



BAHAMAS MARINE FORECAST

MARINE FORECASTS FOR THE BAHAMAS ISSUED BY THE BAHAMAS DEPARTMENT OF METEOROLOGY AT 12:00 P.M. EST SUNDAY, 22ND MARCH, 2026, FOR THE NEXT 24 HOURS. THE NEXT SCHEDULED FORECASTS WILL BE ISSUED AT 6:00 P.M. EST.

UV Index: Due to the UV index being in the **high to very high range**, *the public is urged to wear sun glasses, sun screen, wide brimmed hats and suitable clothing in the event of prolonged exposure during peak daylight hours (10am – 3pm).*

SPECIAL NOTES:

Rip Currents: There remains a **moderate to high risk** of rip currents for the Atlantic waters and nearshore areas of the Central and Southeast Bahamas. *Swimmers in these areas are urged to remain onshore.* There exists a **slight to moderate risk** of rip currents along all Atlantic exposures of the Northern and Northwest Bahamas. *Beachgoers in these areas should continue to exercise caution.*

GENERAL SITUATION:

High pressure continues to dominate the weather across the archipelago, creating drier and more stable conditions over the area. Winds and seas will continue to gradually subside into early next week.

NORTHERN BAHAMAS

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

- ADVISORY:** There is a **small craft caution** in effect for Atlantic waters.
- WINDS:** Light and variable.
- LOCAL SEAS:** 2 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 4 to 6 feet in Atlantic waters
- GULF STREAM:** 3 feet or less.
- SWELLS:** Light northeast to easterly swells in Atlantic waters.
- WEATHER:** Slight chance of an isolated shower.

NORTHWEST BAHAMAS

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

- ADVISORY:** There is a **small craft caution** in effect for Atlantic waters.
- WINDS:** Northeast to east at 10 knots or less.
- LOCAL SEAS:** 2 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 4 to 6 feet in Atlantic waters
- SWELLS:** Light northeasterly swells in Atlantic waters.
- WEATHER:** Slight chance of an isolated shower.

CENTRAL BAHAMAS

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

- ADVISORY:** There is a **small craft advisory** in effect for Atlantic waters.
- WINDS:** Northeast to east at 10 to 15 knots with higher gusts.
- LOCAL SEAS:** 2 to 4 feet nearshore waters, 4 to 6 feet offshore sheltered waters, and 6 to 8 feet, subsiding 4 to 6 feet in Atlantic waters tonight.
- SWELLS:** Light northeasterly swells in Atlantic waters.
- WEATHER:** Slight chance of an isolated shower.

SOUTHEAST BAHAMAS

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

- ADVISORY:** There is a **small craft advisory** in effect for Atlantic waters.
- WINDS:** Northeast to east at 15 to 20 knots with higher gusts.
- LOCAL SEAS:** 2 to 4 feet nearshore waters, 4 to 6 feet offshore sheltered waters, and 6 to 8 feet, subsiding 5 to 7 feet in Atlantic waters tonight.
- SWELLS:** Light to moderate northeasterly swells in Atlantic waters.
- WEATHER:** Slight chance of an isolated shower.



MOONSET:	MOONRISE:
11:30PM	10:15AM MON
MOON PHASE NEW MOON	
FIRST QUARTER – 25 TH MARCH 2026	

ISLAND TIDES:	NORTHERN (GRAND BAHAMA):	NORTHWEST (NEW PROVIDENCE):	CENTRAL (EXUMA):	SOUTHEAST (INAGUA):
LOW TIDE:	5:35 PM	5:05 PM	4:58 PM	5:27 PM
HIGH TIDE:	11:53 PM	11:29 PM	11:31 PM	11:45 PM

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

EXTENDED FORECAST FOR THE BAHAMAS FOR MONDAY, 23RD MARCH, 2026:

ADVISORY:	A small craft caution remains in effect for Atlantic-exposed waters of the Southeast Bahamas. Northern & Northwest Bahamas: Variable at 10 knots or less, occasionally falling light and variable at times.
WINDS:	Central Bahamas: Northeast to east at 10 to 15 knots, occasionally falling light and variable at times. Southeast Bahamas: Northeast to east at 15 knots with higher gusts.
SEAS:	Northern, Northwest & Central Bahamas: 3 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 3 to 5 feet in Atlantic-exposed waters. Southeast Bahamas: 3 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 4 to 6 feet in Atlantic-exposed waters.
PRECIPITATION:	All areas: Slight chance of an isolated shower.

EXTENDED FORECAST FOR THE BAHAMAS FOR TUESDAY, 24TH MARCH, 2026:

ADVISORY:	A small craft caution remains in effect for Atlantic-exposed waters of the Southeast Bahamas. Northern & Northwest Bahamas: Variable at 10 knots or less, occasionally falling light and variable at times.
WINDS:	Central & Southeast Bahamas: Northeast to east at 10 to 15 knots with higher gusts.
SEAS:	Northern, Northwest & Central Bahamas: 3 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 3 to 5 feet in Atlantic-exposed waters. Southeast Bahamas: 3 feet or less nearshore waters, 2 to 4 feet offshore sheltered waters, and 4 to 6 feet in Atlantic-exposed waters.
PRECIPITATION:	All areas: Slight chance of an isolated shower.

THE BAHAMAS DEPARTMENT OF METEOROLOGY

Email: forecast.office@gmail.com or meteo@batelnet.bs

FORECASTER: A. J. ADDERLEY



**BAHAMAS
DEPARTMENT OF
METEOROLOGY**

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