



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/21

Date: Issued on 22nd May, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 23/05/2026 - 29/05/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

South-South-Easterly to South-Westerly winds are expected over Somalia waters with wind speeds of 10 to 28 knots (05-14 m/s) throughout the forecast period.

East-South-Easterly to South-South-Westerly winds are expected over Kenya and Tanzania waters with wind speeds of 06 to 21 knots (3-11.5 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 0.25–2.4m ($\approx$ 0.75–7.2ft) throughout the forecast period.

1.3 Sea condition

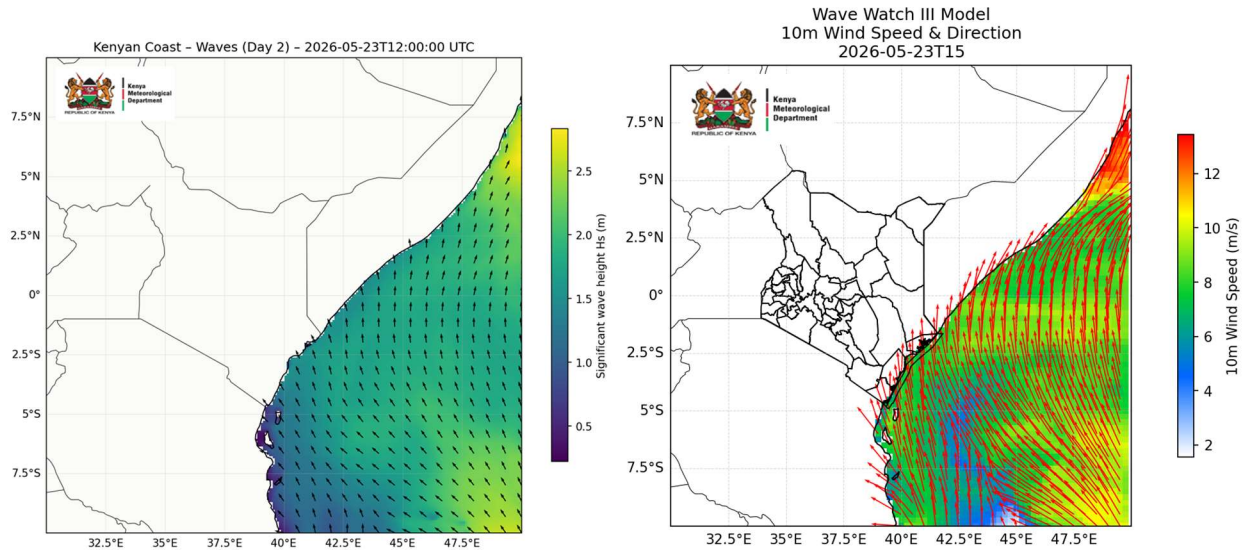
- Gentle breeze to strong breeze with wind speeds of 05–14m/s (10 to 28 Knots) expected over Somalia waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 3–11.5m/s (06 to 21 Knots) expected Kenya and Tanzania waters throughout the forecast period.
- Slight to moderate sea condition with wave heights of 0.25–2.4m ($\approx$ 0.75–7.2ft ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 23RD MAY, 2026 TO 29TH MAY, 2026.

2.1 Saturday 23rd May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.3 m to 2.7m ($\approx$ 0.9– 8.1ft)

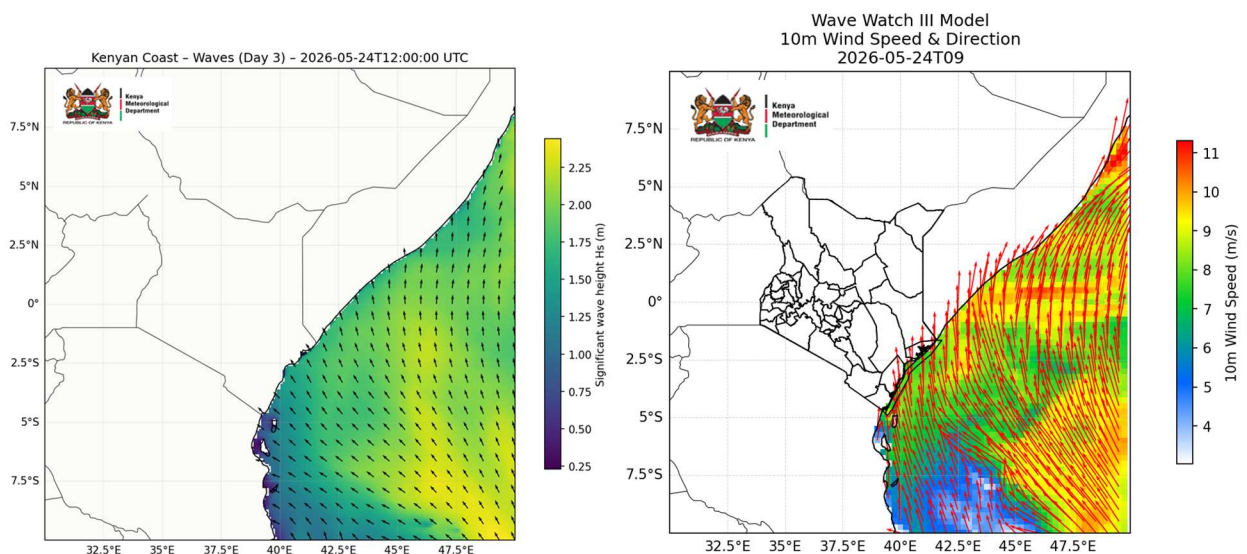
10m Winds: 04-24 knots ($\approx$ 2– 12m/s)



2.2 Sunday 24th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

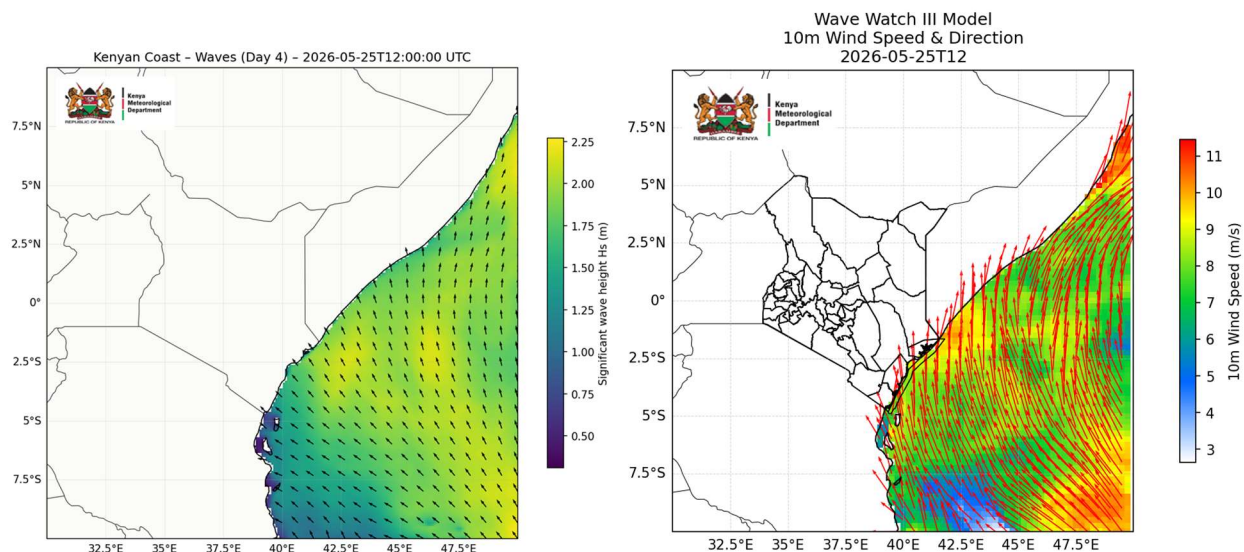
Wave height: 0.4 m to 2.7m ($\approx$ 1.2– 8.1ft)

10m Winds: 04-28knots ($\approx$ 2 – 14m/s)



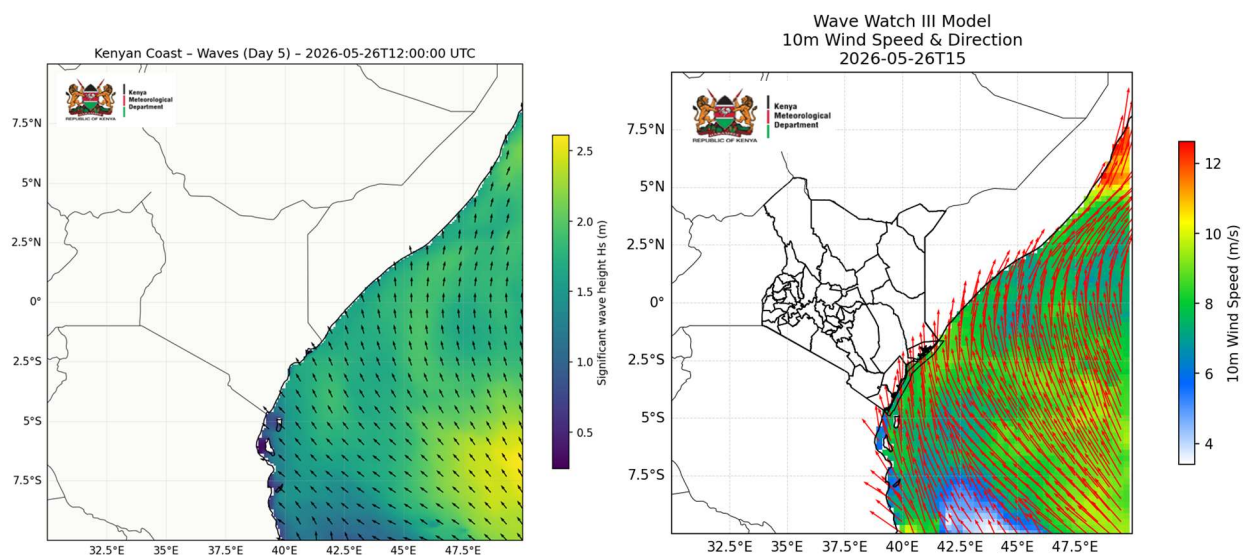
2.3 Monday 25th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.3 m to 2.7m ($\approx$ 0.9– 8.1ft) 10m Winds: 06-24 knots ($\approx$ 3 – 12m/s)



2.4 Tuesday 26th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

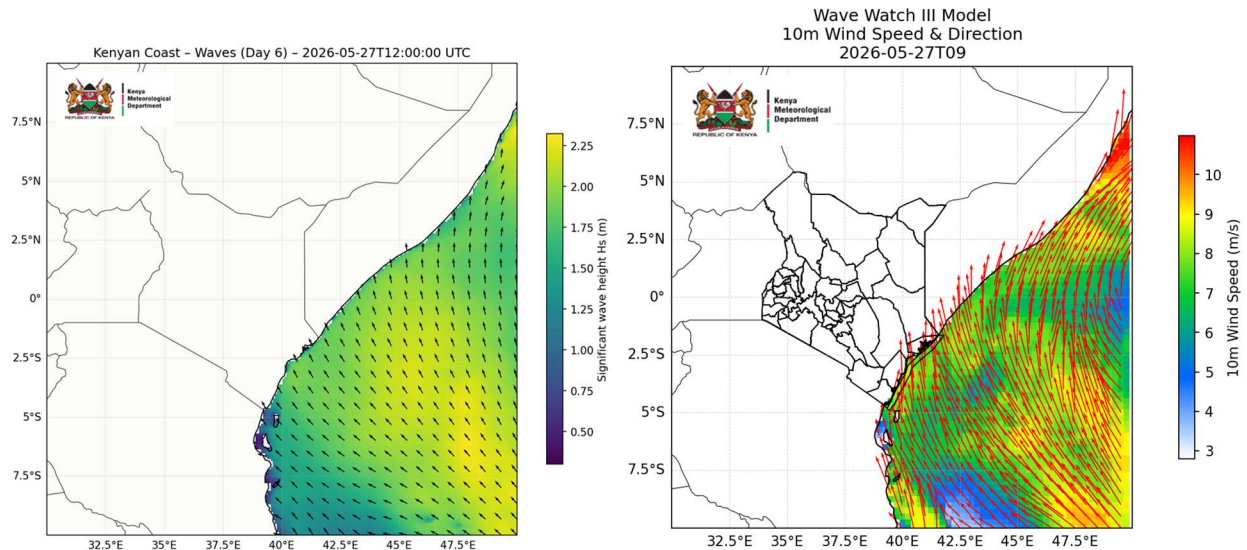
Wave height: 0.3 m to 2.5m ($\approx$ 0.9– 7.5ft) 10m Winds: 04-22 knots ($\approx$ 3– 11 m/s)



2.5 Wednesday 27th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.4 m to 2.7m ($\approx$ 1.2– 8.1ft)

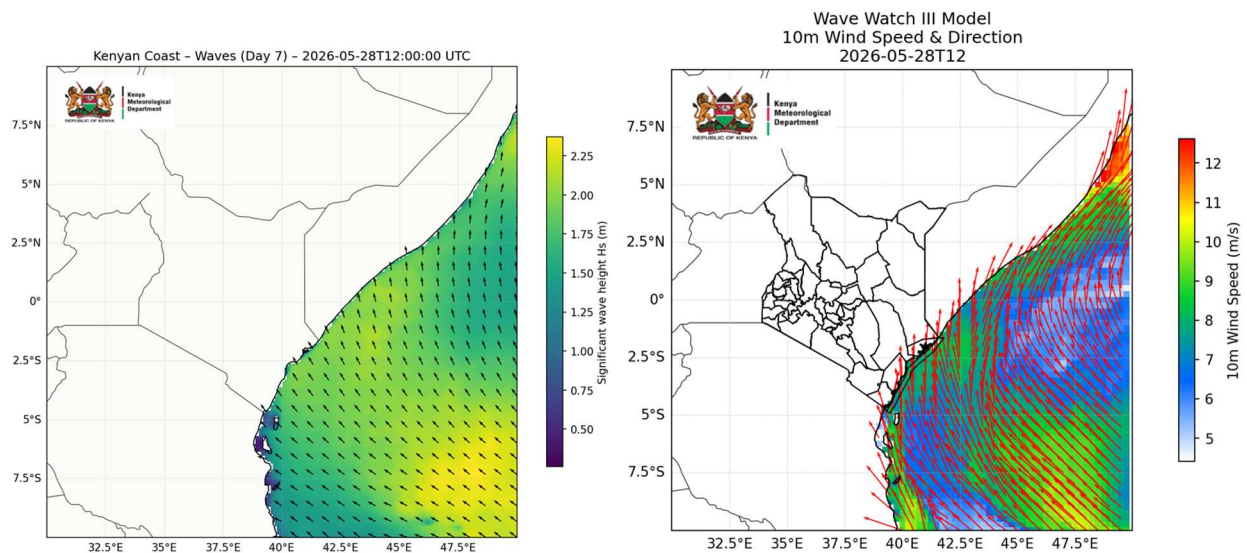
10m Winds: 06-24 knots ($\approx$ 3– 12 m/s)



2.6 Thursday 28th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

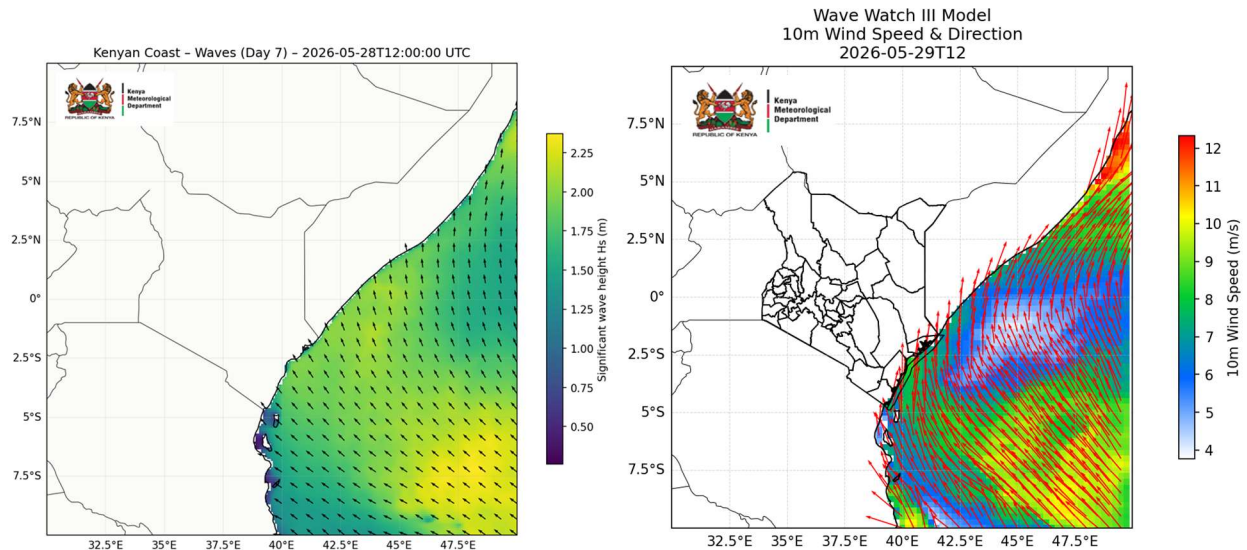
Wave height: 0.4 m to 2.5m ($\approx$ 1.2– 7.5ft)

10m Winds: 06 -24 knots ($\approx$ 3– 12m/s)



2.7 Saturday 29th May, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.4 m to 2.7m ($\approx$ 1.2– 8.1ft) 10m Winds: 08-26 knots ($\approx$ 4 – 13m/s)

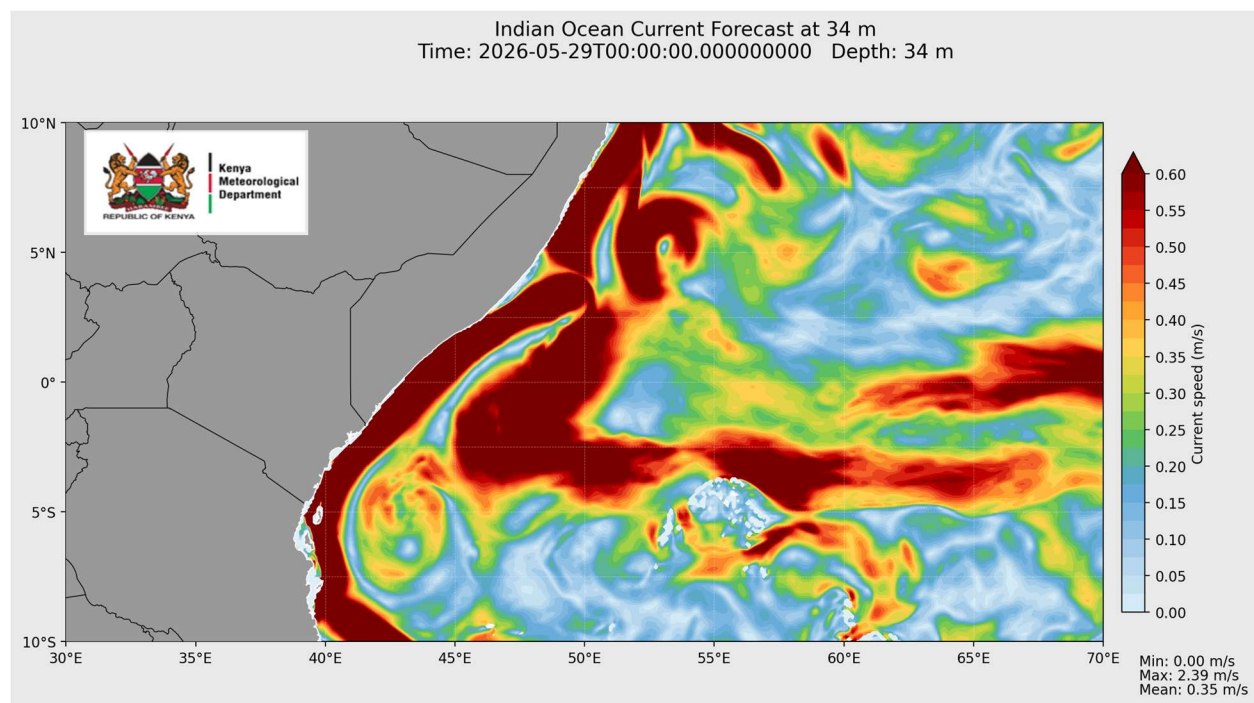


3.0 TIDE FORECAST VALID FROM 23RD MAY, 2026 TO 29TH MAY, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Sat 23 rd May, 2026	1 st Tide	09:28 AM	2.58 m	03:03 AM	0.89 m
	2 nd Tide	09:45 PM	2.67 m	03:23 PM	1.23 m
Sun 24 th May, 2026	1 st Tide	10:51 AM	2.58 m	04:15 AM	1.03 m
	2 nd Tide	11:11 PM	2.51 m	05:01 PM	1.30 m
Mon 25 th May, 2026	1 st Tide	12:10 PM	2.70 m	05:31 AM	1.07 m
	2 nd Tide			06:30 PM	1.20 m
Tue 26 th May, 2026	1 st Tide	12:32 AM	2.48 m	06:36 AM	1.04 m
	2 nd Tide	01:11 PM	2.88 m	07:35 PM	1.04 m

Wed 27th May, 2026	1st Tide	01:20 AM	2.84 m	07:29 AM	1.03 m
	2nd Tide	01:47 PM	3.38 m	08:18 PM	0.95 m
Thu 28th May, 2026	1st Tide	02:25 AM	2.61 m	08:10 AM	0.89 m
	2nd Tide	02:39 PM	3.20 m	09:02 PM	0.72 m
Fri 29th May, 2026	1st Tide	02:50 AM	2.99 m	08:48 AM	0.84 m
	2nd Tide	03:03 PM	3.63 m	09:31 PM	0.67 m

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 23/05/2026 TO 29/05/2026



KEY ON SEA STATE

WAVE HEIGHT RANGE (Meters)	DESCRIPTION	IMPACT
0.6 – 1.0 m ($\approx$ 1.8 – 3.0 ft)	Slight	Conditions suitable for Marine activities
1.0 – 1.9 m ($\approx$ 3.0 – 5.7 ft)	Slight – Moderate	
2.0 – 2.9 m ($\approx$ 6.0 – 8.7 ft)	Moderate-Rough	Caution on operating marine activities
3.0 – 4.0 m ($\approx$ 9.0 – 12.0 ft)	Rough	Warning in place!!!! Warning in place and marine activities on hold
4.1 – 5.5 m ($\approx$ 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 – $\geq$ 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