



BAHAMAS MARINE FORECAST

MARINE FORECASTS FOR THE BAHAMAS ISSUED BY THE BAHAMAS DEPARTMENT OF METEOROLOGY AT 6:00 A.M. EDT, Saturday, July 4, 2026, FOR THE NEXT 24 HOURS. THE NEXT SCHEDULED FORECASTS WILL BE ISSUED AT 12:00 P.M. EDT.

WARNINGS:

Rip Currents: A *slight* to *moderate* risk of rip currents exists along Atlantic-exposed coastlines tonight and through the next several days. Beachgoers are urged to exercise caution when entering the water.

Heat Advisory: **A heat advisory is in effect for all areas of the Bahamas** due to high temperatures in the mid 90's and UV heat indices in the triple digits (very high to extreme range) All residents and visitors are advised to remain hydrated, wear protective clothing and sunscreen and avoid prolonged sun exposure during peak sunshine hours of 11am to 4pm.

A high-pressure ridge continues to dominate the weather pattern across the island chain, maintaining gentle to fresh breezes. Residual moisture, coupled with a southerly wind flow, will support isolated to scattered showers and thunderstorms while hot and humid conditions persist through the weekend.

GENERAL SITUATION:

Outlook: Fresh to moderate breezes will persist across the archipelago. Meanwhile, a thin layer of Saharan dust is expected to spread into the southern islands on Sunday, resulting in hazy conditions. As we head into the work week, high pressure will remain the dominant weather feature while streaming moisture across the region supports hot temperatures and isolated showers and thunderstorms.

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

- ADVISORY:** None
- WINDS:** Southeast to south at 10 knots or less.
- LOCAL SEAS:** 2 feet or less in nearshore and open waters, 2 to 3 feet in Atlantic waters.
- GULF STREAM:** 2 feet or less
- SWELLS:** None
- WEATHER:** 30 to 40% chance of showers with thunderstorms.

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

- ADVISORY:** None
- WINDS:** East to Southeasterly at 10 knots or less.
- LOCAL SEAS:** 2 feet or less in nearshore and open waters, 2 to 3 feet in Atlantic waters.
- SWELLS:** None
- WEATHER:** 20 to 40% chance of showers with the chance of isolated thunderstorms.

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

- ADVISORY:** None
- WINDS:** East to southeast at 10 to 15 knots, falling to less than 10 knots at times.
- LOCAL SEAS:** 2 feet or less in nearshore and open waters, 2 to 4 feet in Atlantic waters.
- SWELLS:** None
- WEATHER:** 20-30% chance of afternoon showers or isolated thunderstorms

**SOUTHEAST BAHAMAS**

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

ADVISORY:	None
WINDS:	East to southeast at 10 to 15 knots, with occasionally higher gusts.
LOCAL SEAS:	2 feet or less in nearshore and open waters, 2 to 4 feet in Atlantic waters.
SWELLS:	None
WEATHER:	20-30% chance of showers and isolated thunderstorms.

MOONSET:

10:23 A.M.

MOONRISE:

11:18 P.M.

ISLAND TIDES:	NORTHERN (GRAND BAHAMA):	NORTHWEST (NEW PROVIDENCE):	CENTRAL (EXUMA):	SOUTHEAST (INAGUA):
LOW TIDE:	05:42 A.M.	05:33 A.M.	05:35 A.M.	05:49 A.M.
HIGH TIDE:	11:38 A.M.	11:29 A.M.	11:31 A.M.	11:45 A.M.

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

TROPICAL WEATHER OUTLOOK: Tropical cyclone activity is not expected during the next 7 days.**EXTENDED FORECAST FOR THE BAHAMAS FOR SUNDAY 5TH JULY 2026**

ADVISORY:	Small craft caution for the Central and Southeast including Atlantic waters
WINDS:	Northern and Northwest Bahamas: Southeast at 10 to 15 knots. Central and Southeast Bahamas: East to southeast at 15 to 20 knots with higher gusts.
SEAS:	Northern and Northwest Bahamas: 3 feet or less nearshore and open waters, 2 to 4 feet for Atlantic waters. Central and Southeast Bahamas: 2 to 4 feet nearshore, 4 to 6 feet offshore and Atlantic waters
WEATHER:	Northern and Northwest Bahamas: 30 – 40% chance of showers with thunderstorms. Central and Southeast Bahamas: 20 – 30% chance of showers with thunderstorms.

EXTENDED FORECAST FOR THE BAHAMAS FOR MONDAY 6TH JULY 2026

ADVISORY:	Small craft caution for the Central and Southeast including Atlantic waters
WINDS:	Northern and Northwest Bahamas: Southeast to south at 10 to 15 knots with higher gusts. Central and Southeast Bahamas: East to southeast at 15 to 20 knots.
SEAS:	Northern and Northwest Bahamas: 3 feet or less nearshore and open waters, 2 to 4 feet for Atlantic waters. Central and Southeast Bahamas: 2 to 4 feet nearshore, 4 to 6 feet offshore and Atlantic waters
WEATHER:	Northern and Northwest Bahamas: 20 – 40% chance of showers with thunderstorms. Central and Southeast Bahamas: 10 – 20% chance of showers.

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