



BAHAMAS MARINE FORECAST

MARINE FORECASTS FOR THE BAHAMAS ISSUED BY THE BAHAMAS DEPARTMENT OF METEOROLOGY AT 12:00 P.M. EDT TUESDAY, JUNE 30TH, 2026, FOR THE NEXT 24 HOURS. THE NEXT SCHEDULED FORECASTS WILL BE ISSUED AT 6:00 P.M. EDT.

Rip Currents: A **slight** to **moderate** risk of rip currents exists along Atlantic-exposed coastlines of the island chain. **Beachgoers are urged to exercise caution when entering the water.**

WARNINGS:

Marine Heat Advisory: Mariners are advised that **high heat indices** are expected across the waters of The Bahamas. Prolonged exposure to the sun and hot conditions may increase the risk of heat-related illnesses. Stay hydrated, limit strenuous activity, seek shade when possible, and monitor crew members for signs of heat stress.

GENERAL SITUATION:

Gentle to moderate breezes and slight seas will continue across the island chain today as weakening high pressure remains the dominant weather feature. Meanwhile, a frontal boundary sagging toward the Northern Bahamas will support isolated showers and thunderstorms across the northern waters, while abundant low-level moisture associated with a westward moving tropical wave and surface trough near the Southeast Bahamas will support increasing showers and isolated thunderstorms across the southeastern waters through tonight.

OUTLOOK: The frontal boundary and tropical wave will maintain a relatively unsettled weather pattern through the weekend. Outside of thunderstorms, seas will remain slight to moderate. Slightly stronger winds will continue across the Central and Southeast Bahamas, while an incoming plume of Saharan dust is expected to suppress shower and thunderstorm activity.

NORTHERN BAHAMAS

(INCLUDING GRAND BAHAMA, ABACO, BIMINI & ADJACENT WATERS):

- ADVISORY:** *Expect gusty winds and higher seas in or near heavy showers and thunderstorms.*
- WINDS:** Variable at 10 knots or less.
- LOCAL SEAS:** 2 feet or less in nearshore and offshore sheltered waters, and 3 feet or less in Atlantic-exposed waters.
- GULF STREAM:** Seas less than 2 feet or less.
- SWELLS:** Slight southeasterly swells over Atlantic-exposed waters.
- WEATHER:** 20-40% chance of showers with thunderstorms.

NORTHWEST BAHAMAS

(INCLUDING NEW PROVIDENCE, ANDROS, THE BERRY ISLANDS, ELEUTHERA & ADJACENT WATERS):

- ADVISORY:** *Expect gusty winds and higher seas in or near heavy showers and thunderstorms.*
- WINDS:** Variable at 10 knots or less.
- LOCAL SEAS:** 2 feet or less in nearshore and offshore sheltered waters, and 3 feet or less in Atlantic-exposed waters.
- SWELLS:** Slight southeasterly swells over Atlantic-exposed waters.
- WEATHER:** 10-30% chance of showers with possible thunderstorms.

CENTRAL BAHAMAS

(INCLUDING EXUMA, CAT ISLAND, LONG ISLAND, SAN SALVADOR, RUM CAY & ADJACENT WATERS):

- ADVISORY:** *Expect gusty winds and higher seas in or near heavy showers and thunderstorms.*



WINDS: Northeast to east at 10 to 15 knots, falling light and variable at times.
LOCAL SEAS: 2 feet or less in nearshore and offshore sheltered waters, and 3 feet or less in Atlantic-exposed waters.
SWELLS: Slight easterly swells over Atlantic-exposed waters.
WEATHER: 10-30% chance of showers with possible thunderstorms.

SOUTHEAST BAHAMAS
 (INCLUDING INAGUA, ACKLINS, CROOKED ISLAND, MAYAGUANA, RAGGED ISLAND & ADJACENT WATERS):

ADVISORY: A *small craft caution* is in effect for Atlantic-exposed waters. *Expect gusty winds and higher seas in or near heavy showers and thunderstorms.*
WINDS: Northeast to east at 10 to 15 knots with higher gusts.
LOCAL SEAS: 2 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 3 to 5 feet in Atlantic-exposed waters.
SWELLS: Slight easterly swells over Atlantic-exposed waters.
WEATHER: 20-40% chance of showers with possible thunderstorms.

MOONRISE:	MOONSET:
8:56 PM	7:38 AM WED.
Moon Phase	
FULL MOON	
Third Quarter, on Tuesday, July 7, 2026, at 3:29 PM	

ISLAND TIDES:	NORTHERN (GRAND BAHAMA):	NORTHWEST (NEW PROVIDENCE):	CENTRAL (EXUMA):	SOUTHEAST (INAGUA):
LOW TIDE:	3:17 PM	2:47 PM	2:40 PM	3:09 PM
HIGH TIDE:	9:37 PM	9:13 PM	9:15 PM	9:29 PM

(For specific times for other islands, please see Tide Table Publication.)

TROPICAL WEATHER OUTLOOK:
Offshore of the Southeastern U.S. Coast: A weak area of low pressure located along a frontal boundary off the southeastern U.S. coast is associated with limited shower and thunderstorm activity. Environmental conditions are becoming less conducive for significant development, and this system has a low 10 percent (10%) chance of formation through the next 7 days.

**EXTENDED FORECAST FOR THE BAHAMAS FOR WEDNESDAY, JULY 01ST, 2026:**

ADVISORY:	A <i>small craft caution</i> is in effect for Atlantic-exposed waters across the Southeast Bahamas. <i>Expect gusty winds and higher seas in or near heavy showers and thunderstorms.</i>
	Northern & Northwest Bahamas: Variable at 10 knots or less.
WINDS:	Central Bahamas: East to southeast at 10 knots or less, falling light and variable at times, increasing to 10 to 15 knots by nightfall. Southeast Bahamas: East to southeast at 10 to 15 knots with higher gusts.
	Northern, Northwest & Central Bahamas: 2 feet or less in nearshore and offshore sheltered waters, and 2 to 4 feet in Atlantic-exposed waters.
SEAS:	Southeast Bahamas: 2 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 3 to 5 feet in Atlantic-exposed waters. Gulf Stream: Seas less than 2 feet or less, then 2 to 3 feet in the afternoon.
	Northern Bahamas: Slight northeast to easterly swells over Atlantic-exposed waters.
SWELLS:	Northwest, Central & Southeast Bahamas: Slight easterly swells over Atlantic-exposed waters.
	Northern Bahamas: 20-40% chance of showers with thunderstorms.
WEATHER:	Northwest, Central & Southeast Bahamas: 20-30% chance of showers with possible thunderstorms.

EXTENDED FORECAST FOR THE BAHAMAS FOR THURSDAY, JULY 02ND, 2026:

ADVISORY:	A <i>small craft caution</i> is in effect for Atlantic-exposed waters across the Southeast Bahamas. <i>Expect gusty winds and higher seas in or near heavy showers and thunderstorms.</i>
	Northern & Northwest Bahamas: East-southeast to south-southeast at 10 knots or less, shifting east to southeast at 10 to 15 knots by nightfall.
WINDS:	Central Bahamas: East to southeast at 10 to 15 knots with higher gusts. Southeast Bahamas: East to southeast at 15 to 20 knots with higher gusts.
	Northern, Northwest & Central Bahamas: 2 feet or less in nearshore and offshore sheltered waters, and 2 to 4 feet in Atlantic-exposed waters.
SEAS:	Southeast Bahamas: 2 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 4 to 6 feet in Atlantic-exposed waters. Gulf Stream: Seas 2 to 3 feet.
	Northern, Northwest & Central Bahamas: Slight northeasterly swells over Atlantic-exposed waters.
SWELLS:	Southeast Bahamas: Slight to moderate northeast to easterly swells over Atlantic-exposed waters.
	Northern & Northwest Bahamas: 20-40% chance of showers with isolated thunderstorms.
WEATHER:	Central & Southeast Bahamas: 10-30% chance of showers or an isolated thunderstorm.

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FORECASTER: TC/TT

(Please view our products on our Bahamas Meteorology Facebook Page or our website, met.gov.bs.)