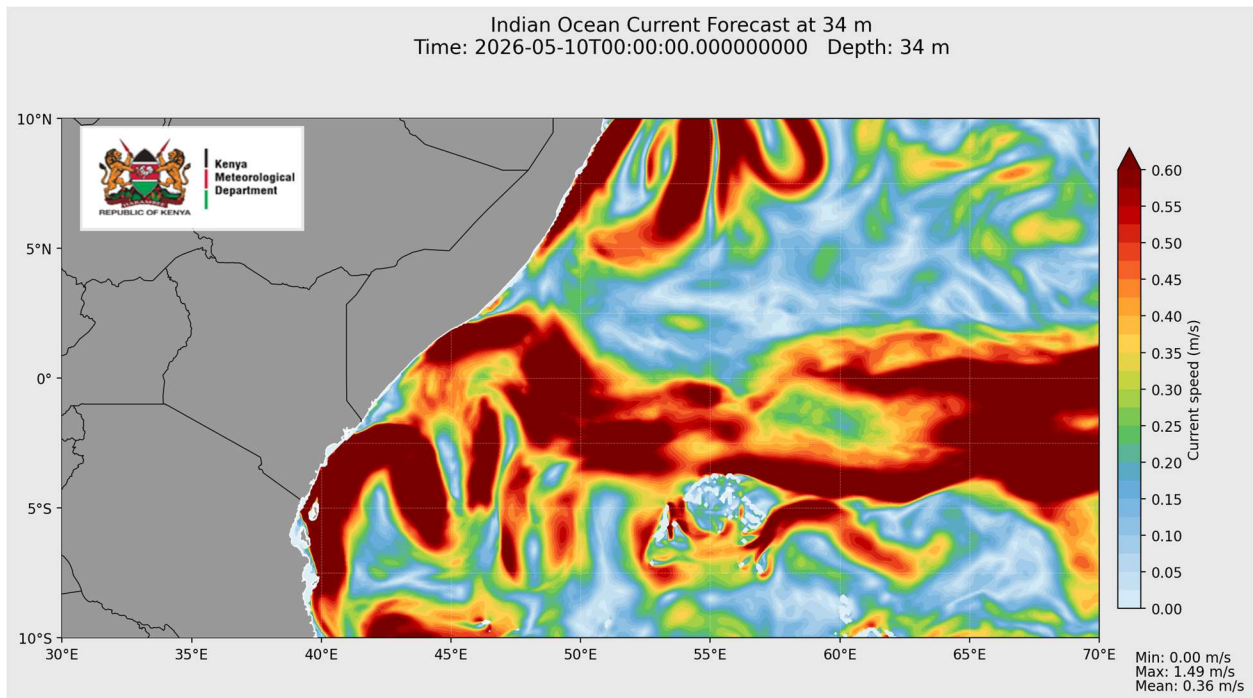


3.0 TIDE FORECAST VALID FROM 4TH MAY, 2026 TO 10TH MAY, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Mon 4th May, 2026	1st Tide	05:16 AM	3.28 m	11:16 AM	0.60 m
	2nd Tide	05:25 PM	3.77 m	11:50 PM	0.53 m
Tue 5th May, 2026	1st Tide	05:45 AM	3.16 m	11:44 AM	0.74 m
	2nd Tide	05:54 PM	3.63 m		
Wed 6th May, 2026	1st Tide	06:17 AM	3.00 m	12:21 AM	0.69 m
	2nd Tide	06:26 PM	3.44 m	12:14 PM	0.93 m

Thu 7th May, 2026	1st Tide	06:53 AM	2.82 m	12:55 AM	0.89 m
	2nd Tide	07:03 PM	3.22 m	12:46 PM	1.14 m
Fri 8th May, 2026	1st Tide	07:41 AM	2.63 m	01:33 AM	1.09 m
	2nd Tide	07:52 PM	2.99 m	01:25 PM	1.36 m
Sat 9th May, 2026	1st Tide	08:53 AM	2.50 m	02:21 AM	1.28 m
	2nd Tide	09:07 PM	2.79 m	02:18 PM	1.57 m
Sun 10th May, 2026	1st Tide	10:25 AM	2.51 m	03:30 AM	1.42 m
	2nd Tide	10:38 PM	2.72 m	03:49 PM	1.70 m

**4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S)
FORECAST VALID 04/05/2026 TO 10/05/2026**



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. K.Langat.

FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT