



BAHAMAS MARINE FORECAST

MARINE FORECASTS FOR THE BAHAMAS FOR THE NEXT 24 HOURS ISSUED BY THE BAHAMAS DEPARTMENT OF METEOROLOGY AT 6:00 A.M. EDT, Friday, March 20, 2026. THE NEXT SCHEDULED FORECAST WILL BE ISSUED AT 12:00 P.M. EDT.

WARNINGS:	<p>There is a NEAR-GALE WATCH (Winds: 28 knots – 33 knots) in effect for the Northern, Northwest and Central Bahamas. Near-gale wind gusts are possible across the aforementioned areas. <i>Mariners, especially small craft mariners, are advised to seek safe harbour and remain in port.</i></p> <p>Low Tide Levels: <i>Mariners are urged to exercise extreme caution as they navigate shallow waters during low tides, as there is an increased risk of running aground.</i></p> <p>Rip Currents: There is a moderate to high risk of rip currents for the Atlantic waters of the island chain and the sheltered waters of the Northern, Northwest and Central Bahamas. <i>Swimmers in these areas are advised not to enter these waters. Beachgoers in the sheltered areas of the Southeast Bahamas should continue to exercise caution.</i></p>
GENERAL SITUATION:	<p>The combination of sea swells and wind driven waves will keep rough and choppy sea conditions in place for the majority of the area waters today, courtesy of a low-pressure system east of the island chain and its accompanying front. The frontal boundary will gradually progress southward across the Central Bahamas, while entering the southern waters tonight. Showers and thunderstorms will affect the southern portion of the island chain, with increasingly stable conditions and brisk winds across the northern territories.</p> <p>Outlook: Sea swells will persist throughout the weekend, keeping Atlantic waters elevated throughout the forecast period. The front will eventually exit the Southeast Bahamas by Saturday morning, allowing high pressure to expand into the region throughout the weekend into next week. The surface high will migrate eastwards from the Gulf of Mexico, allowing winds to relax and sheltered waters to gradually subside across the islands by early Monday.</p>

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

ADVISORY:	A near gale watch is in effect. A small craft advisory is in effect for all area waters.
WINDS:	North to northeast at 15 to 25 knots with potential gusts to near gale .
LOCAL SEAS:	2 to 3 feet in sheltered nearshore waters. 4 to 6 feet in sheltered offshore waters. 6 to 9 feet in the Gulf Stream. 8 to 12 feet in Atlantic waters.
SWELLS:	Moderate easterly swells in Atlantic waters.
WEATHER:	10% chance of showers.

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

ADVISORY:	A near gale watch is in effect. A small craft advisory is in effect for all area waters.
WINDS:	North to northeast at 15 to 25 knots with potential gusts to near gale .
LOCAL SEAS:	2 to 3 feet in sheltered nearshore waters. 4 to 6 feet in sheltered offshore waters. 6 to 9 feet in the Northwest Providence Channel. 8 to 12 feet in Atlantic waters.
SWELLS:	Moderate easterly swells in Atlantic waters.
WEATHER:	10 – 20% chance of showers.

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

ADVISORY:	A near gale watch is in effect. A small craft advisory is in effect for all area waters.
WINDS:	North-northeast to east-northeast at 10 to 15 knots ahead of the front, shifting north to northeast at 15 to 25 knots with potential gusts to near gale behind the front .
LOCAL SEAS:	2 to 4 feet in sheltered nearshore waters. 5 to 8 feet in sheltered offshore waters. 8 to 12 feet in Atlantic waters.
SWELLS:	Moderate easterly swells in Atlantic waters.
WEATHER:	40 – 60% chance of showers with thunderstorms today, decreasing 30 – 50% tonight.



SOUTHEAST BAHAMAS (INCLUDING INAGUA, ACKLINS, CROOKED ISLAND, MAYAGUANA, RAGGED ISLAND & ADJACENT WATERS):	
ADVISORY:	A small craft advisory is in effect for all Atlantic waters.
WINDS:	South to southwest at 10 knots or less, falling light and variable at times. Expect winds to shift north to northeast at 15 to 20 knots with higher gusts across Crooked Island, Acklins and Ragged Island by tonight, as the front moves through.
LOCAL SEAS:	1 to 3 feet in sheltered nearshore waters. 2 to 4 feet building 3 to 5 feet in sheltered offshore waters. 5 to 8 feet in Atlantic waters.
SWELLS:	Moderate mixed swells in Atlantic waters.
WEATHER:	30 – 50% chance of showers with thunderstorms today, increasing 40 – 70% tonight.

MOONRISE:	MOONSET:
8:02 AM	9:15 PM

ISLAND TIDES:	NORTHERN (GRAND BAHAMA):	NORTHWEST (NEW PROVIDENCE):	CENTRAL (EXUMA):	SOUTHEAST (INAGUA):
HIGH TIDE:	9:34 A.M.	9:25 A.M.	9:27 A.M.	9:41 A.M.
LOW TIDE:	3:39 P.M.	3:37 P.M.	3:30 P.M.	3:59 P.M.

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

EXTENDED FORECAST FOR THE BAHAMAS FOR SATURDAY 21ST MARCH 2026:	
ADVISORY:	There is a small craft advisory in effect for the Atlantic waters of the island chain, as well as the sheltered waters of the Northwest, Central and Southeast Bahamas .
WINDS:	Northern and Northwest Bahamas: North to northeast at 15 to 20 knots with higher gusts, decreasing 10 to 15 knots by nightfall. Central and Southeast Bahamas: North-northwest to north-northeast at 15 to 25 knots with higher gusts.
SEAS:	Northern Bahamas: 3 feet or less in nearshore waters, 2 to 4 feet in open waters, 8 to 11 feet in Atlantic waters. Northwest, Central and Southeast Bahamas: 3 feet or less in sheltered waters, 5 to 7 feet in open waters, 7 to 11 feet in Atlantic waters.
WEATHER:	Northern, Northwest and Central Bahamas: 10 – 20% chance of showers. Southeast Bahamas: 30 – 50% chance of showers with thunderstorms during the day, decreasing 20 – 30% by nightfall.

EXTENDED FORECAST FOR THE BAHAMAS FOR SUNDAY 22ND MARCH 2026:	
ADVISORY:	There is a small craft advisory in effect for the Atlantic waters of the island chain, as well as the sheltered waters of the Southeast Bahamas . There is a small craft caution in effect for the open waters of the Northwest and Central Bahamas .
WINDS:	Northern and Northwest Bahamas: Northeast to east at 10 knots or less, falling light and variable at times. Central and Southeast Bahamas: Northeast to east at 15 knots with higher gusts, decreasing 10 to 15 knots by nightfall.
SEAS:	Northern Bahamas: 3 feet or less in sheltered and open waters, 5 to 7 feet in Atlantic waters. Northwest and Central Bahamas: 3 feet or less in sheltered waters, 3 to 5 feet in open waters, 8 feet subsiding to 5 feet in Atlantic waters. Southeast Bahamas: 3 feet or less in sheltered waters, 5 to 7 feet in open waters, 9 feet subsiding to 6 feet in Atlantic waters.
WEATHER:	All areas: 10% chance of showers.

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