



BAHAMAS MARINE FORECAST

MARINE FORECASTS FOR THE BAHAMAS ISSUED BY THE BAHAMAS DEPARTMENT OF METEOROLOGY AT 12:00 P.M. EDT WEDNESDAY, JULY 01ST, 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:

A weak pressure pattern will maintain mainly light to gentle breezes across the waters of the Bahamas through the end of the work week. Meanwhile, abundant low-level moisture and troughing across the Northern Bahamas will support scattered showers and thunderstorms over those waters, while Saharan dust suppresses shower and thunderstorm activity across the Central and Southeast Bahamas.

OUTLOOK: Troughing will maintain an elevated risk of showers and thunderstorms across the Northern Bahamas through Friday, while Saharan dust suppresses activity elsewhere. Moisture, associated with an approaching tropical wave and upper-level disturbance, will bring increasing showers and thunderstorms by the weekend.

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 2 to 3 feet.
- SWELLS:** Slight northeast to easterly swells over Atlantic-exposed waters.
- WEATHER:** 40-70% chance of scattered showers and 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 easterly swells over Atlantic-exposed waters.
- WEATHER:** 10-30% chance of showers with isolated 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:** Easterly at 10 knots or less.



BAHMET 23/7B

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 isolated 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: East to southeast at 10 to 15 knots, falling light and variable at times.
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: 20-30% chance of showers with possible thunderstorms.

MOONRISE:	MOONSET:
9:37 PM	8:33 AM THU.
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:	3:56 PM	3:26 PM	3:19 PM	3:48 PM
HIGH TIDE:	10:14 PM	9:50 PM	9:52 PM	10:06 PM

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

TROPICAL WEATHER OUTLOOK:

For the North Atlantic...Caribbean Sea and the Gulf of America:
 Tropical cyclone formation is not expected during the next seven (7) days.

**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 Bahamas: South-southeast to south-southwest at 10 knots or less, falling light and variable at times.
WINDS:	Northwest & Central Bahamas: East to southeast at 10 knots or less, falling light and variable at times. 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 3 to 5 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 northeast to easterly swells over Atlantic-exposed waters.
	Northern, Northwest & Central Bahamas: 20-40% chance of showers with thunderstorms.
WEATHER:	Southeast Bahamas: 10-30% chance of showers with possible thunderstorms.

EXTENDED FORECAST FOR THE BAHAMAS FOR FRIDAY, JULY 03RD, 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 to southeast at 10 to 15 knots, falling light and variable at times.
WINDS:	Central & Southeast Bahamas: East to southeast at 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 4 to 6 feet in Atlantic-exposed waters south of Inagua. Gulf Stream: Seas around 2 feet.
	Northern, Northwest & Central Bahamas: Slight northeast to easterly swells over Atlantic-exposed waters.
SWELLS:	Southeast Bahamas: Slight to moderate northeast to easterly swells over Atlantic-exposed waters.
	Northern & Northwest Bahamas: 30-50% chance of scattered showers with thunderstorms.
WEATHER:	Central & Southeast Bahamas: 10-30% chance of showers with possible thunderstorms.

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FORECASTER: TC/TT

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