



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/31

Date: Issued on 28th July, 2026

7-Day Marine Forecast for the Kenya Coast and Off Shore Areas
Along the Western Indian Ocean Region
Validity: 29/07/2026 - 04/08/2026

1.0 GENERAL OUTLOOK

1.1 Wind Speed & Direction:

South-Easterly to South-Westerly winds are expected over Somalia waters with wind speeds of 08 to 28 knots (4-14 m/s) throughout the forecast period.

South-Easterly to South westerly winds are expected over Kenya and Tanzania waters with wind speeds of 08 to 20 knots (4-10 m/s) throughout the forecast period

1.2 Sig. Wave Height and Direction:

South-south Easterly to South-South westerly waves are expected over Somalia waters with wave heights of 1.5-3.0 m ($\approx$ 4.5-9.0 ft) throughout the forecast period

East-south Easterly to South-South Easterly waves are expected over Kenya and Tanzania waters with wave heights of 0.3-2.5 m ($\approx$ 0.9-7.5 ft) throughout the forecast period.

1.3 Sea condition

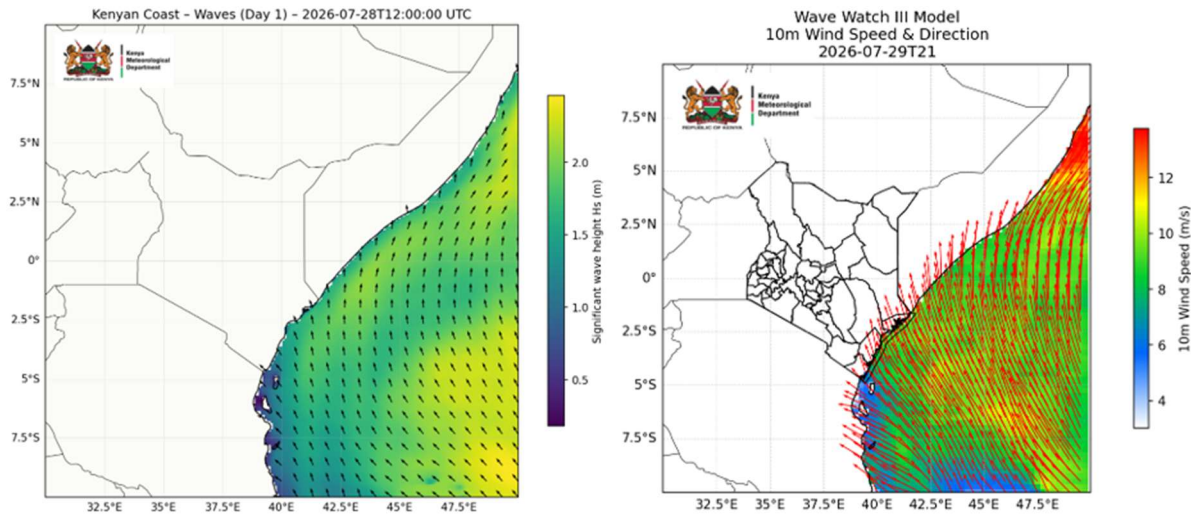
- Gentle breeze to strong breeze with wind speeds of 04-14 m/s (08 to 28 Knots) expected over Somalia waters throughout the forecast period.
- Gentle breeze to Fresh breeze with wind speeds of 04-10 m/s (08 to 20 Knots) expected over Tanzania and Kenya waters throughout the forecast period.
- Moderate to Rough sea condition with wave heights of 1.5-3.0 m ($\approx$ 4.5-9.0 ft) expected over the Somalia waters throughout the forecast period.

- Slight to moderate sea condition with wave heights of 0.3–2.5m ($\approx$ 0.9–7.5 ft) expected over Kenya and Tanzania waters throughout the forecast period.

2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 29TH JULY, 2026 TO 4TH AUGUST, 2026.

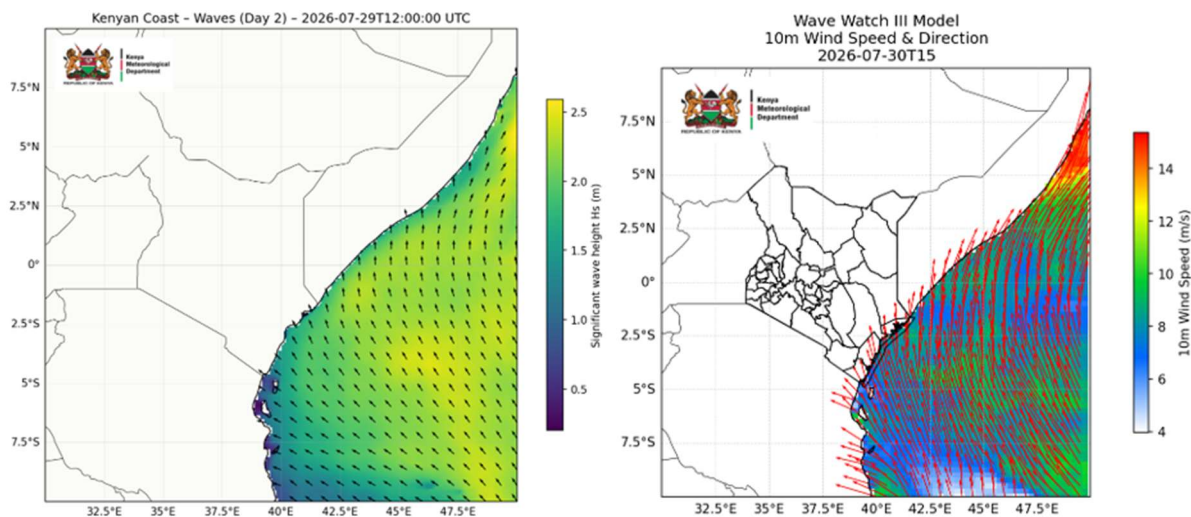
2.1 Wednesday 29th July, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.3 m to 2.0m ($\approx$ 0.9 - 6.0ft) 10m Winds: 08-24 knots ($\approx$ 4– 12 m/s)



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

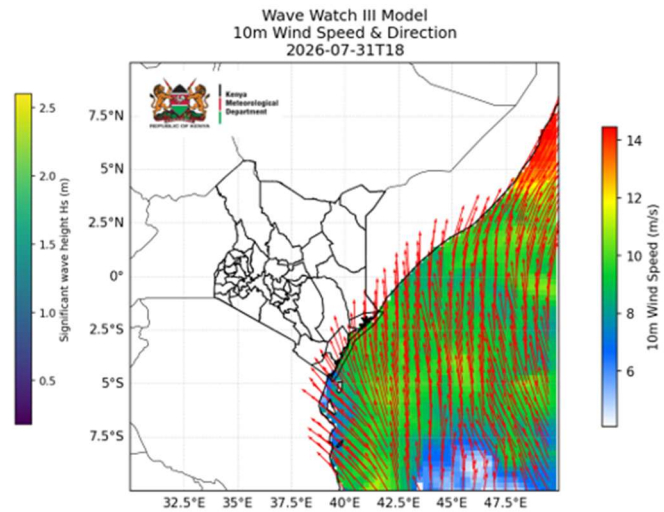
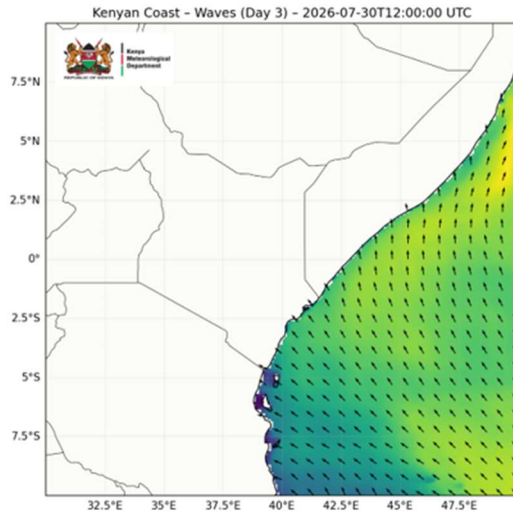
Wave height: 0.5 m to 2.5m ($\approx$ 1.5– 7.5ft) 10m Winds: 08-28 knots ($\approx$ 4– 14 m/s)



2.3 Friday 31st 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)

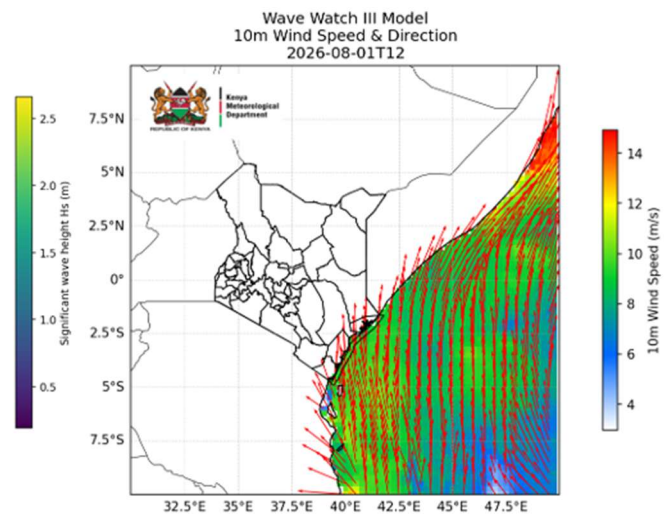
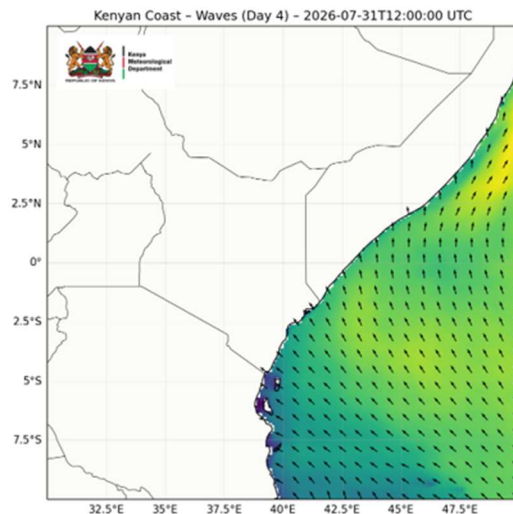
10m Winds: 12-26 knots ($\approx$ 06– 14m/s)



2.4 Saturday 1st August, 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 ($\approx$ 1.5– 7.5ft)

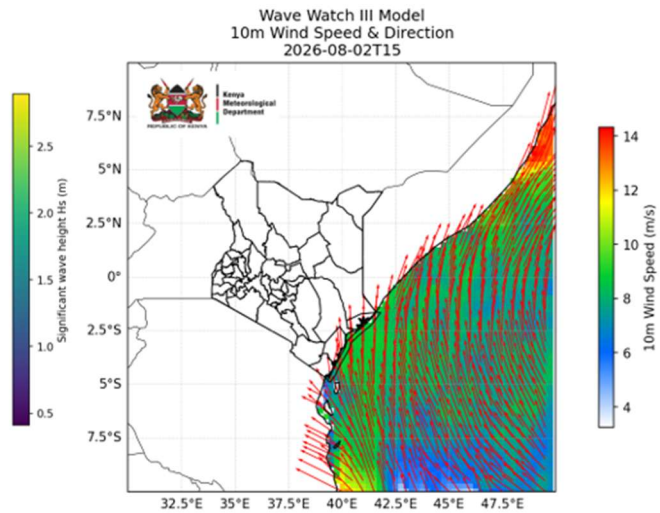
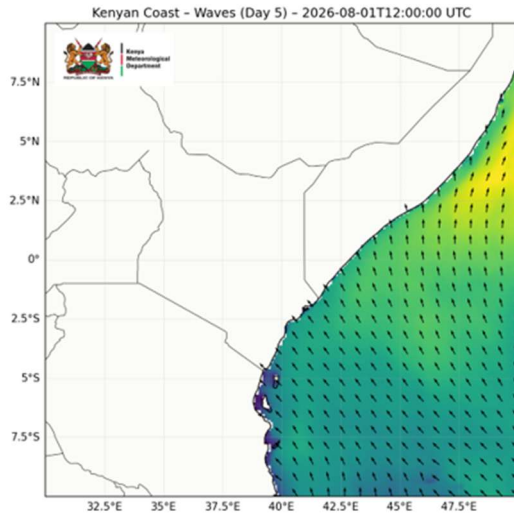
10m Winds: 08-28 knots ($\approx$ 04 – 14m/s)



2.5 Sunday 2nd August, 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)

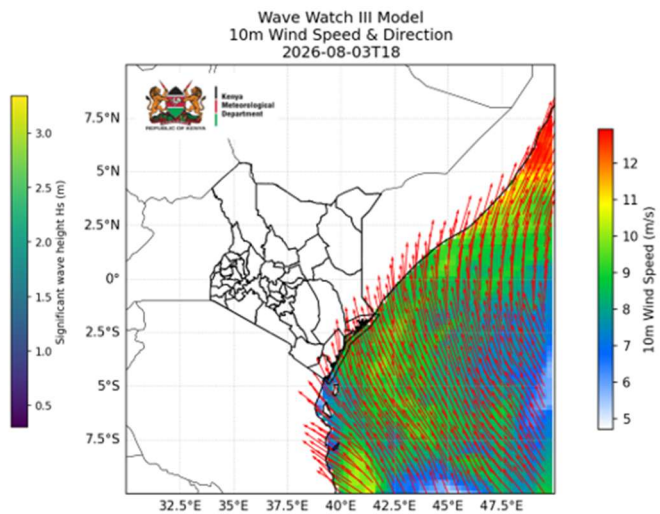
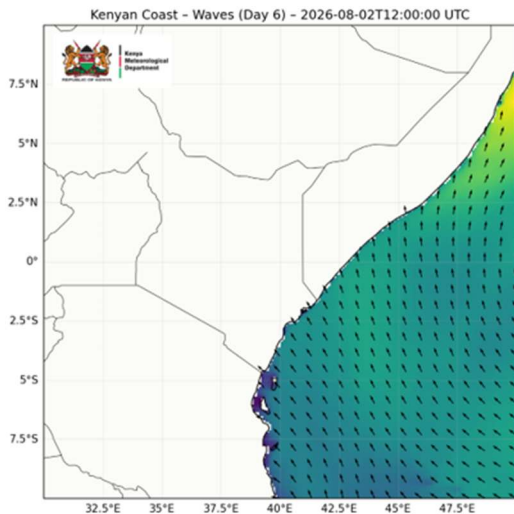
10m Winds: 08-28 knots ($\approx$ 4– 14m/s)



2.6 Monday 3rd August, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.5 m to 3.0m ($\approx$ 1.5– 9.0ft)

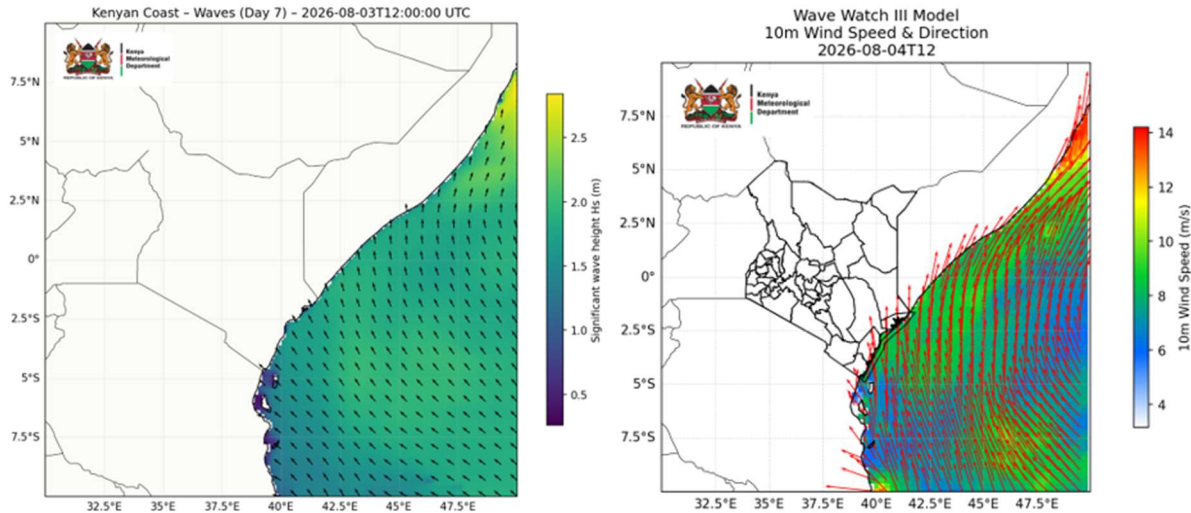
10m Winds: 10-12knots ($\approx$ 05 –24m/s)



2.7 Tuesday 4th August, 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)

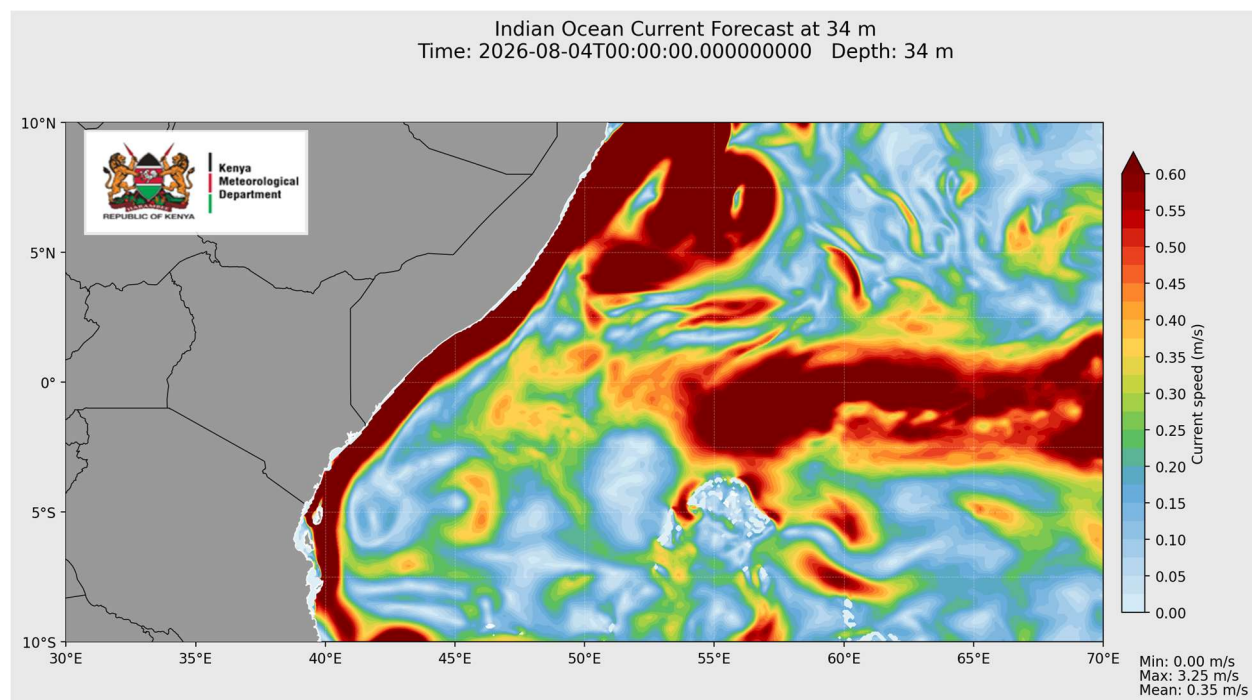


3.0 TIDE FORECAST VALID FROM 29TH JULY, 2026 TO 4TH AUGUST, 2026.

Date	Description	High Tide		Low Tide	
		Time	Height	Time	Height
Wed 29 th July, 2026	1 st Tide	4:27 AM	2.74 m	10:12 AM	0.78 m
	2 nd Tide	4:29 PM	3.31 m	10:51 PM	0.44 m
Thu 30 th July, 2026	1 st Tide	4:58 AM	2.9 m	10:45 AM	0.65 m
	2 nd Tide	5:01 PM	3.39 m	11:19 PM	0.34 m
Fri 31 st July, 2026	1 st Tide	5:27 AM	3.04 m	11:17 AM	0.56 m
	2 nd Tide	5:31 PM	3.43 m	11:46 PM	0.29 m
Sat 1 st August, 2026	1 st Tide	5:57 AM	3.14 m		
	2 nd Tide	6:01 PM	3.39 m	11:49PM	0.51 m
Sun 2 nd August, 2026	1 st Tide	6:27 AM	3.21m	00:13 AM	0.28 m

	2nd Tide	6:33 PM	3.39 m	12:22PM	0.51 m
Mon 3rd August, 2026	1st Tide	6:58 AM	3.24 m	00:40AM	0.33 m
	2nd Tide	7:06 PM	3.14 m	12:57 PM	0.55 m
Tue 4th August, 2026	1st Tide	7:32 AM	3.21 m	1:10 AM	0.42 m
	2nd Tide	7:42 PM	2.91 m	1:36 PM	0.66 m

4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 29/07/2026 TO 04/08/2026



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