



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/06-2026/MARINE/27

Date: Issued on 28th June, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 29/06/2026 - 05/07/2026

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 12 to 29 knots (06-14.5 m/s) throughout the forecast period.

East-South-Easterly to South-Westerly winds are expected over Kenya and Tanzania waters with wind speeds of 06 to 20 knots (03-10 m/s) throughout the forecast period.

1.2 Sig. Wave Height and Direction:

East-South-Easterly to South-South-Easterly waves are expected over Somalia, Kenya, and Tanzania waters with wave heights of 0.3-2.9 m ($\approx$ 0.9–8.7 ft) throughout the forecast period.

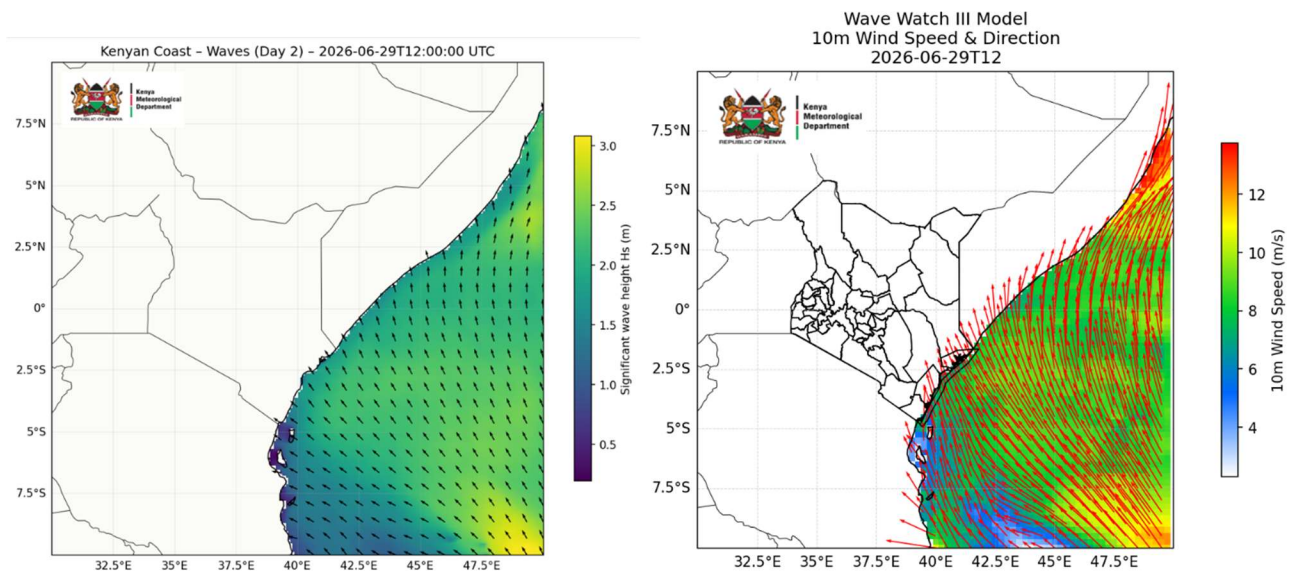
1.3 Sea condition

- Gentle breeze to strong breeze with wind speeds of 0.6–14.5m/s (14 to 29 Knots) expected over Somalia waters throughout the forecast period.
- Light breeze to fresh breeze with wind speeds of 03-10m/s (06 to 20 Knots) expected Kenya, and Tanzania waters throughout the forecast period.
- Slight to moderate sea condition with wave heights of 0.3–2.9m ($\approx$ 0.9–8.7ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 29TH JUNE, 2026 TO 5TH JULY, 2026.

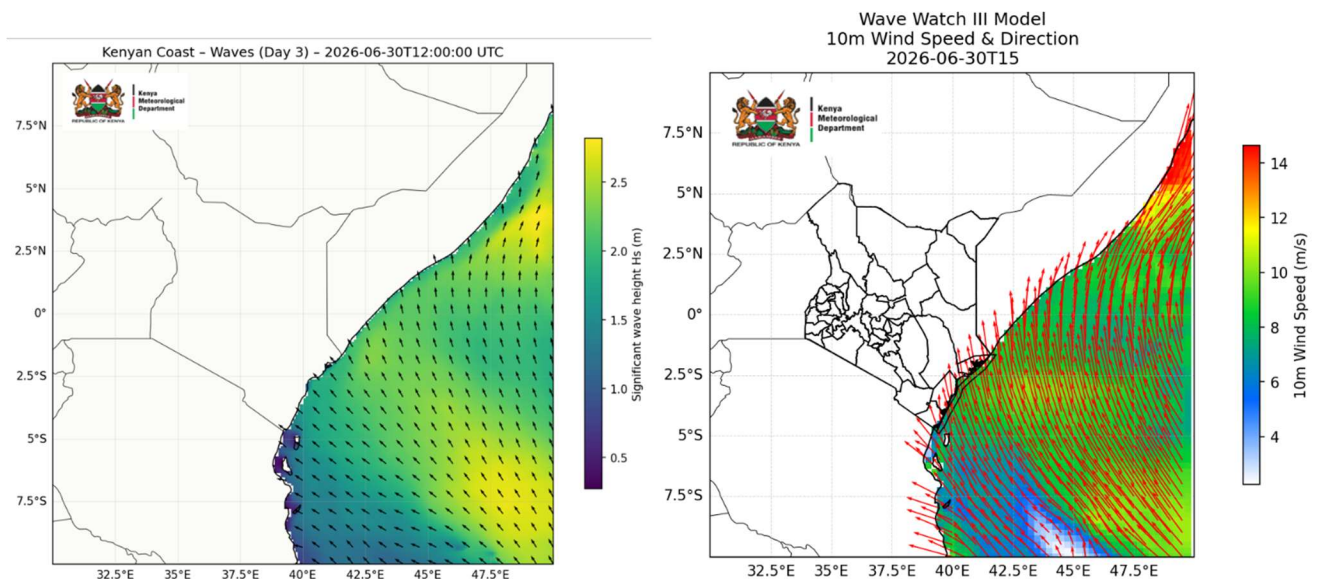
2.1 Monday 29th June, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.3 m to 2.5m ($\approx$ 0.9– 7.5ft) 10m Winds: 06 -28 knots ($\approx$ 3– 14m/s)



2.2 Tuesday 30th June, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

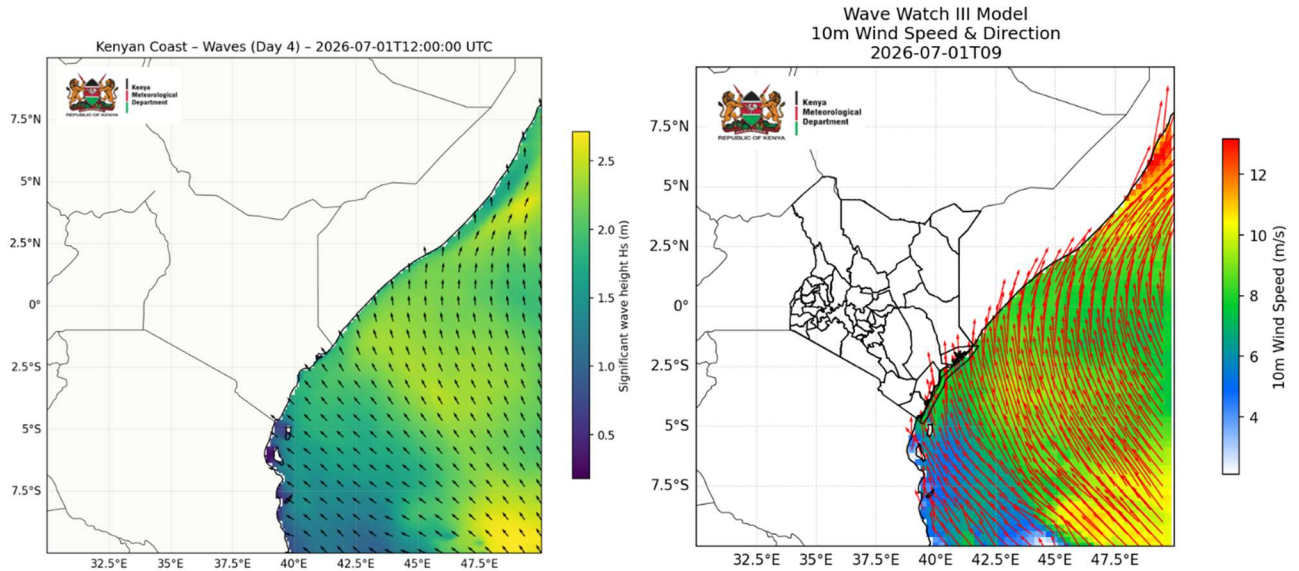
Wave height: 0.4 m to 2.5m ($\approx$ 1.2– 7.5ft) 10m Winds: 04-24 knots ($\approx$ 02 – 12m/s)



2.3 Wednesday 1st July, 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– 7.5 ft)

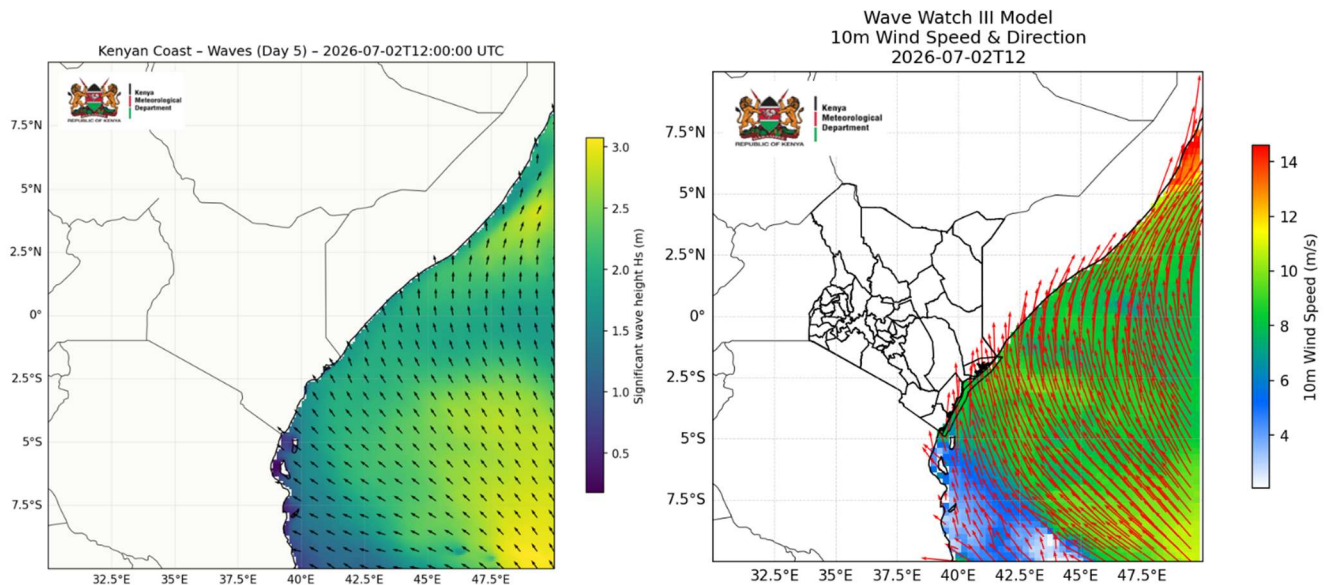
10m Winds: 08-28 knots ($\approx$ 4– 14m/s)



2.4 Thursday 2nd July, 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)

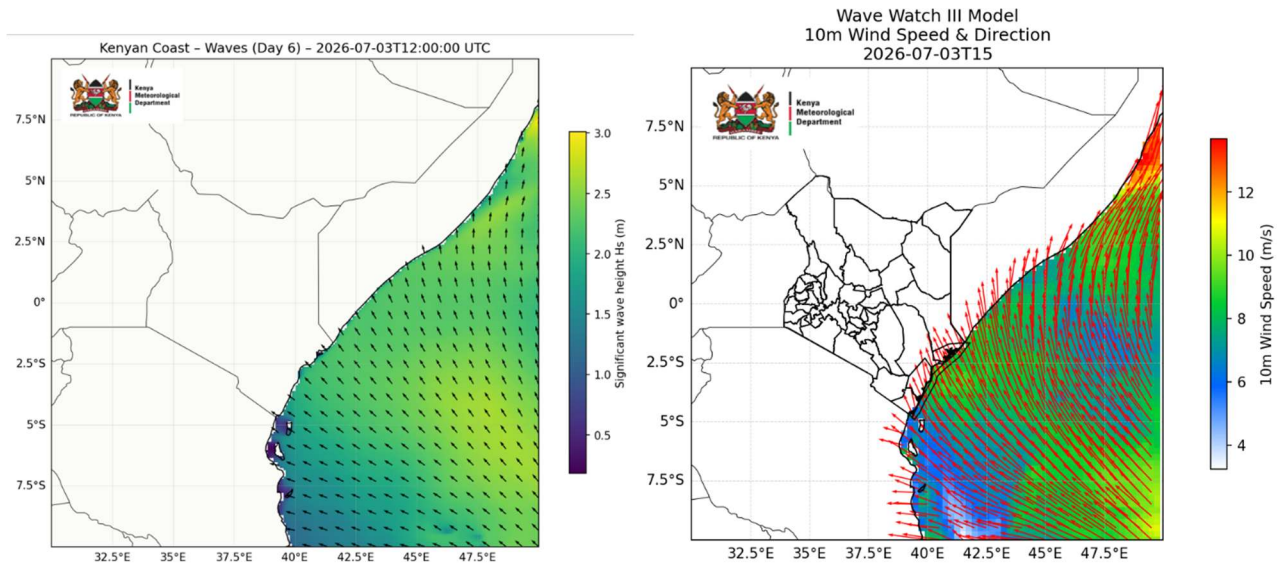
10m Winds: 08-26knots ($\approx$ 4 – 13m/s)



2.5 Friday 3rd July, 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)

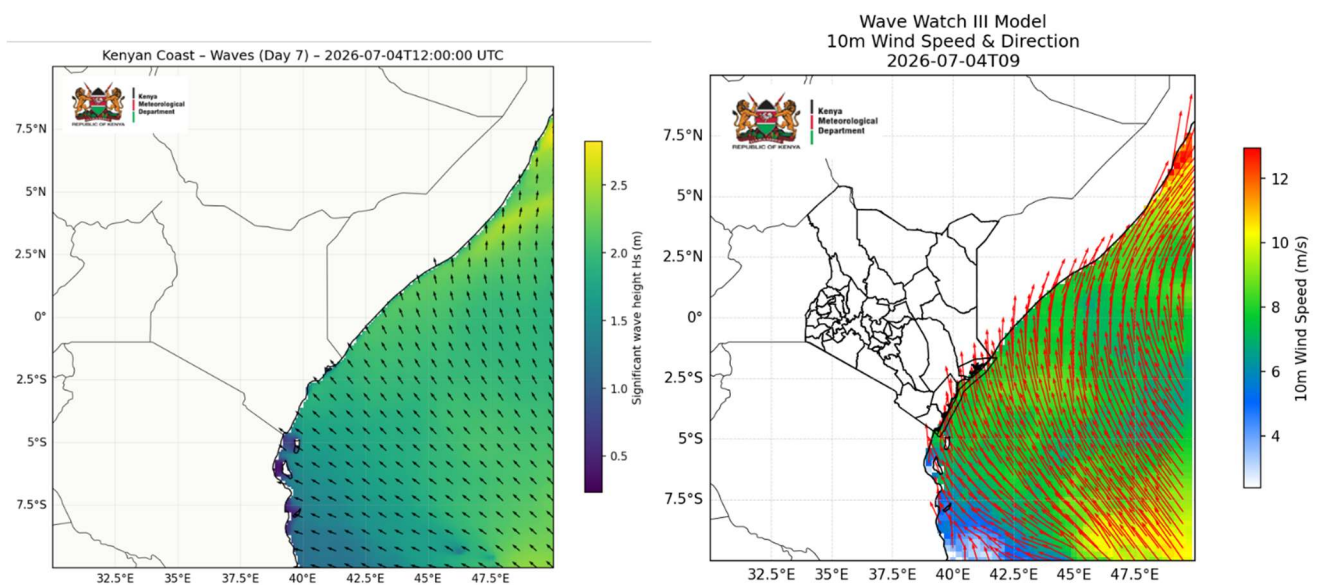
10m Winds: 08-25 knots ($\approx$ 04 – 12.5m/s)



2.6 Saturday 4th July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.3 m to 2.5m ($\approx$ 0.6- 7.5ft)

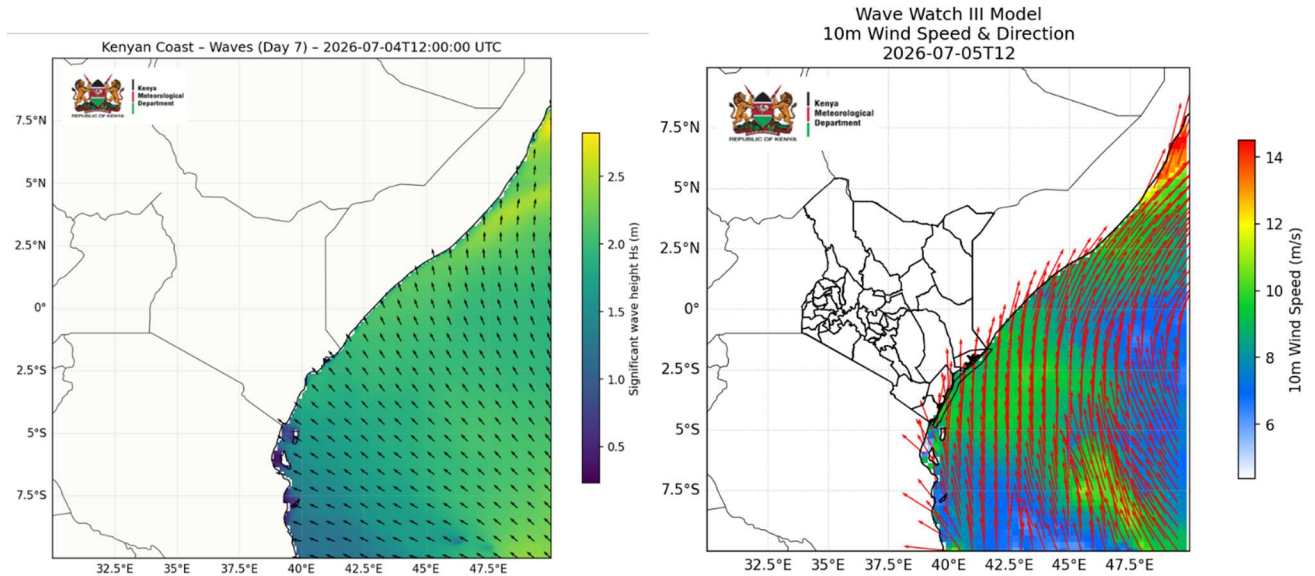
10m Winds: 08-28 knots ($\approx$ 04– 14 m/s)



2.7 Sunday 5th July, 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: 04-28 knots ($\approx$ 2– 14 m/s)

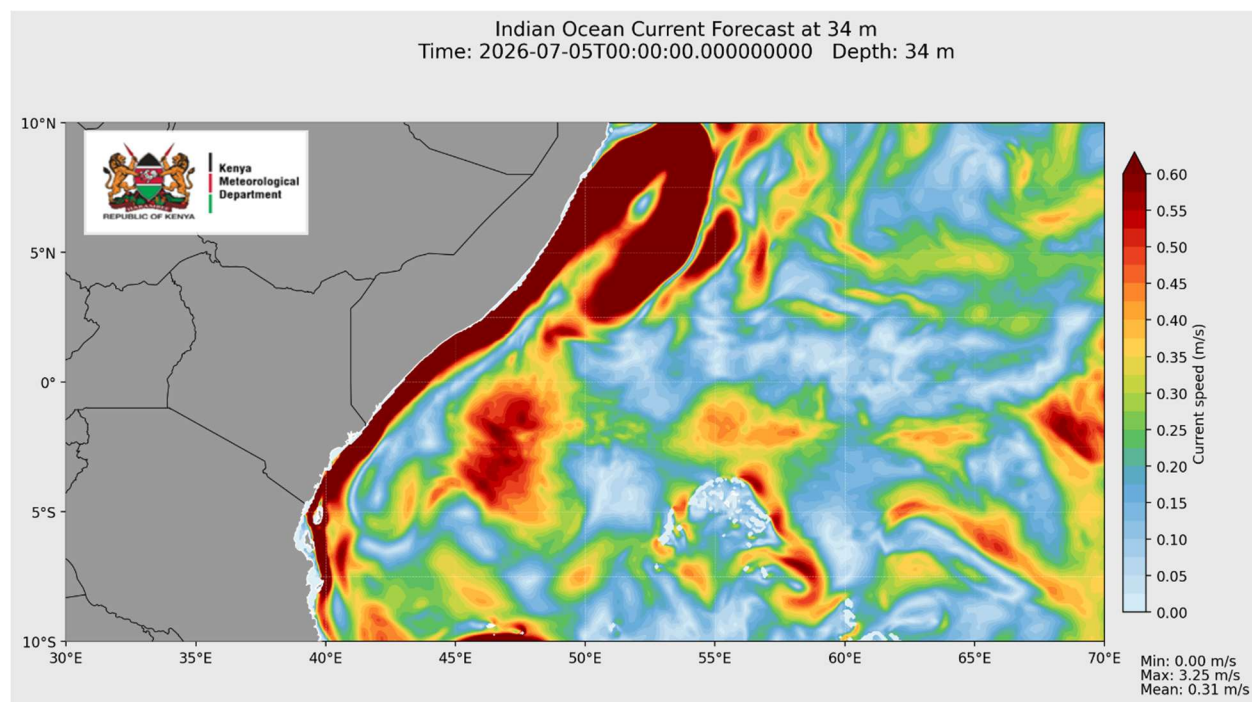


3.0 TIDE FORECAST VALID FROM 29TH JUNE, 2026 TO 5TH JULY, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Mon 29 th June, 2026	1 st Tide	4:02 AM	2.59 m	09:41 AM	0.88 m
	2 nd Tide	4:06 PM	3.26 M	10:03 PM	0.60 m
Tue 30 th June, 2026	1 st Tide	4:37 AM	2.69 m	10:18 AM	0.81 m
	2 nd Tide	4:40 PM	3.33 M	10:06 PM	0.52 m
Wed 1 st July, 2026	1 st Tide	5:11 AM	2.77 m	10:53 AM	0.77 m
	2 nd Tide	5:15 PM	3.35 M	10:38 PM	0.47 m
Thur 2 nd July, 2026	1 st Tide	5:44 AM	2.83 m	11:28 AM	0.76 m
	2 nd Tide	5:46 PM	3.34 M		

Fri 3rd July, 2026	1st Tide	6:18 AM	2.86 m	00:09 AM	0.46 m
	2nd Tide	6:19 PM	3.28 M	12:03 PM	0.77 m
Sat 4th July, 2026	1st Tide	6:52 AM	2.88 m	00:40 AM	0.48 m
	2nd Tide	6:54 PM	3.18 m	12:39 PM	0.81 m
Sun 5th July, 2026	1st Tide	7:18 AM	2.66 m	1:05 AM	0.41 m
	2nd Tide	7:18 PM	2.77 m	1:13 PM	0.75 m

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 29/06/2026 TO 05/07/2026



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.

Dr Okello and Mr. Muriithi.
Duty Analysts
Marine Forecasting Services

For
DIRECTOR,
KENYA METEOROLOGICAL DEPARTMENT