



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/07-2026/MARINE/29

Date: Issued on 19th July, 2026

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 20/07/2026 - 26/07/2026**

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 04 to 20 knots (02-10. 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 0.2-2.5 m ($\approx$ 0.6–7.5 ft) throughout the forecast period.

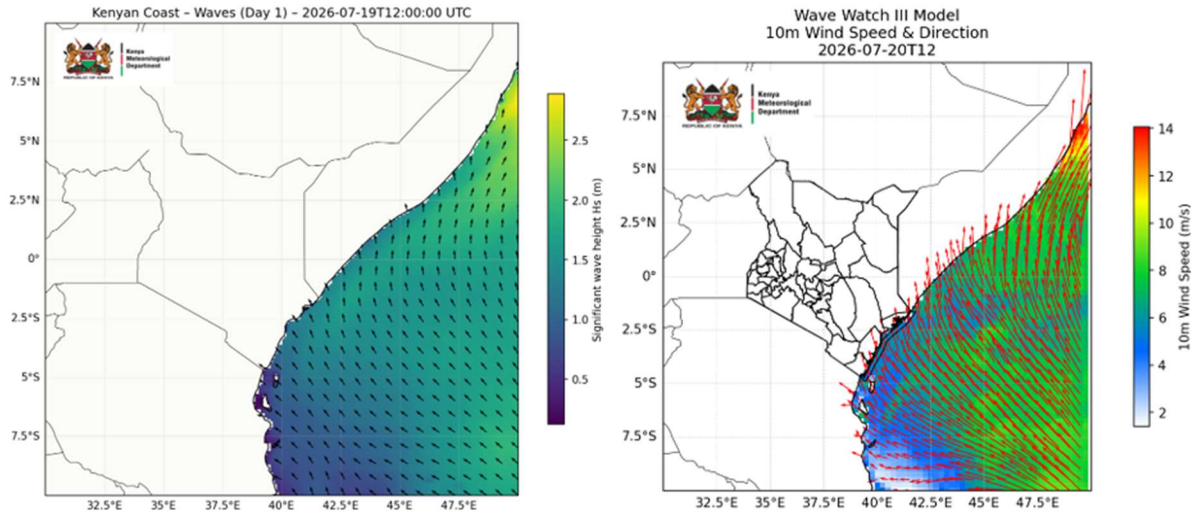
1.3 Sea condition

- Gentle breeze to strong breeze with wind speeds of 05–14 m/s (10 to 28 Knots) expected over Somalia waters throughout the forecast period.
- Light breeze to Fresh breeze with wind speeds of 02-10 m/s (04 to 20 Knots) expected over Kenya, and Tanzania waters throughout the forecast period.
- Slight to moderate sea condition with wave heights of 0.2–2.5 m ($\approx$ 0.6–7.5 ft) expected over the Somalia, Kenya and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 20TH JULY, 2026 TO 26TH JULY, 2026.

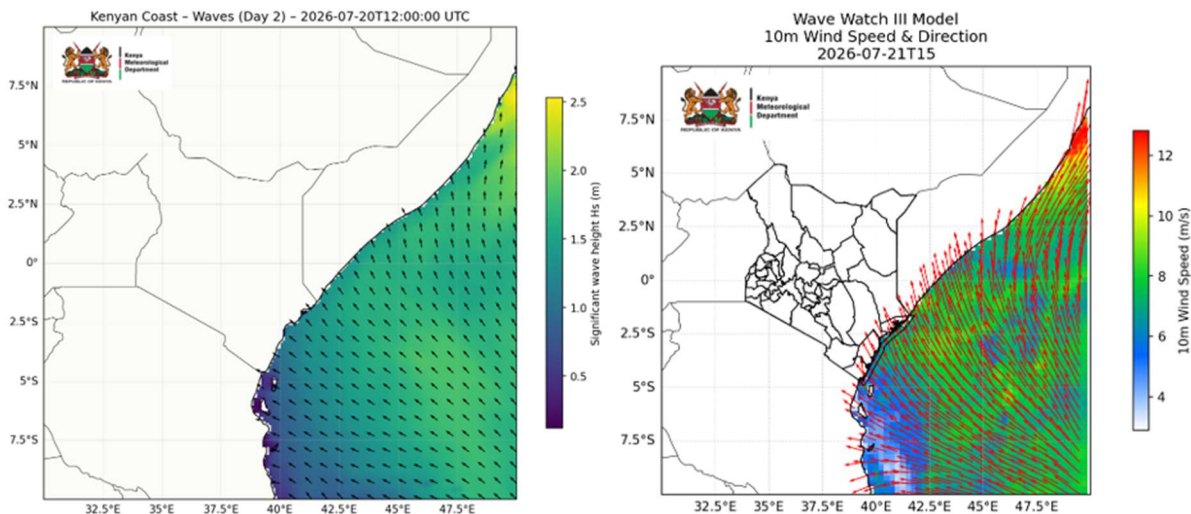
2.1 Monday 20th July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.3 m to 2.5m ($\approx$ 0.9 - 7.5ft) 10m Winds: 04-28 knots ($\approx$ 02– 14 m/s)



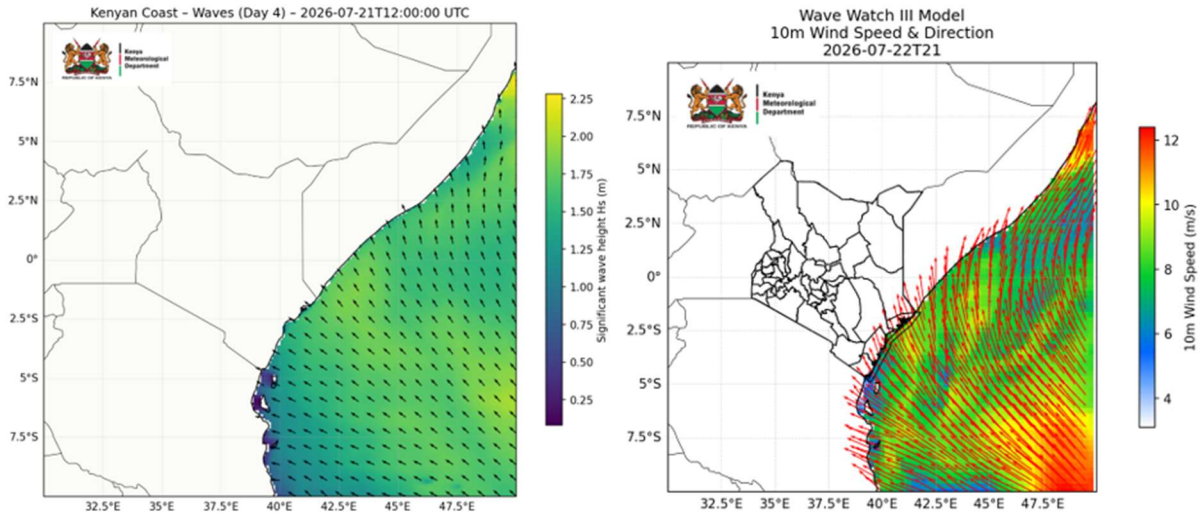
2.2 Tuesday 21st July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.5 m to 2.5m ($\approx$ 1.5– 7.5ft) 10m Winds: 10-24 knots ($\approx$ 4– 12 m/s)



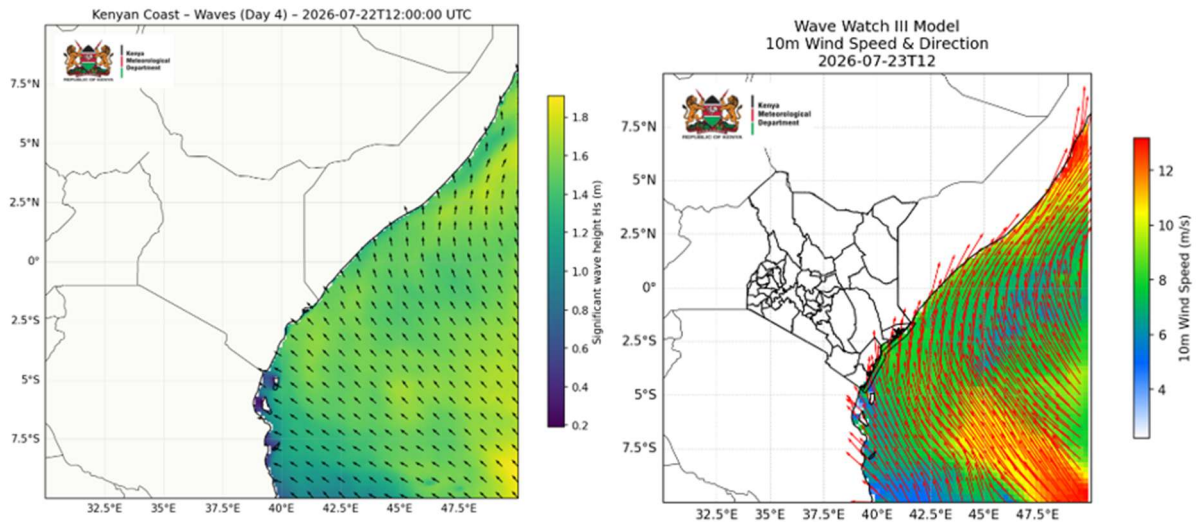
2.3 Wednesday 22nd July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.25 m to 2.25m (≈ 0.75 – 6.75ft) 10m Winds: 08 -24 knots (≈ 04 – 12m/s)



2.4 Thursday 23rd July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

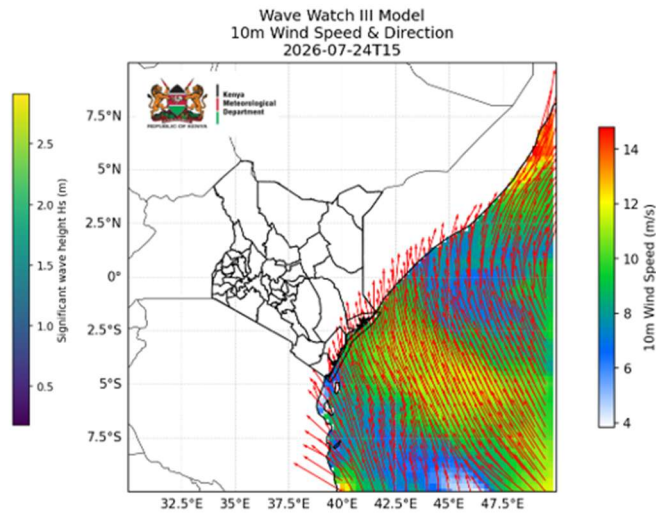
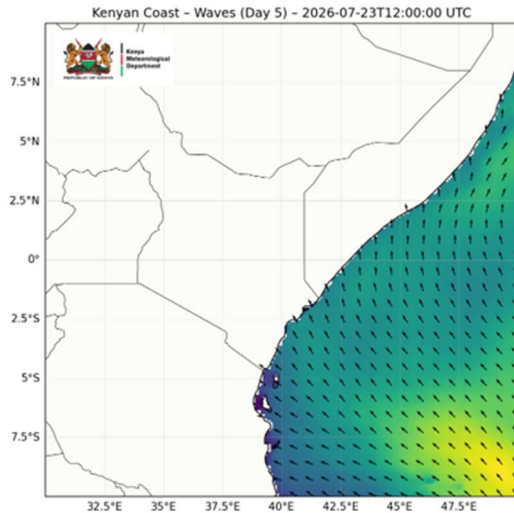
Wave height: 0.2 m to 1.8 m (≈ 0.6 – 5.6 ft) 10m Winds: 08-24 knots (≈ 04 – 12 m/s)



2.5 Friday 24th 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)

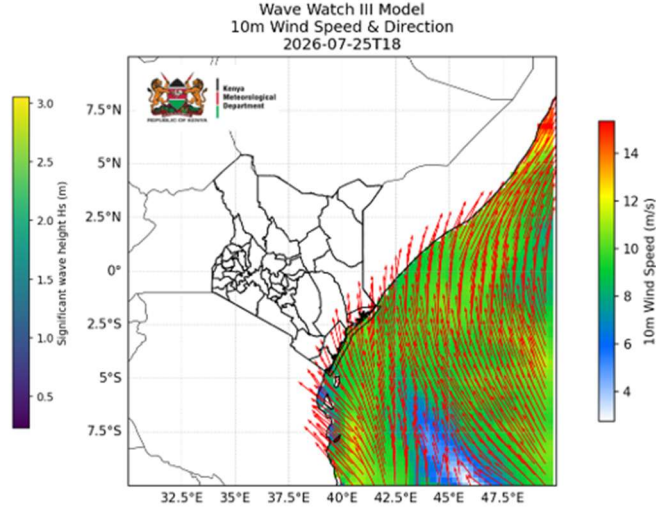
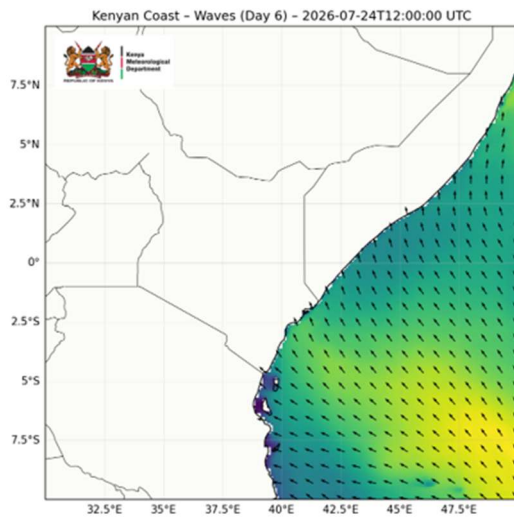
10m Winds: 8-28 knots ($\approx$ 04– 14m/s)



2.6 Saturday 25th 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)

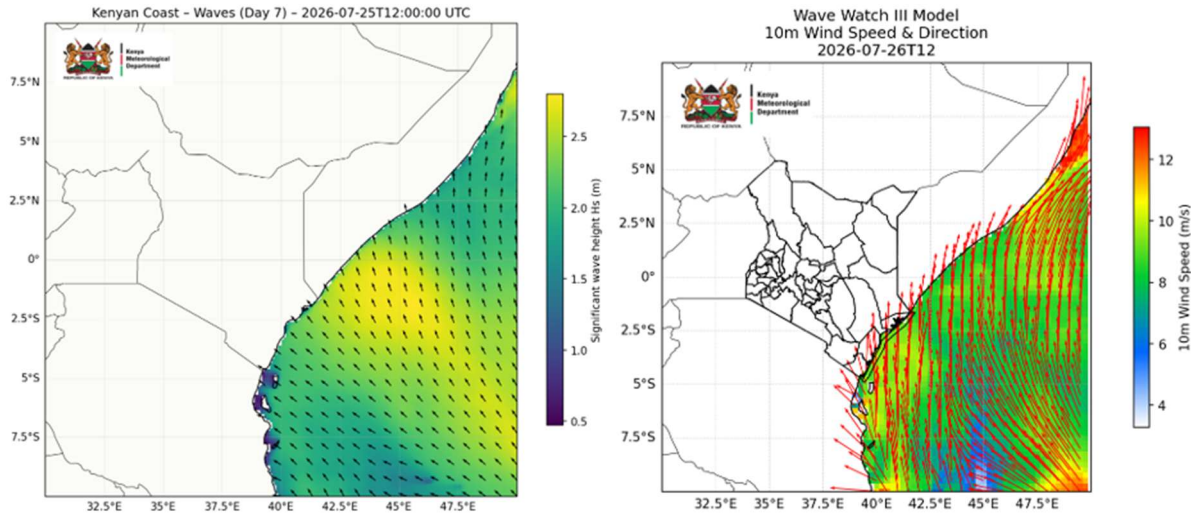
10m Winds: 08-28knots ($\approx$ 4 –14m/s)



2.7 Sunday 26th July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

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

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

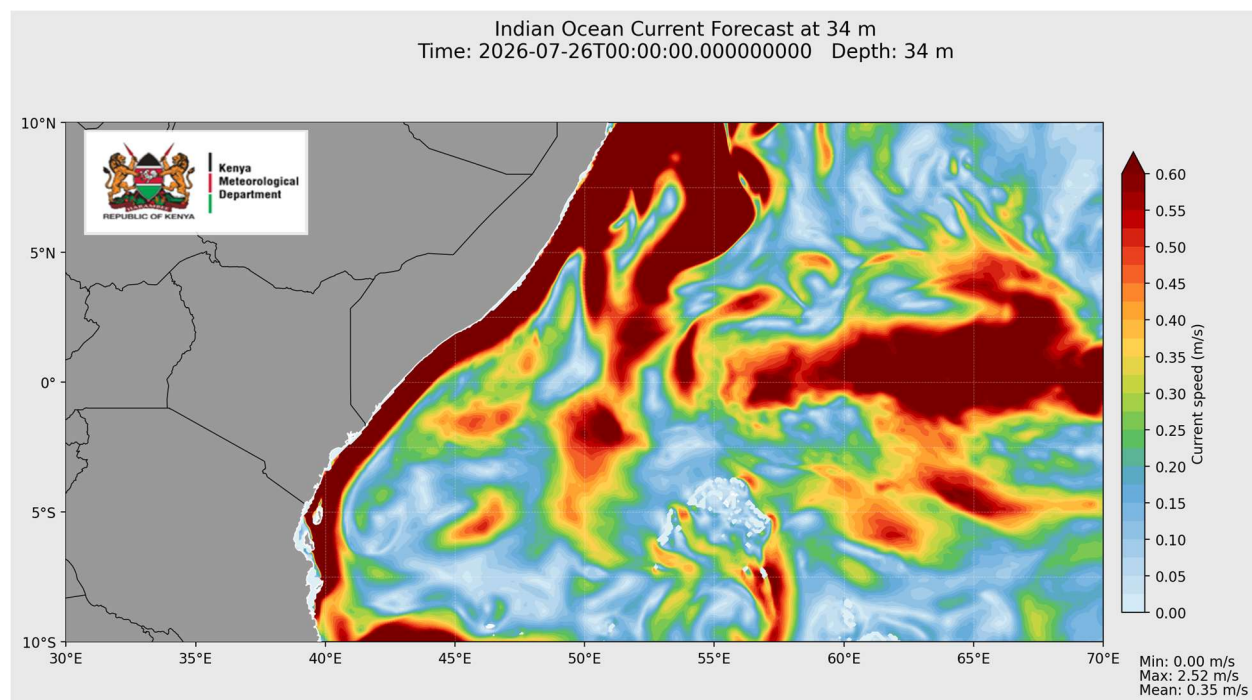


3.0 TIDE FORECAST VALID FROM 20TH JULY, 2026 TO 26TH JULY, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Mon 20 th July, 2026	1 st Tide	8:17 AM	3.09 m	1:52 AM	0.5 m
	2 nd Tide	8:24 PM	2.77 m	2:22 PM	0.85 m
Tue 21 st July, 2026	1 st Tide	9:01 AM	2.93 m	2:30 AM	0.72 m
	2 nd Tide	9:09 PM	2.47 m	3:14 PM	1.07 m
Wed 22 nd July, 2026	1 st Tide	9:53 AM	2.76 m	3:12 AM	0.95 m
	2 nd Tide	10:05 PM	2.20 m	4:18 PM	1.26 m
Thu 23 rd July, 2026	1 st Tide	11:00 AM	2.63 M	4:04 AM	1.16 m
	2 nd Tide	11:31PM	2.03 m	5:45 PM	1.36 m
Fri 24 th July, 2026	1 st Tide			5:18 AM	1.31m

	2nd Tide	12:24PM	2.6m	7:19 PM	1.31m
Sat 25th July, 2026	1st Tide	1:17 AM	2.03 m	6:46AM	1.34 m
	2nd Tide	1:41 PM	2.68 m	8:29 PM	1.15 m
Sun 26th July, 2026	1st Tide	2:30 AM	2.17 m	7:59 AM	1.25m
	2nd Tide	2:38 PM	2.84 m	9:15 PM	0.96 m

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 20/07/2026 TO 26/07/2026



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!!!!
4.1 – 5.5 m (≈ 12.3 – 16.5 ft)	Very Rough	Warning in place and marine activities on hold

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.

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

For
DIRECTOR,
KENYA METEOROLOGICAL DEPARTMENT