



**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](mailto:director@meteo.go.ke), [info@meteo.go.ke](mailto:info@meteo.go.ke) **Website:** <http://www.meteo.go.ke>

---

**REF.NO: KMD/FCST/07-2026/MARINE/29**

**Date: Issued on 13<sup>th</sup> July, 2026**

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas**  
**Along the Western Indian Ocean Region**  
**Validity: 14/07/2026 - 20/07/2026**

**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 10 to 28 knots (05-14 m/s) throughout the forecast period.

South-Easterly to South-South-Westerly winds are expected over Kenya and Tanzania waters with wind speeds of 08 to 20 knots (04-10 m/s) throughout the forecast period.

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

East-southeasterly to South-Southwesterly waves are expected over Somalia, Kenya and Tanzania waters with wave heights of 0.4-2.5m ( $\approx$  1.2–7.5 ft) throughout the forecast period.

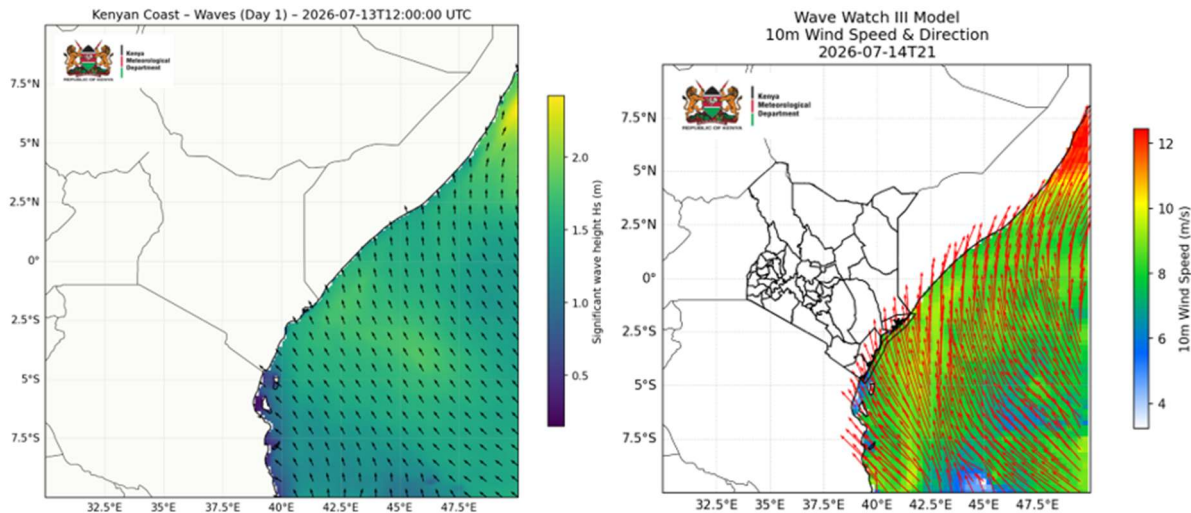
**1.3 Sea condition**

- 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 04-10m/s (08 to 20 Knots) expected Kenya, and Tanzania waters throughout the forecast period.
- Slight to moderate sea condition with wave heights of 0.4–2.5m ( $\approx$  1.2–7.5 ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.
-

## 2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 14<sup>TH</sup> JULY, 2026 TO 20<sup>TH</sup> JULY, 2026.

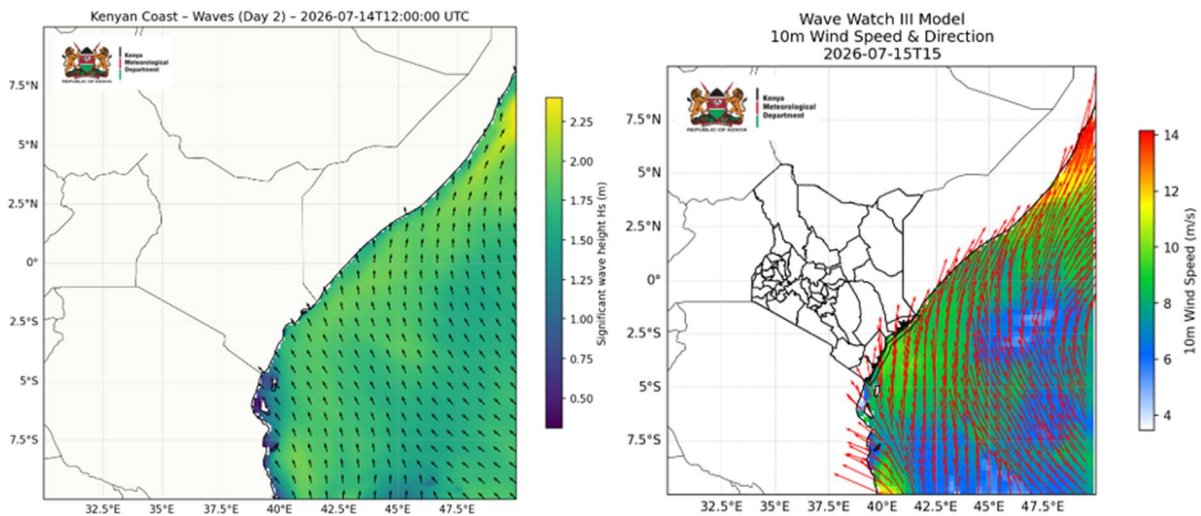
### 2.1 Tuesday 14<sup>th</sup> July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.4 m to 2.0m ( $\approx$  1.2- 6.0ft)      10m Winds: 08-24 knots ( $\approx$  04– 12 m/s)



### 2.2 Wednesday 15<sup>th</sup> July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

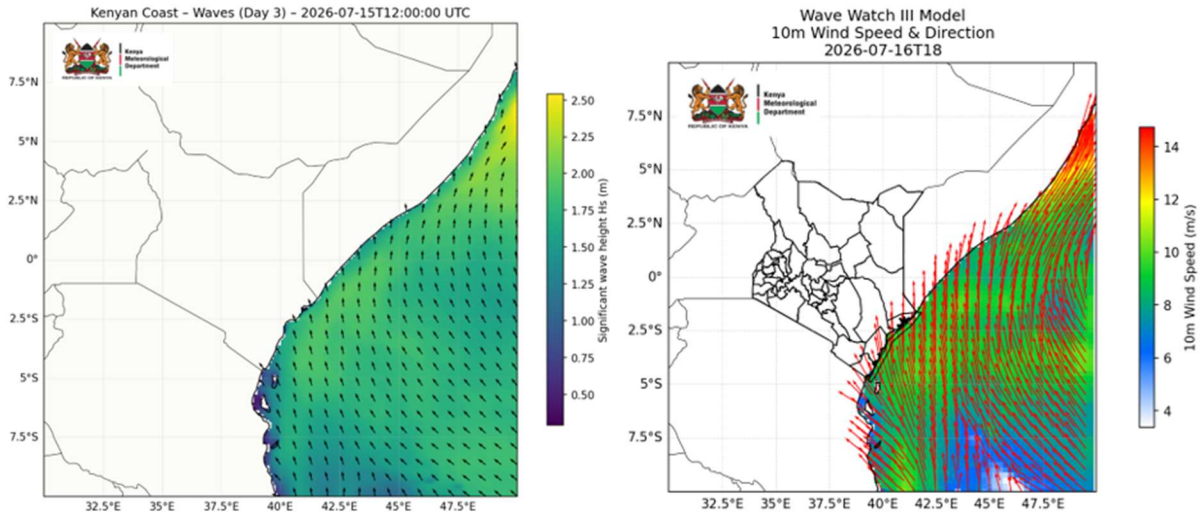
Wave height: 0.5 m to 2.25m ( $\approx$  1.5– 6.75ft)      10m Winds: 08-28 knots ( $\approx$  04– 14 m/s)



### 2.3 Thursday 16<sup>th</sup> July, 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)

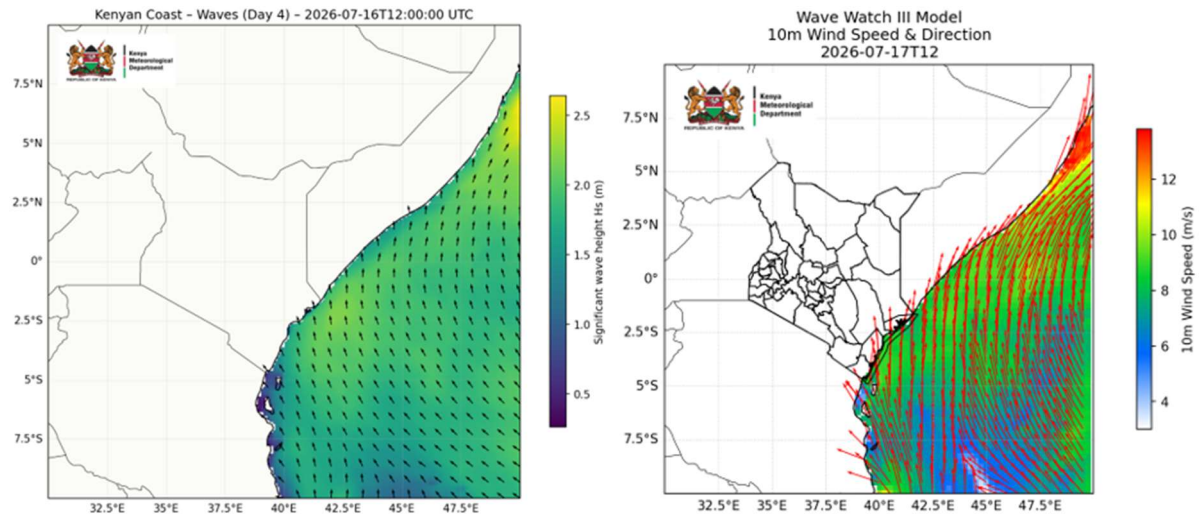
10m Winds: 08 -26 knots ( $\approx$  04– 14m/s)



### 2.4 Friday 17<sup>th</sup> July, 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)

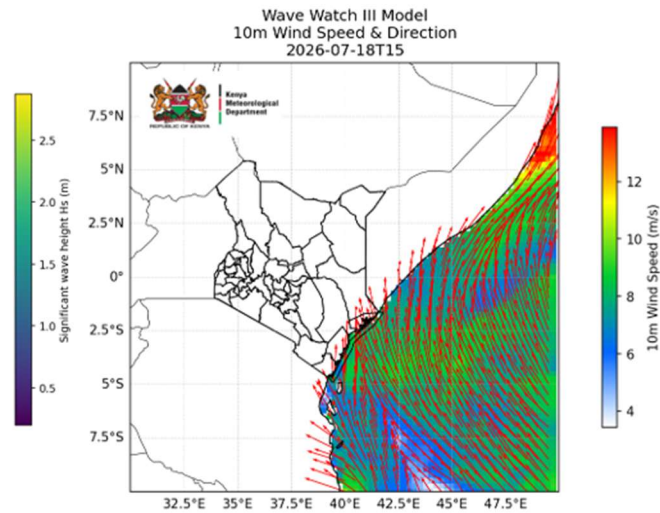
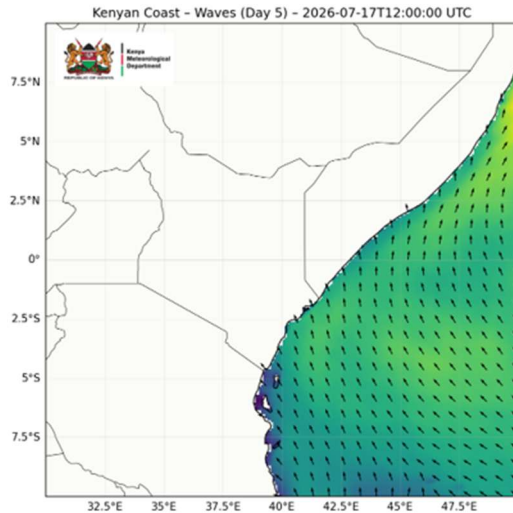
10m Winds: 12-24 knots ( $\approx$  06 – 12m/s)



## 2.5 Saturday 18<sup>th</sup> July, 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)

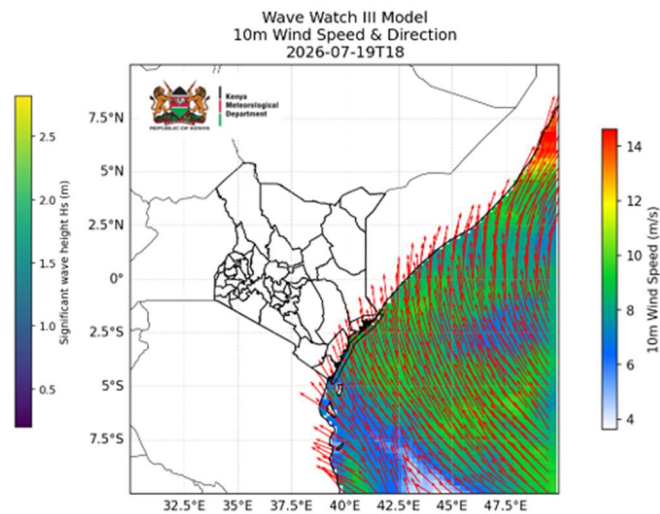
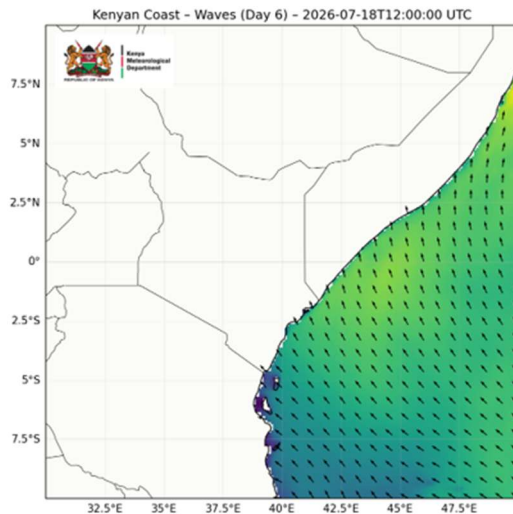
10m Winds: 08-24 knots ( $\approx$  04– 12m/s)



## 2.6 Sunday 19<sup>th</sup> July, 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: 08-28knots ( $\approx$  4 –14m/s)

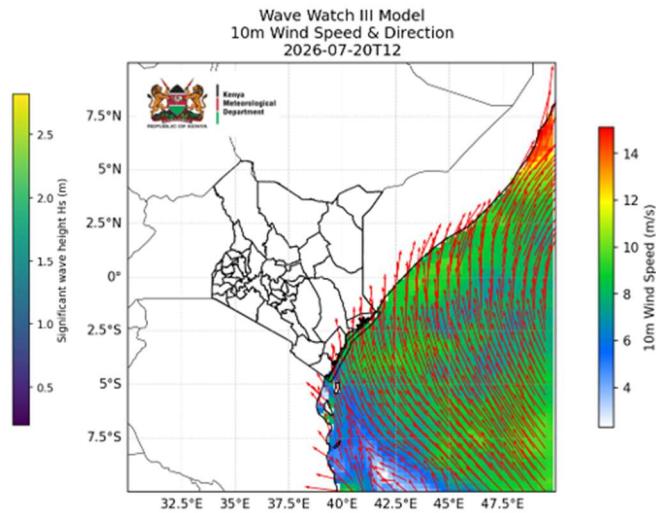
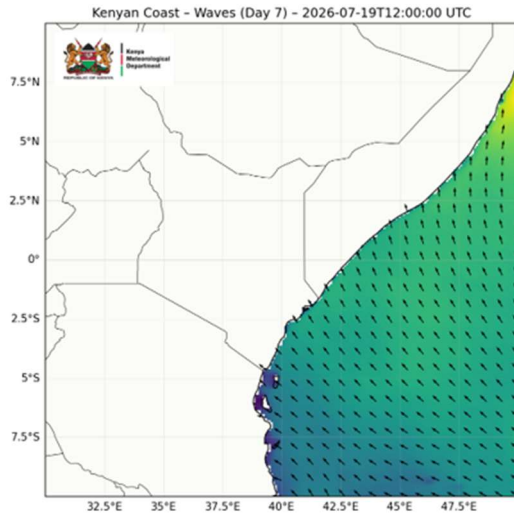




## 2.7 Monday 20<sup>th</sup> July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

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

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

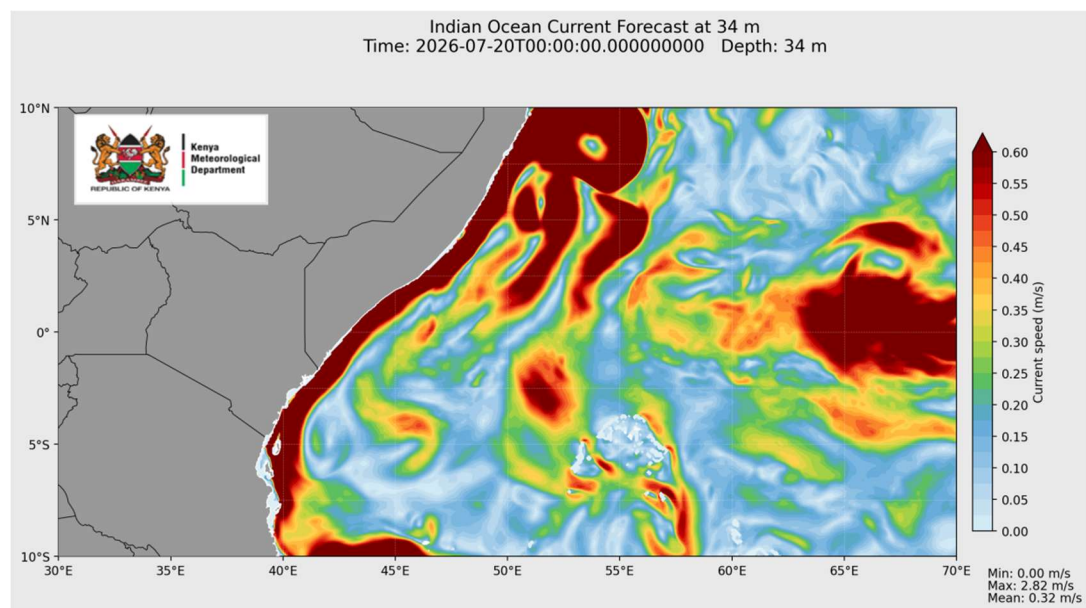


## 3.0 TIDE FORECAST VALID FROM 14<sup>TH</sup> JULY, 2026 TO 20<sup>TH</sup> JULY, 2026.

| Date                            | Description          | High Tide |        | Low Tide |        |
|---------------------------------|----------------------|-----------|--------|----------|--------|
|                                 |                      | Time      | Height | Time     | Height |
| Tue 14 <sup>th</sup> July, 2026 | 1 <sup>st</sup> Tide | 4:01 AM   | 2.84 m | 9:44 AM  | 0.54 m |
|                                 | 2 <sup>nd</sup> Tide | 4:14 PM   | 3.69 m | 10:40 PM | 0.22 m |
| Wed 15 <sup>th</sup> July, 2026 | 1 <sup>st</sup> Tide | 4:47 AM   | 3.04 m | 10:34 AM | 0.41 m |
|                                 | 2 <sup>nd</sup> Tide | 5:00 PM   | 3.75 m | 11:21 PM | 0.13 m |
| Thu 16 <sup>th</sup> July, 2026 | 1 <sup>st</sup> Tide | 5:31 AM   | 3.19 m | 11:21 AM | 0.34 m |
|                                 | 2 <sup>nd</sup> Tide | 5:43 PM   | 3.71 m |          |        |
| Fri 17 <sup>th</sup> July, 2026 | 1 <sup>st</sup> Tide | 6:13 AM   | 3.27 m | 00:01 AM | 0.12 m |
|                                 | 2 <sup>nd</sup> Tide | 6:24 PM   | 3.57 m | 12:07 PM | 0.37 m |
| Sat 18 <sup>th</sup> July, 2026 | 1 <sup>st</sup> Tide | 6:54 AM   | 3.28 m | 00:39 AM | 0.18 m |

|                                       |                            |         |        |          |        |
|---------------------------------------|----------------------------|---------|--------|----------|--------|
|                                       | <b>2<sup>nd</sup> Tide</b> | 7:05 PM | 3.35 m | 12:51 PM | 0.47 m |
| <b>Sun 19<sup>th</sup> July, 2026</b> | <b>1<sup>st</sup> Tide</b> | 7:35 AM | 3.21m  | 1:15 AM  | 0.32 m |
|                                       | <b>2<sup>nd</sup> Tide</b> | 7:44 PM | 3.07 m | 1:36 PM  | 0.64 m |
| <b>Mon 20<sup>th</sup> July, 2026</b> | <b>1<sup>st</sup> Tide</b> | 8:17 AM | 3.09 m | 1:52 AM  | 0.5 m  |
|                                       | <b>2<sup>nd</sup> Tide</b> | 8:24 PM | 2.77 m | 2:22 PM  | 0.85 m |

#### 4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 14/07/2026 TO 20/07/2026



#### KEY ON SEA STATE

| WAVE HEIGHT RANGE<br>(Meters)           | DESCRIPTION       | IMPACT                                                                         |
|-----------------------------------------|-------------------|--------------------------------------------------------------------------------|
| 0.6 – 1.0 m ( $\approx$ 1.8 – 3.0 ft)   | Slight            | <b>Conditions suitable for Marine activities</b>                               |
| 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    | <b>Caution on operating marine activities</b>                                  |
| 3.0 – 4.0 m ( $\approx$ 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 ( $\approx$ 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.<br>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.*

Dr Okello and Mr. K.Langat  
Duty Analysts  
Marine Forecasting Services

For DIRECTOR,  
KENYA METEOROLOGICAL DEPARTMENT