



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/05-2026/MARINE/19

Date: Issued on 6th May, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 07/05/2026 - 13/05/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

South-Easterly to South-Westerly winds are expected over Somalia waters with wind speeds of 06 to 24 knots (03-12 m/s) throughout the forecast period.

South-South-Easterly to South-South-Westerly winds are expected over Kenya and Tanzania waters with wind speeds of 04 to 18 knots (02-09 m/s) throughout the forecast period.

1.2 Sig. Wave Height and Direction:

East-South-Easterly to South-South-Westerly waves are expected over Somalia, Kenya, and Tanzania waters with wave heights of 0.2–2.2m (\approx 0.6–6.6ft) throughout the forecast period.

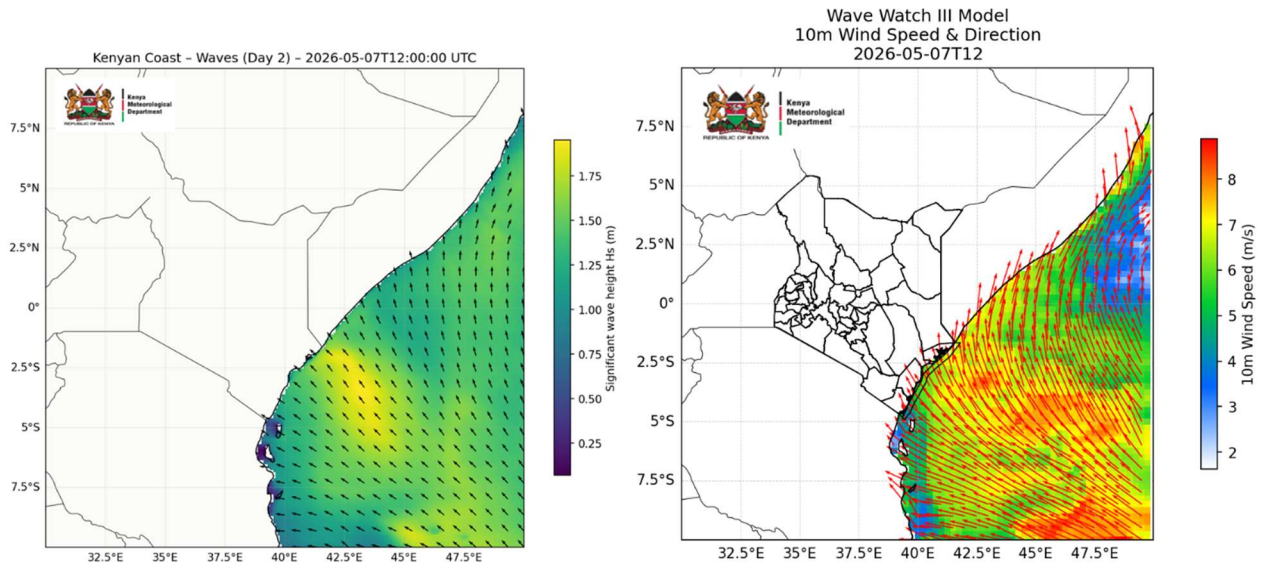
1.3 Sea conditions

- Slight to moderate sea condition with wave heights of 0.2-2.2m (0.6-6.6ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
- Light breeze to strong breeze with wind speeds of 03–12m/s (06 to 24 Knots) expected over Somalia waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 02–09m/s (04 to 18 Knots) expected Kenya, and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 7TH MAY, 2026 TO 13TH MARCH, 2026.

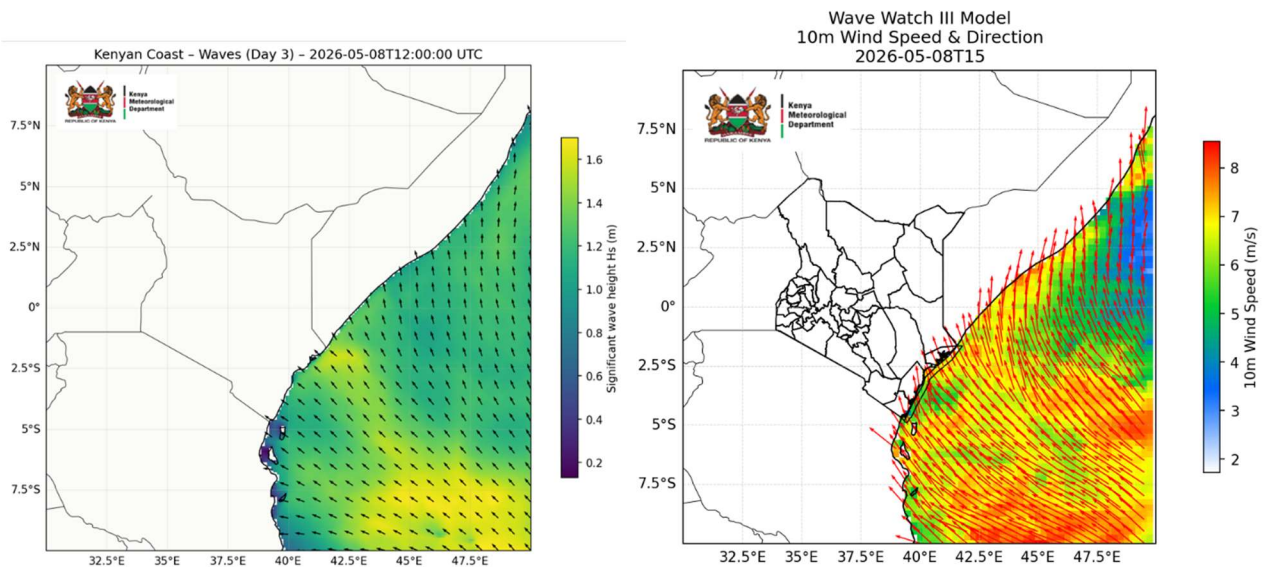
2.1 Thursday 7th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.2 m to 1.8m (\approx 0.6– 5.4ft) 10m Winds: 04 -16 knots (\approx 2– 8m/s)



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

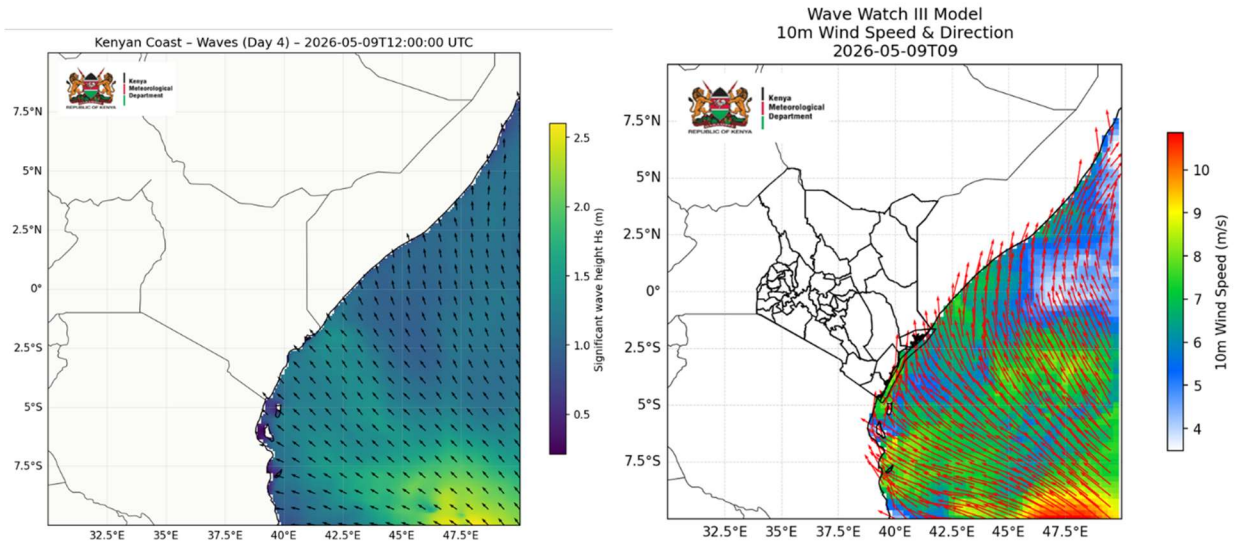
Wave height: 0.2 m to 1.6m (\approx 0.6– 4.8ft) 10m Winds: 04-16 knots (\approx 2 – 8m/s)



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

Wave height: 0.4 m to 2.2m (\approx 1.2– 6.6ft)

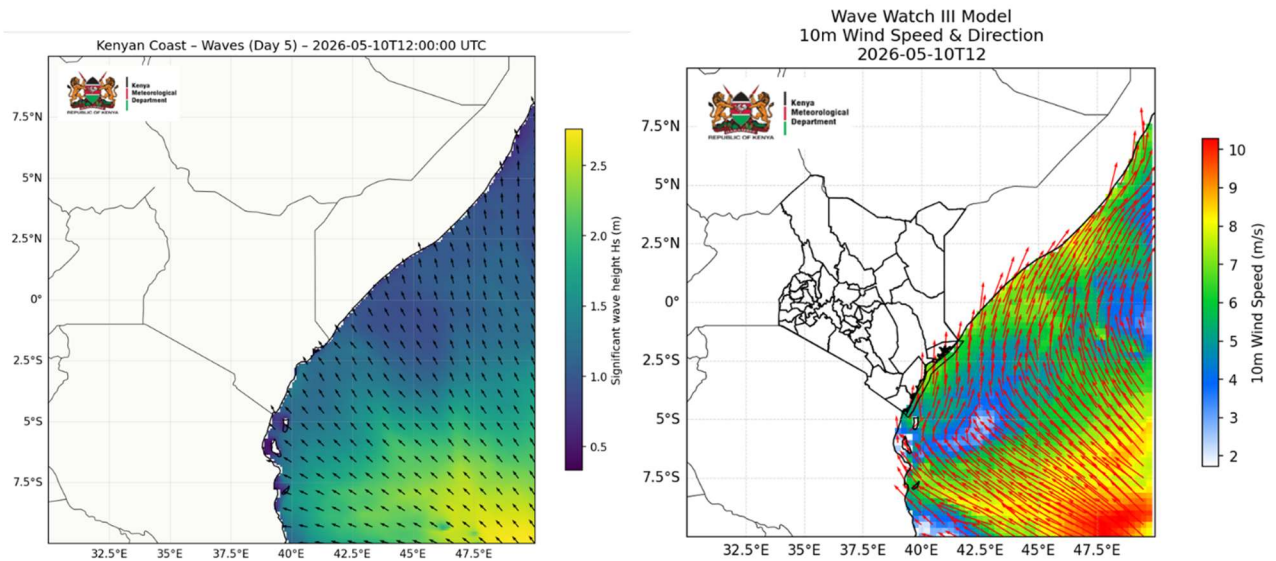
10m Winds: 08-20 knots (\approx 4– 10m/s)



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

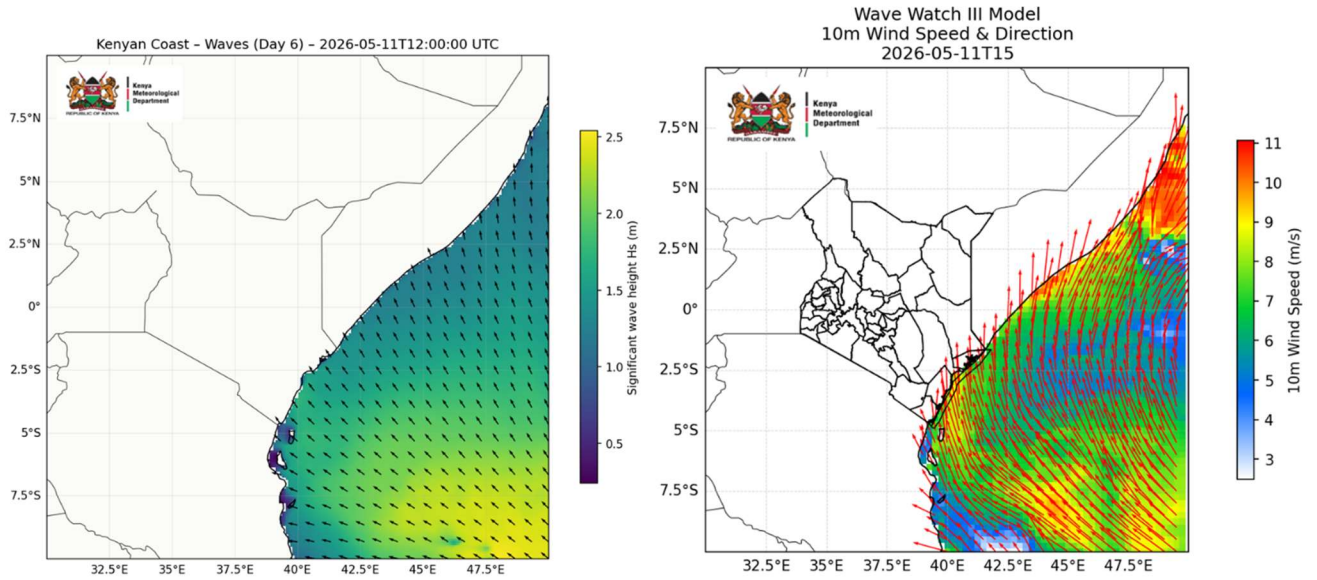
Wave height: 0.4 m to 2.2m (\approx 1.2– 6.6ft)

10m Winds: 04-20knots (\approx 2 – 10m/s)



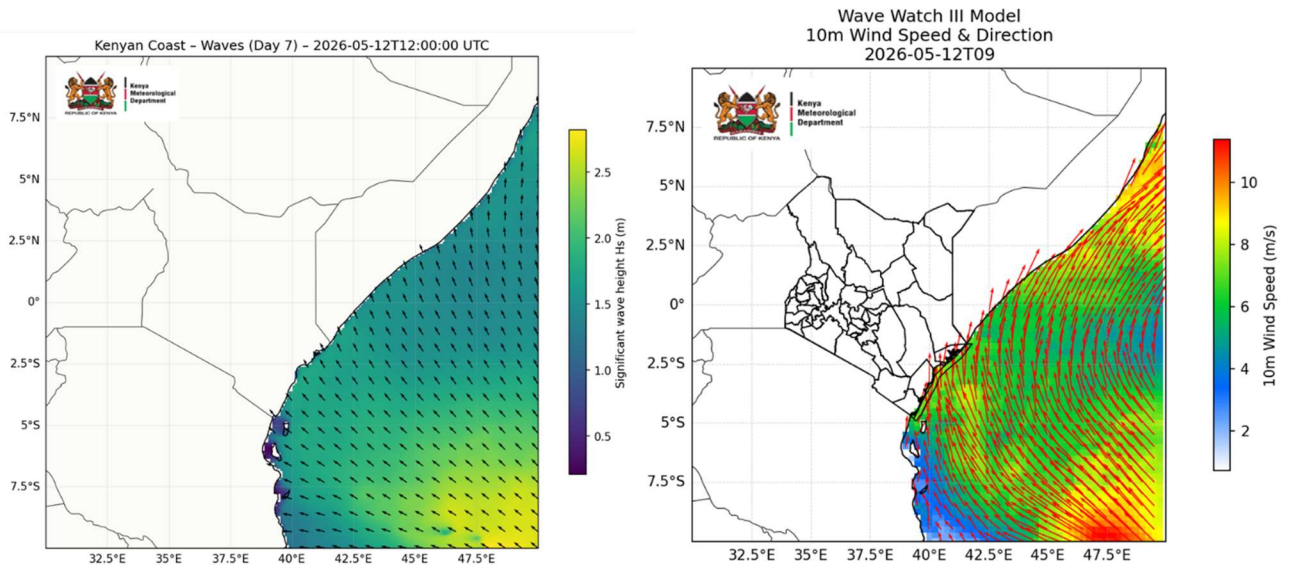
2.5 Monday 11th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.4 m to 2.2m (\approx 1.2– 6.6ft) 10m Winds: 06-20 knots (\approx 3 – 11m/s)



2.6 Tuesday 12th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

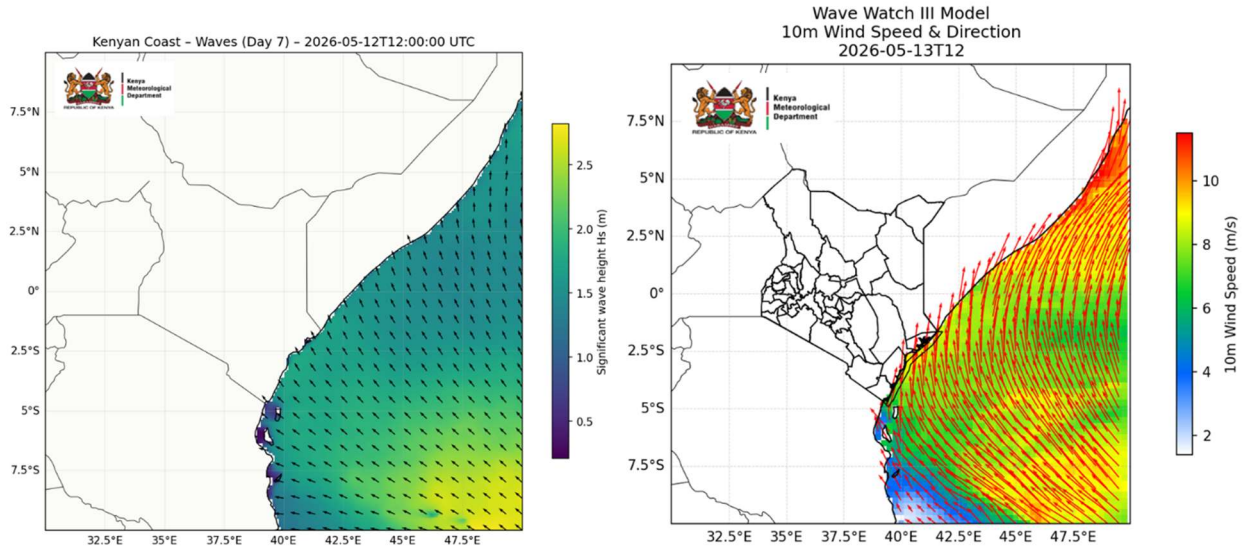
Wave height: 0.4 m to 2.2m (\approx 1.2– 6.6ft) 10m Winds: 02-20 knots (\approx 2– 10 m/s)



2.7 Wednesday 13th May, 2026, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.4 m to 2.2m (≈ 1.2– 6.6ft)

10m Winds: 02-22 knots (≈ 2– 11 m/s)

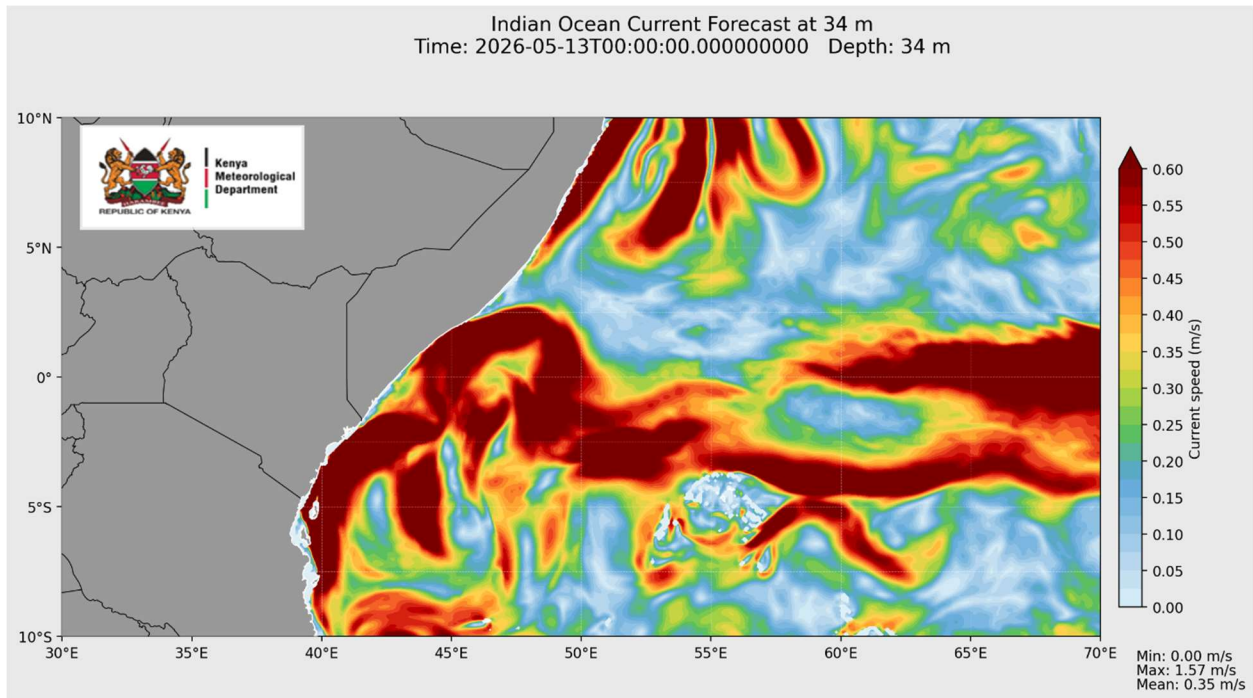


3.0 TIDE FORECAST VALID FROM 6TH MAY, 2026 TO 13TH MAY, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Thu 7 th May, 2026	1 st Tide	07:07 AM	2.55 m	01:02 AM	0.82 m
	2 nd Tide	07:15 PM	2.95 m	12:48 PM	1.06 m
Fri 8 th May, 2026	1 st Tide	07:50 AM	2.39 m	01:43 AM	1.00 m
	2 nd Tide	07:59 PM	2.73 m	01:28 PM	1.26 m
Sat 9 th May, 2026	1 st Tide	08:52 AM	2.26 m	02:36 AM	1.17 m
	2 nd Tide	08:52 AM	2.26 m	02:36 AM	1.17 m
Sun 10 th May, 2026	1 st Tide	10:23 AM	2.25 m	03:53 AM	1.28 m
	2 nd Tide	10:36 PM	2.41 m	04:16 PM	1.54 m

Mon 11th May, 2026	1st Tide	11:55 AM	2.41 m	05:21 AM	1.25 m
	2nd Tide			06:05 PM	1.41 m
Tue 12th May, 2026	1st Tide	12:09 AM	2.45 m	06:30 AM	1.12 m
	2nd Tide	12:58 PM	2.69 m	07:15 PM	1.13 m
Wed 13th May, 2026	1st Tide	01:17 AM	2.61 m	07:21 AM	0.94 m
	2nd Tide	01:46 PM	3.02 m	08:05 PM	0.81 m

**4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S)
FORECAST VALID 07/05/2026 TO 13/05/2026**



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.

PETER MUGI MURIITHI
FOR DIRECTOR OF KENYA METEOROLOGICAL DEPARTMENT