



**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/08-2026/MARINE/32**

**Date: Issued on 3<sup>rd</sup> August, 2026**

**7-Day Marine Forecast for the Kenya Coast and Off Shore Areas**  
**Along the Western Indian Ocean Region**  
**Validity: 04/08/2026 - 10/08/2026**

**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 (4-14m/s)** throughout the forecast period.

South-Easterly to South westerly winds are expected over Kenya and Tanzania waters with wind speeds of **04 to 20 knots (2-10m/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 **0.4-2.5m ( $\approx$  1.2–7.5 ft)** throughout the forecast period.

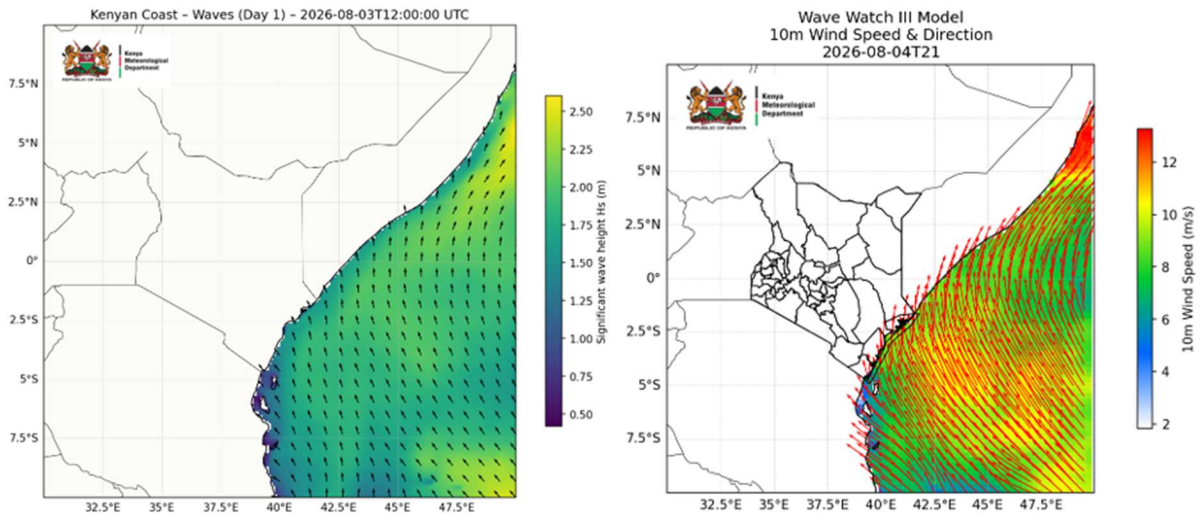
**1.3 Sea condition**

- **Gentle breeze to strong breeze with wind speeds of 04–14m/s (08 to 28 Knots) expected over Somalia waters throughout the forecast period.**
- **Light breeze to Fresh breeze with wind speeds of 02–10m/s (04 to 20 Knots) expected over Tanzania and Kenya 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 Somalia, Kenya and Tanzania waters throughout the forecast period.**

## 2.0 WINDS AND SIGNIFICANT WAVE HEIGHTS FORECAST FOR THE PERIOD 4<sup>TH</sup> AUGUST, 2026 TO 10<sup>TH</sup> AUGUST, 2026.

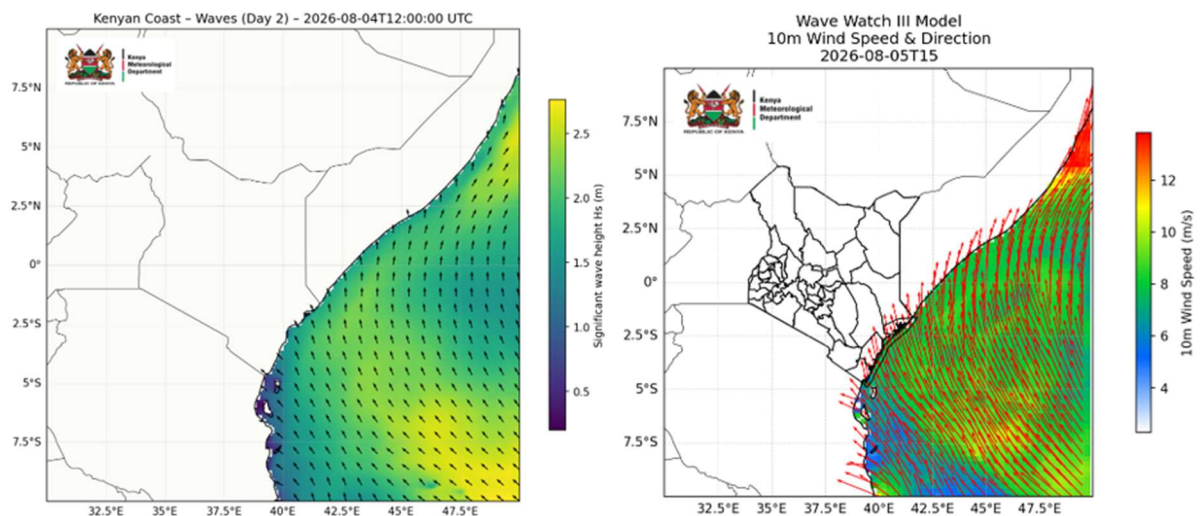
### 2.1 Tuesday 4<sup>th</sup> August, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

Wave height: 0.4m to 2.5m ( $\approx 1.2 - 7.5$ ft)      10m Winds: 08-24 knots ( $\approx 2 - 12$  m/s)



### 2.2 Wednesday 5<sup>th</sup> August, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

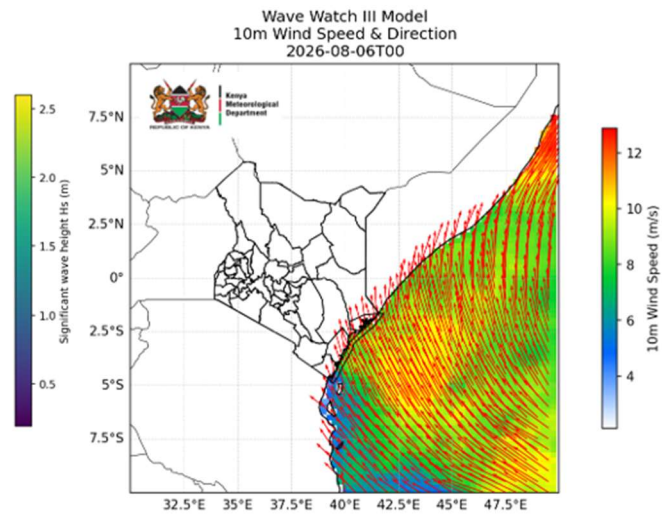
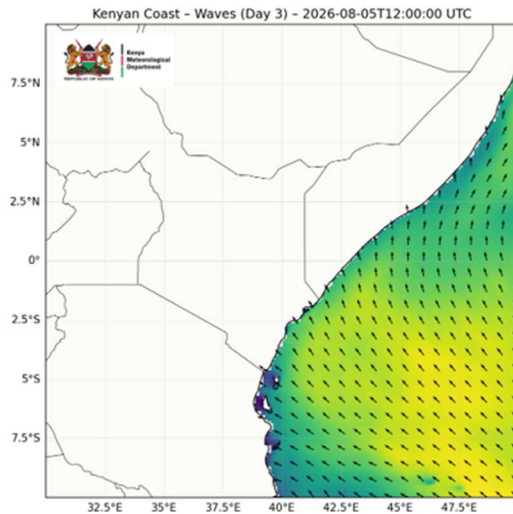
Wave height: 0.5 m to 2.5m ( $\approx 1.5 - 7.5$ ft)      10m Winds: 8-24 knots ( $\approx 4 - 12$  m/s)



## 2.3 Thursday 6<sup>th</sup> 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)

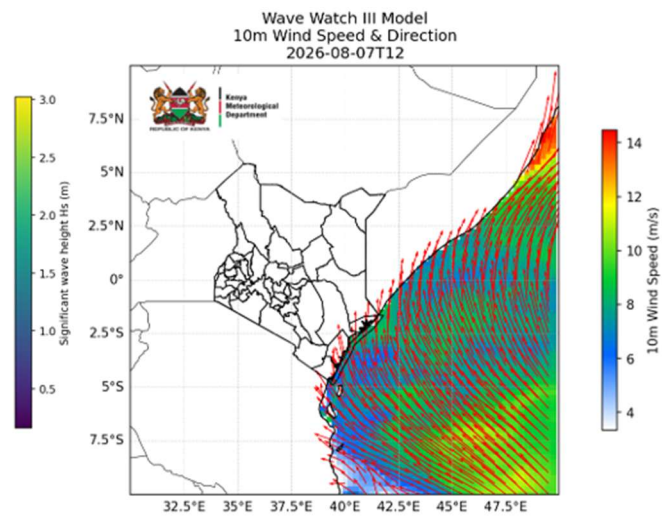
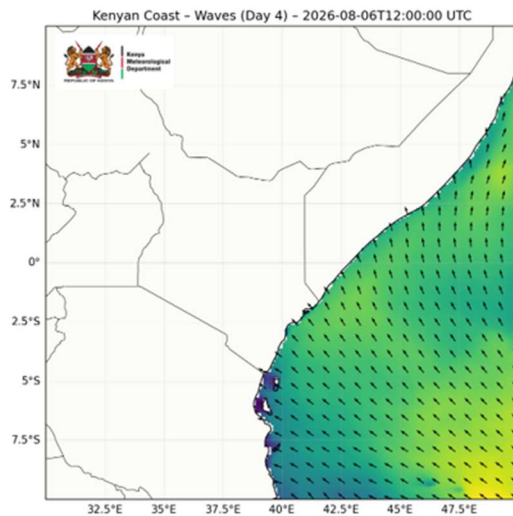
10m Winds: 08-24 knots ( $\approx$  4– 12m/s)



## 2.4 Friday 7<sup>th</sup> 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)

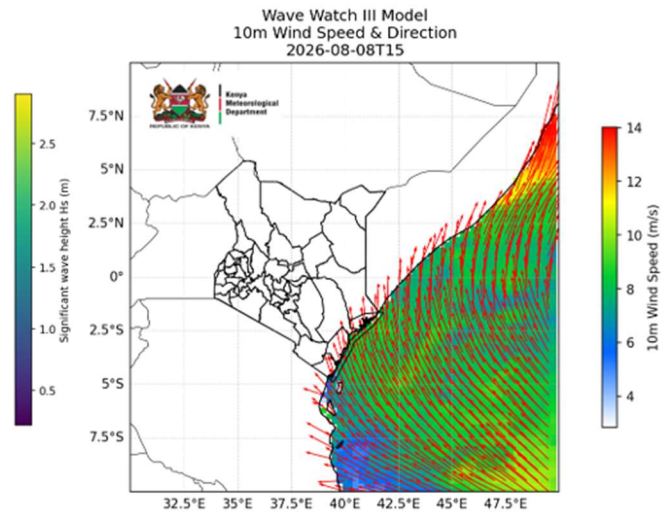
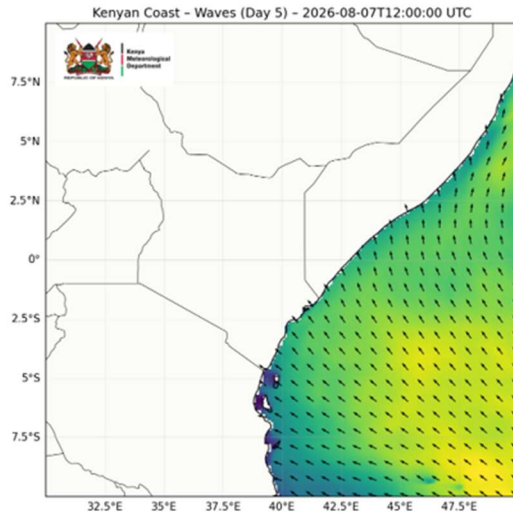
10m Winds: 08-28 knots ( $\approx$  04 – 14m/s)



## 2.5 Saturday 8<sup>th</sup> 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 ( $\approx 1.5\text{--}7.5\text{ft}$ )

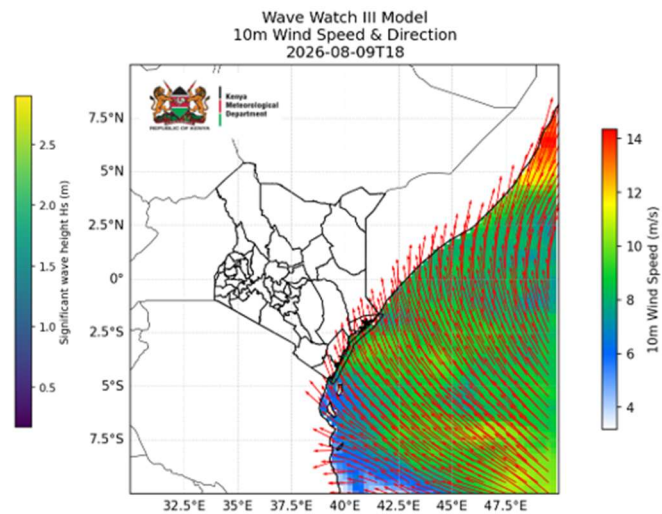
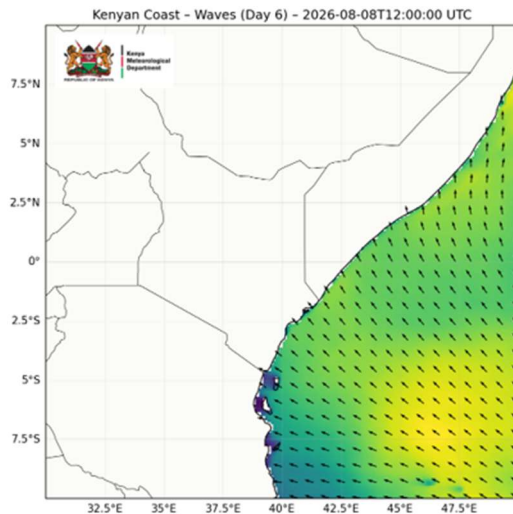
10m Winds: 08-28 knots ( $\approx 4\text{--}14\text{m/s}$ )



## 2.6 Sunday 9<sup>th</sup> 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 ( $\approx 1.5\text{--}7.5\text{ft}$ )

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

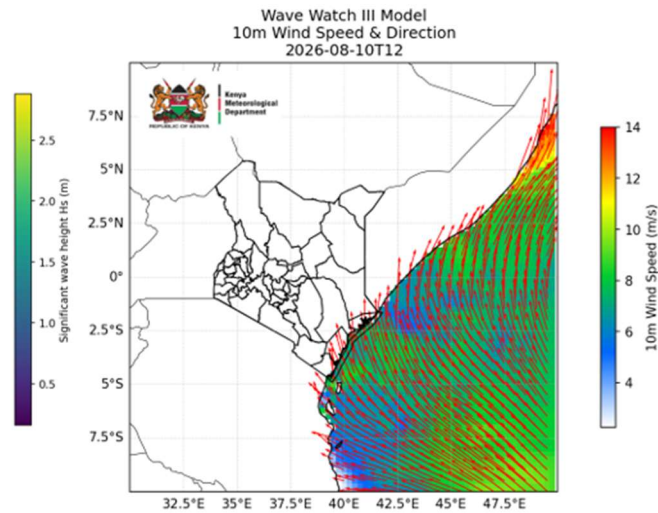
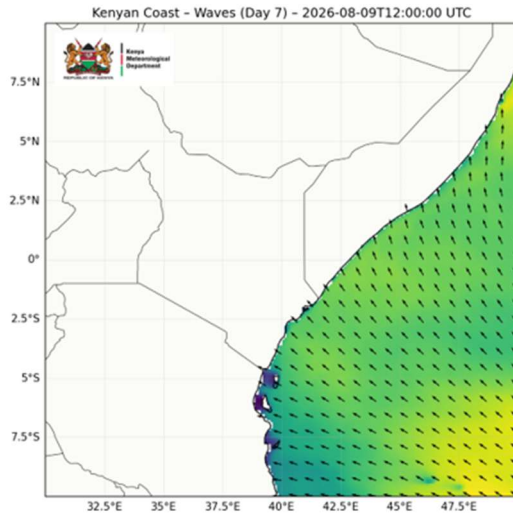




## 2.7 Monday 10<sup>th</sup> August, 2026: Significant Wave Height and Wind Speed (Wave Scale in Meters; Wind Scale in m/s)

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

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

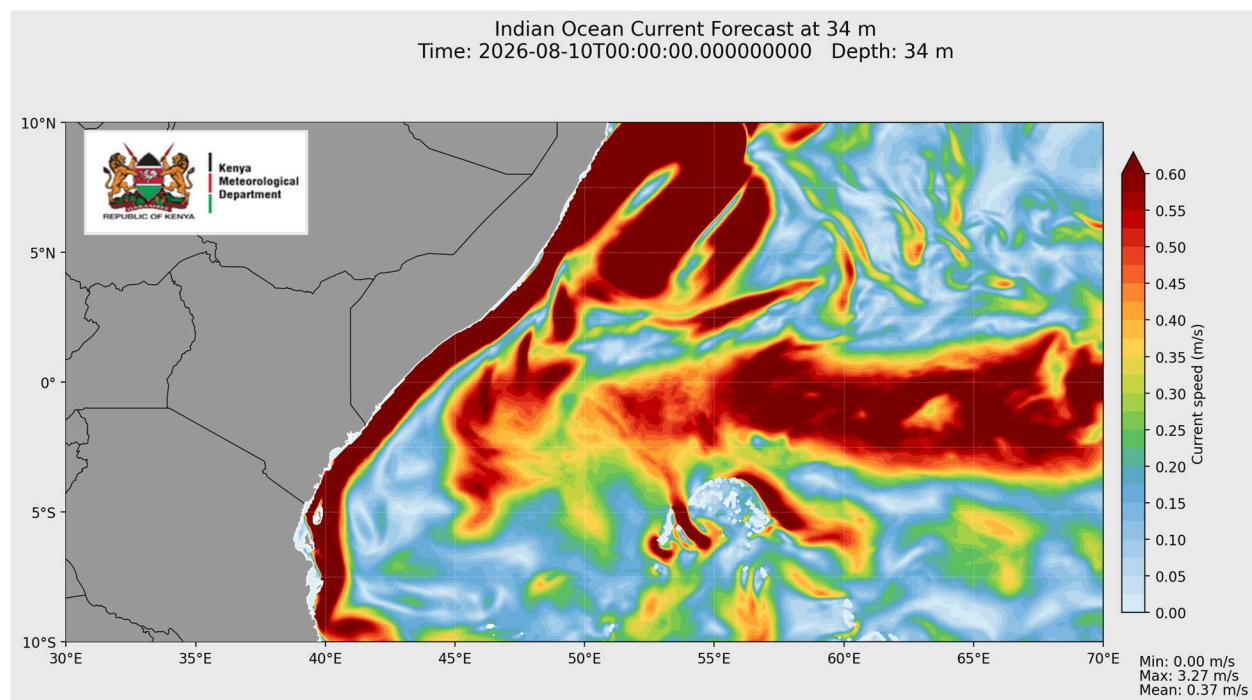


## 3.0 TIDE FORECAST VALID FROM 4<sup>TH</sup> AUGUST, 2026 TO 10<sup>TH</sup> AUGUST, 2026.

| Date                             | Description          | High Tide |        | Low Tide |        |
|----------------------------------|----------------------|-----------|--------|----------|--------|
|                                  |                      | Time      | Height | Time     | Height |
| Tue 4 <sup>th</sup> August, 2026 | 1 <sup>st</sup> Tide | 7:32 AM   | 3.21 m | 1:10AM   | 0.42 m |
|                                  | 2 <sup>nd</sup> Tide | 7:42 PM   | 2.91 m | 1:36 PM  | 0.66 m |
| Wed 5 <sup>th</sup> August, 2026 | 1 <sup>st</sup> Tide | 8:11 AM   | 3.13 m | 1:42 AM  | 0.56 m |
|                                  | 2 <sup>nd</sup> Tide | 8:23 PM   | 2.65 m | 2:21 PM  | 0.83 m |
| Thu 6 <sup>th</sup> August, 2026 | 1 <sup>st</sup> Tide | 9:00 AM   | 3.01 m | 2:21 AM  | 0.75m  |
|                                  | 2 <sup>nd</sup> Tide | 9:16PM    | 2.36 m | 3.:20 PM | 1.03m  |
| Fri 7 <sup>th</sup> August, 2026 | 1 <sup>st</sup> Tide | 10:05 AM  | 2.87 m | 3:11 AM  | 0.96 m |
|                                  | 2 <sup>nd</sup> Tide | 10:40 PM  | 2.12m  | 4:46 PM  | 1.18 m |
| Sat 8 <sup>th</sup> August, 2026 | 1 <sup>st</sup> Tide | 11:38 AM  | 2.81 m | 4:27 AM  | 1.15 m |

|                                         |                            |          |        |         |        |
|-----------------------------------------|----------------------------|----------|--------|---------|--------|
|                                         | <b>2<sup>nd</sup> Tide</b> |          |        | 6:38 PM | 1.16 m |
| <b>Sun 9<sup>th</sup> August, 2026</b>  | <b>1<sup>st</sup> Tide</b> | 00:39 AM | 2.1 m  | 6:14 AM | 1.2 m  |
|                                         | <b>2<sup>nd</sup> Tide</b> | 1:15 PM  | 2.93 m | 8:07 PM | 0.94 m |
| <b>Mon 10<sup>th</sup> August, 2026</b> | <b>1<sup>st</sup> Tide</b> | 2:10 AM  | 2.32 m | 7:48 AM | 1.02 m |
|                                         | <b>2<sup>nd</sup> Tide</b> | 2:27 PM  | 3.17 m | 9:05 PM | 0.66 m |

#### 4.0 7 DAYS OCEAN SURFACE CURRENT IN METERS PER SECONDS (M/S) FORECAST VALID 04/08/2026 TO 10/08/2026



#### KEY ON SEA STATE

| WAVE HEIGHT RANGE<br>(Meters)  | DESCRIPTION       | IMPACT                                                |
|--------------------------------|-------------------|-------------------------------------------------------|
| 0.6 – 1.0 m (≈ 1.8 – 3.0 ft)   | Slight            | <b>Conditions suitable for Marine activities</b>      |
| 1.0 – 1.9 m (≈ 3.0 – 5.7 ft)   | Slight – Moderate |                                                       |
| 2.0 – 2.9 m (≈ 6.0 – 8.7 ft)   | Moderate-Rough    | <b>Caution on operating marine activities</b>         |
| 3.0 – 4.0 m (≈ 9.0 – 12.0 ft)  | Rough             | <b>Warning in place!!!!</b>                           |
| 4.1 – 5.5 m (≈ 12.3 – 16.5 ft) | Very Rough        | <b>Warning in place and marine activities on hold</b> |

**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