



Heat Advisory for the interior this weekend, Coastal flooding along the Bayshore through Friday

KEY POINTS

- Warm to hot temperatures through the next seven days
- Hazardous heat for most inland locations this weekend
- Mild overnight lows in the higher elevations will limit recovery
- Minor coastal flooding at high tide for bayshore locations on the San Francisco, San Pablo, and Monterey Bays through Friday

CHANGES FROM PREVIOUS BRIEFING

- Heat Advisory issued for interior locations Saturday and Sunday
- Coastal Flood Advisory extended through Friday's high tide

WEATHER RISK OUTLOOK

Risk levels incorporate potential impacts from weather hazards and likelihood of occurrence for a reasonable worst-case scenario.

	Thu 10/1	Fri 10/2	Sat 10/3	Sun 10/4	Mon 10/5	Tue 10/6	Wed 10/7
North Bay Santa Rosa, Napa, San Rafael	Coastal Flooding	Coastal Flooding	Heat	Heat	Heat	Heat	Heat
San Francisco Downtown SF	Coastal Flooding	Coastal Flooding					
SF Peninsula Half Moon Bay, San Mateo, SFO	Coastal Flooding	Coastal Flooding	Heat	Heat	Heat	Heat	Heat
East Bay Oakland, Concord, Livermore	Heat Coastal Flooding	Heat Coastal Flooding	Heat	Heat	Heat	Heat	Heat
South Bay San Jose, Gilroy	Heat Coastal Flooding	Heat Coastal Flooding	Heat	Heat	Heat	Heat	Heat
Santa Cruz County Santa Cruz, Boulder Creek, Corralitos	Coastal Flooding	Coastal Flooding	Heat	Heat	Heat	Heat	Heat
Monterey & San Benito County Monterey, Salinas, Hollister	Coastal Flooding	Heat Coastal Flooding	Heat	Heat	Heat	Heat	Heat

Risk Levels

Little to None

Minor

Moderate

Major

Extreme

DETAILS

North Bay



Heat

Impacts:

- Heat Advisory issued for the Sonoma coastal range and the interior mountains Saturday and Sunday with potential for an extension
- Affects those who are sensitive to heat, especially those without cooling/hydration, and some health systems and industries

Timing:

Saturday through Wednesday

Confidence:

Moderate

Details:

- Maximum temperatures in the mid-80s to near 100 across the interior
- Mild overnight lows in the upper 60s to middle 70s across the higher elevations will limit overnight recovery
- Saturday will be the hottest day
- Pockets of major HeatRisk in the higher terrain Saturday through Tuesday



Coastal Flooding

Impacts:

- Flooding of lots, parks, and roads with only isolated road closures expected
- High tides will result in flooding along coastal trails, cut off access to some low-lying beaches and coastal areas, and bring water and waves farther up the beach than typical

Timing:

- During the highest high tide Thursday and Friday afternoon

Confidence:

- High today, moderate Friday

Details:

At the San Francisco tidal gauge, high tide is expected to be:

- 1.1 ft above normal (6.92 ft MLLW) at 2:58 PM Thursday 10/1
- 0.9 ft above normal (6.71 ft MLLW) at 3:58 PM Friday 10/2

These predictions include up to 0.7 ft of surge that will enhance the astronomical tide and flooding threat. High tide varies up to 90 minutes earlier or later along the Pacific Coast and through the San Francisco Bay, respectively.

San Francisco



Coastal Flooding

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SF Peninsula



Heat

Impacts:

- Heat Advisory issued for eastern San Mateo County and the San Mateo County mountains Saturday and Sunday with potential for an extension
- Affects those who are sensitive to heat, especially those without cooling/hydration, and some health systems and industries

Timing:

Saturday through Wednesday

Confidence:

High

Details:

- Maximum temperatures in the 80s to low-90s along the bayshore and in the Santa Cruz Mountains
- Mild overnight lows in the upper 60s to middle 70s across the higher elevations will limit overnight recovery
- Saturday will be the hottest day
- Areas of major HeatRisk in southeastern San Mateo County Saturday and Sunday



Coastal Flooding

Impacts:

- Flooding of lots, parks, and roads with only isolated road closures expected
- High tides will result in flooding along coastal trails, cut off access to some low-lying beaches and coastal areas, and bring water and waves farther up the beach than typical

Timing:

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East Bay



Heat

Impacts:

- Heat Advisory issued Saturday and Sunday with potential for an extension
- High Risk for heat-related illnesses for pets, livestock, and much of the population, especially with extended outdoor exposure, and for those who are heat sensitive and/or without effective cooling and/or adequate hydration.

Timing:

Saturday and Sunday; Moderate Risk today through Wednesday

Confidence:

High

Details:

- Maximum temperatures in the 80s to low-90s along the bayshore, mid-80s to low-100s across the interior
- Mild overnight lows in the upper 60s to middle 70s across the higher elevations will limit overnight recovery
- Saturday will be the hottest day
- Moderate HeatRisk continues through the seven day outlook



Coastal Flooding

Impacts:

- Flooding of lots, parks, and roads with only isolated road closures expected
- High tides will result in flooding along coastal trails, cut off access to some low-lying beaches and coastal areas, and bring water and waves farther up the beach than typical

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South Bay



Heat

Impacts:

- Heat Advisory issued Saturday and Sunday with potential for an extension
- High Risk for heat-related illnesses for pets, livestock, and much of the population, especially with extended outdoor exposure, and for those who are heat sensitive and/or without effective cooling and/or adequate hydration.

Timing:

Saturday and Sunday; Moderate Risk today through Wednesday

Confidence:

High

Details:

- Maximum temperatures in the 80s to low-100s
- Mild overnight lows in the upper 60s to middle 70s across the higher elevations will limit overnight recovery
- Saturday will be the hottest day
- Major HeatRisk persists in southern and eastern Santa Clara Valley through Wednesday
- Moderate HeatRisk continues through the seven day outlook



Coastal Flooding

Impacts:

- Flooding of lots, parks, and roads with only isolated road closures expected
- High tides will result in flooding along coastal trails, cut off access to some low-lying beaches and coastal areas, and bring water and waves farther up the beach than typical

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Heat

Impacts:

- Heat Advisory issued for the Santa Cruz Mountains Saturday and Sunday with potential for an extension
- Affects those who are sensitive to heat, especially those without cooling/hydration, and some health systems and industries

Timing:

Saturday through Wednesday

Confidence:

High

Details:

- Maximum temperatures in the 80s to low-90s, up to the high-90s in the Santa Cruz Mountains
- Mild overnight lows in the upper 60s to middle 70s across the higher elevations will limit overnight recovery
- Saturday will be the hottest day



Coastal Flooding

Impacts:

- Flooding of lots, parks, and roads with only isolated road closures expected
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These predictions include up to 0.7 ft of surge that will enhance the astronomical tide and flooding threat. High tide varies up to 90 minutes earlier or later along the Pacific Coast and through the San Francisco Bay, respectively.

Monterey & San Benito County



Heat

Impacts:

- Heat Advisory issued for the southern Salinas Valley, Santa Lucia range, and interior mountains Saturday and Sunday with potential for an extension
- High Risk for heat-related illnesses for pets, livestock, and much of the population, especially with extended outdoor exposure, and for those who are heat sensitive and/or without effective cooling and/or adequate hydration.

Timing:

Saturday and Sunday; Moderate Risk Friday through Wednesday

Confidence:

High

Details:

- Maximum temperatures in the 90s to mid-100s across the interior
- Saturday will be the hottest day
- Widespread Moderate HeatRisk persists across the inland regions through the week



Coastal Flooding

Impacts:

- Flooding of lots, parks, and roads with only isolated road closures expected
- High tides will result in flooding along coastal trails, cut off access to some low-lying beaches and coastal areas, and bring water and waves farther up the beach than typical

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FOR MORE INFORMATION

For the latest forecast updates, visit weather.gov/bayarea.

If you have questions or would like to submit weather reports, photos, or to unsubscribe from these briefings, email w-mtr.webmaster@noaa.gov or call **Unlisted: (831) 656-1717**.

GRAPHICS



Heat Advisory This Weekend

Weather Forecast Office
San Francisco Bay Area
Thursday, October 1

What

- Inland highs in the middle 90s up to 103°F
- Overnight lows in the upper 60s to middle 70s in the higher elevations will limit overnight recoveries

Where

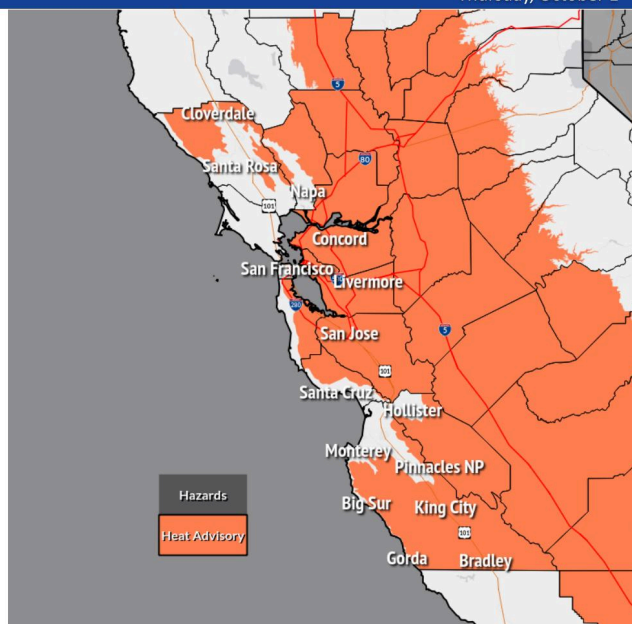
- Sonoma Coastal Range, North Bay Interior Mountains, San Francisco Bay Shoreline, East Bay and South Bay, Santa Cruz Mountains, Santa Lucia Range, Southern Salinas Valley, Interior Central Coast Mountains

When

- 11 AM Saturday to 10 PM Sunday

Impacts & Safety

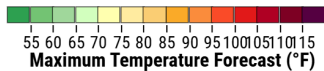
- These conditions can cause heat illnesses if outdoors for long periods, especially with physical exertion
- Drink plenty of water or sports drinks
- Do not leave people or pets in unattended vehicles
- Take frequent breaks in air conditioning or shade
- Shift outdoor activity to cooler times of the day



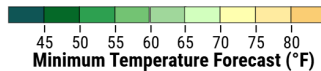
Heat Advisory This Weekend

Maximum Temperature (°F) & Minimum Temperature (°F) Forecast

		10/2	10/3	10/4	10/5	10/6	10/7	10/8
		Fri	Sat	Sun	Mon	Tue	Wed	Thu
Big Sur	Max Temp	88	89	89	82	83	84	83
	Min Temp	68	71	71	71	71	72	71
Bodega Bay	Max Temp	62	67	66	69	69	70	69
	Min Temp	52	55	58	58	58	58	58
Boulder Creek	Max Temp	94	97	97	96	97	98	96
	Min Temp	57	62	62	61	61	62	62
Cloverdale	Max Temp	91	97	96	97	96	96	94
	Min Temp	61	64	66	65	65	65	63
Concord	Max Temp	94	100	99	98	98	97	96
	Min Temp	59	63	64	64	64	65	65
Fremont	Max Temp	83	91	90	87	87	87	87
	Min Temp	60	62	65	64	64	65	64
Gilroy	Max Temp	94	100	101	99	99	100	99
	Min Temp	58	63	64	64	64	66	64
Half Moon Bay	Max Temp	72	77	76	73	73	74	74
	Min Temp	55	57	60	59	59	60	59
Hayward	Max Temp	80	86	85	82	83	84	82
	Min Temp	59	62	65	64	64	64	64
Hollister	Max Temp	91	96	97	94	94	95	95
	Min Temp	59	63	65	64	64	66	64
King City	Max Temp	91	95	95	94	94	94	94
	Min Temp	58	59	60	61	61	62	63
Livermore	Max Temp	92	99	98	96	96	95	94
	Min Temp	61	64	66	64	64	65	64
Monterey	Max Temp	77	80	81	77	78	80	79
	Min Temp	57	60	62	62	62	63	62
Morgan Hill	Max Temp	94	99	99	97	97	98	97
	Min Temp	60	65	65	65	65	66	65
Napa	Max Temp	87	93	93	92	92	92	90
	Min Temp	55	60	62	60	60	62	60



		10/2	10/3	10/4	10/5	10/6	10/7	10/8
		Fri	Sat	Sun	Mon	Tue	Wed	Thu
Oakland	Max Temp	81	88	86	83	84	85	84
	Min Temp	58	61	63	63	63	63	63
Pacifica	Max Temp	68	73	71	69	69	70	70
	Min Temp	56	58	60	60	60	60	60
Petaluma	Max Temp	89	95	93	91	91	92	91
	Min Temp	53	58	58	58	58	59	59
Pinnacles NP	Max Temp	98	102	102	100	100	100	100
	Min Temp	59	61	63	62	62	62	61
Redwood City	Max Temp	88	92	92	89	89	90	88
	Min Temp	59	62	65	64	64	65	63
Richmond	Max Temp	79	84	84	80	82	82	80
	Min Temp	56	59	61	61	61	62	62
Salinas	Max Temp	77	84	84	81	82	83	83
	Min Temp	58	61	64	63	63	65	63
San Francisco	Max Temp	76	81	80	77	78	79	78
	Min Temp	56	58	60	60	60	61	61
San Jose	Max Temp	88	95	95	92	92	93	92
	Min Temp	60	64	66	65	65	66	65
San Rafael	Max Temp	88	93	93	91	92	92	90
	Min Temp	54	60	61	60	60	61	60
Santa Cruz	Max Temp	81	87	87	85	85	87	86
	Min Temp	58	62	63	63	63	64	63
Santa Rosa	Max Temp	88	95	93	91	92	92	91
	Min Temp	53	58	58	58	58	59	59
Sunnyvale	Max Temp	87	94	94	91	92	92	91
	Min Temp	60	63	65	65	65	66	64
Watsonville	Max Temp	78	84	84	82	83	85	84
	Min Temp	57	61	63	63	63	64	63



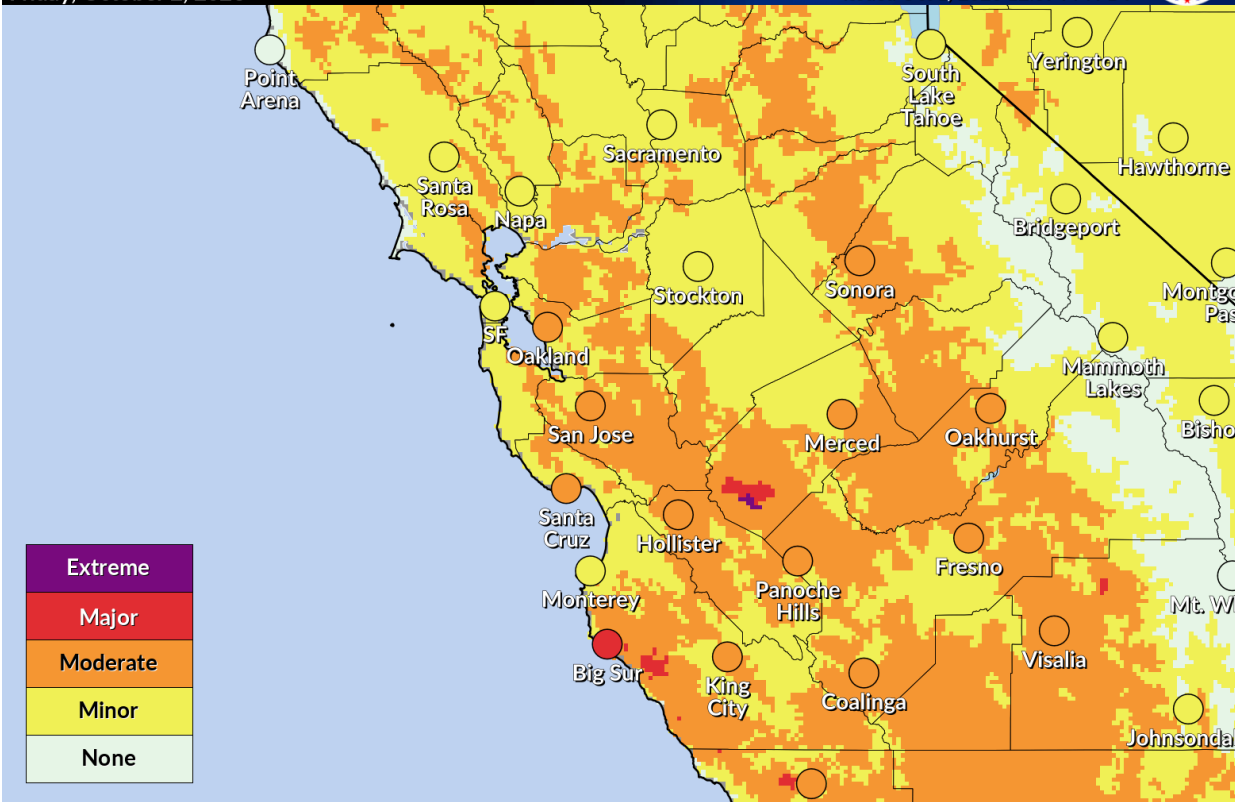
sampler_Temperature (MaxGrid)_20261001_123533.png

NOAA/NWS HeatRisk

Friday, October 2, 2026

Weather Forecast Office
San Francisco Bay Area

Issued Oct 1, 2026 12:39 PM PDT



* This is an experimental product

weather.gov/mtr

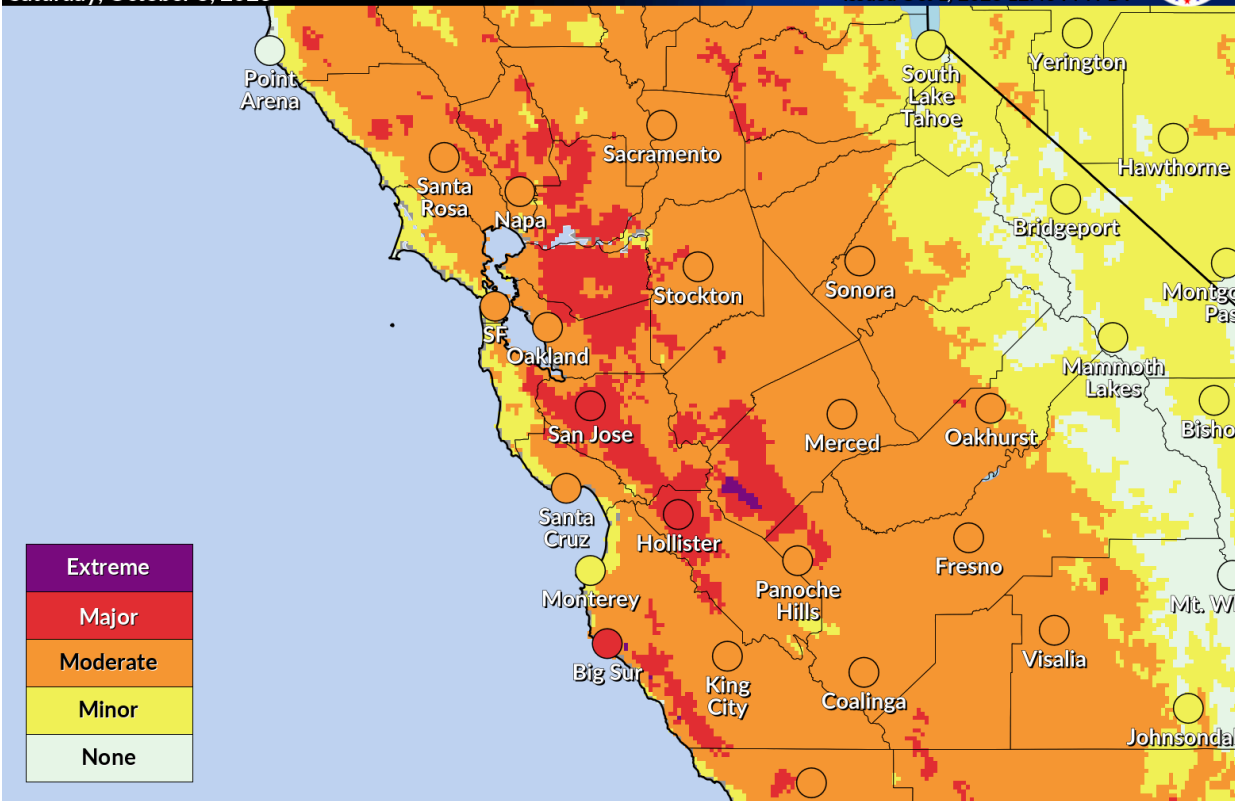
HeatRisk Friday.png

NOAA/NWS HeatRisk

Saturday, October 3, 2026

Weather Forecast Office
San Francisco Bay Area

Issued Oct 1, 2026 12:40 PM PDT



* This is an experimental product

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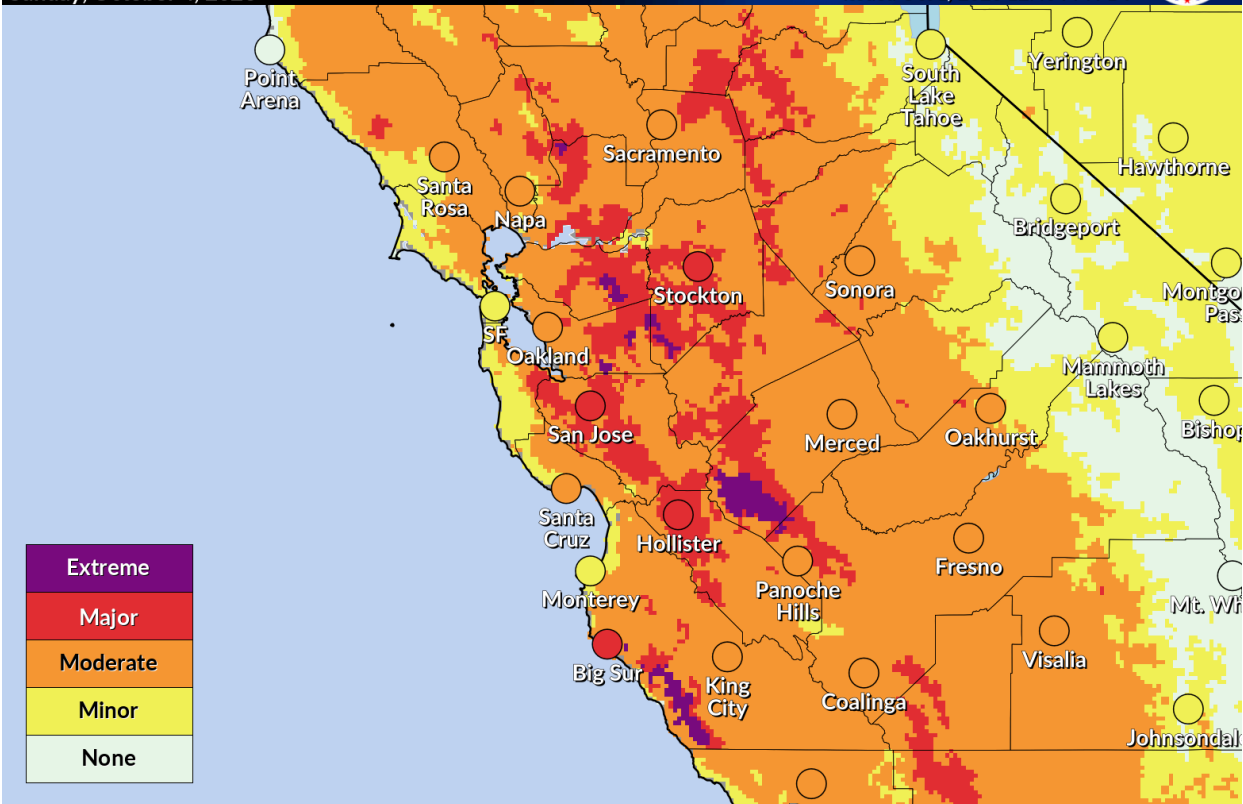
HeatRisk Saturday.png

NOAA/NWS HeatRisk

Sunday, October 4, 2026

Weather Forecast Office
San Francisco Bay Area

Issued Oct 1, 2026 12:40 PM PDT



* This is an experimental product

weather.gov/mtr

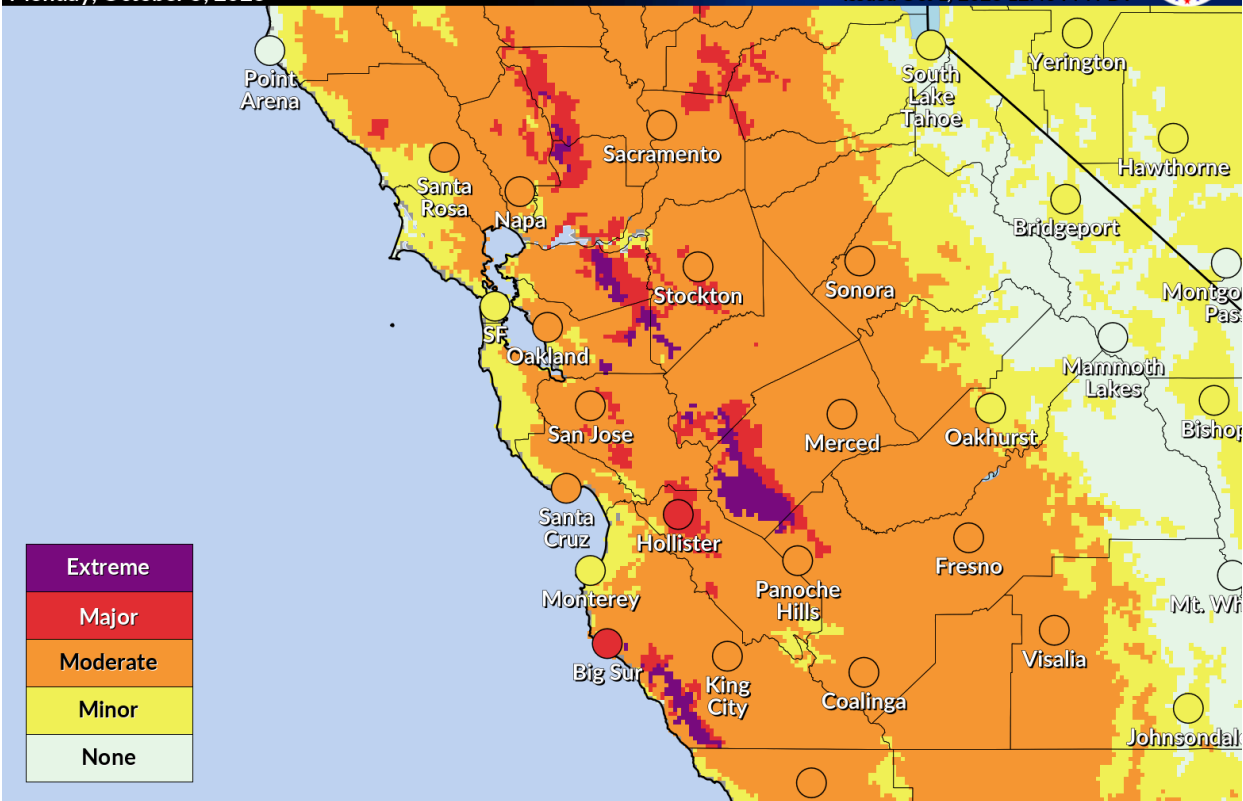
HeatRisk Sunday.png

NOAA/NWS HeatRisk

Monday, October 5, 2026

Weather Forecast Office
San Francisco Bay Area

Issued Oct 1, 2026 12:40 PM PDT



* This is an experimental product

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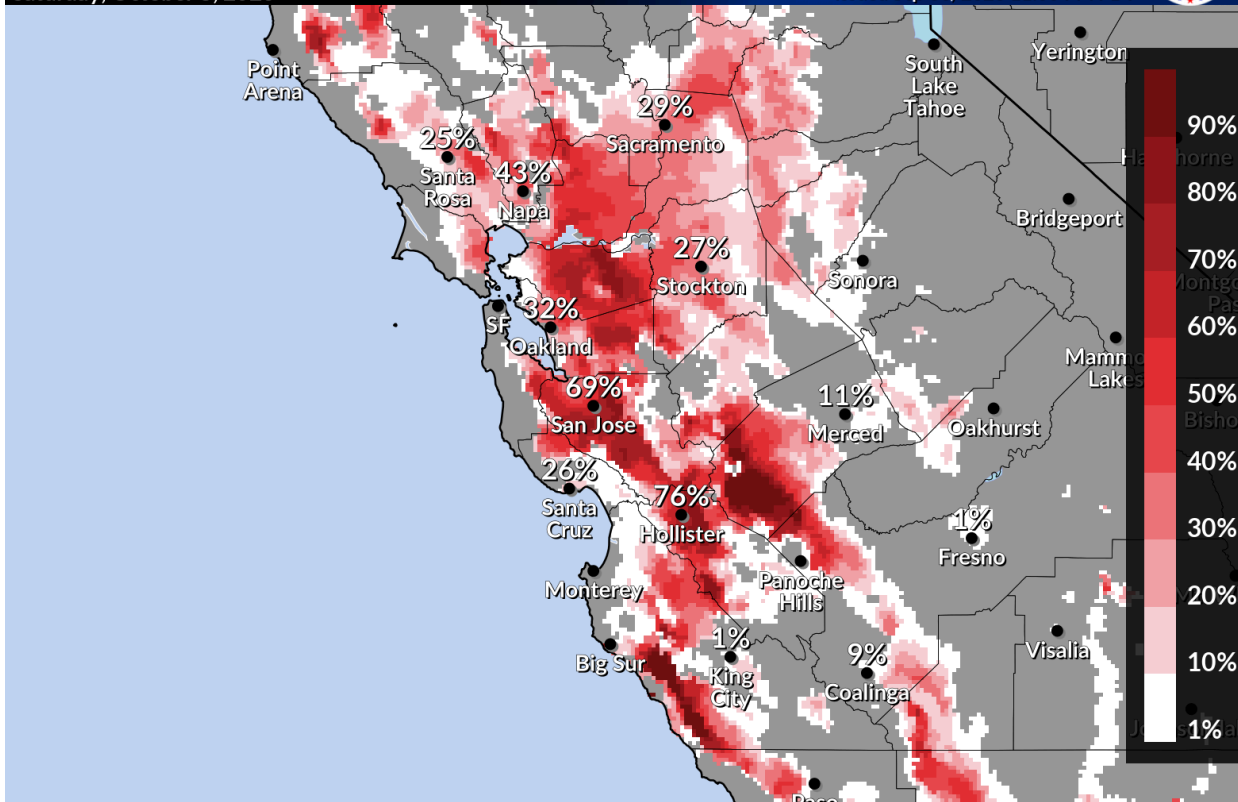
HeatRisk Monday.png

Probability of Major or Higher HeatRisk

Saturday, October 3, 2026

Weather Forecast Office
San Francisco Bay Area

Issued Sep 30, 2026 11:00 PM PDT



* This is a prototype product

weather.gov/mtr

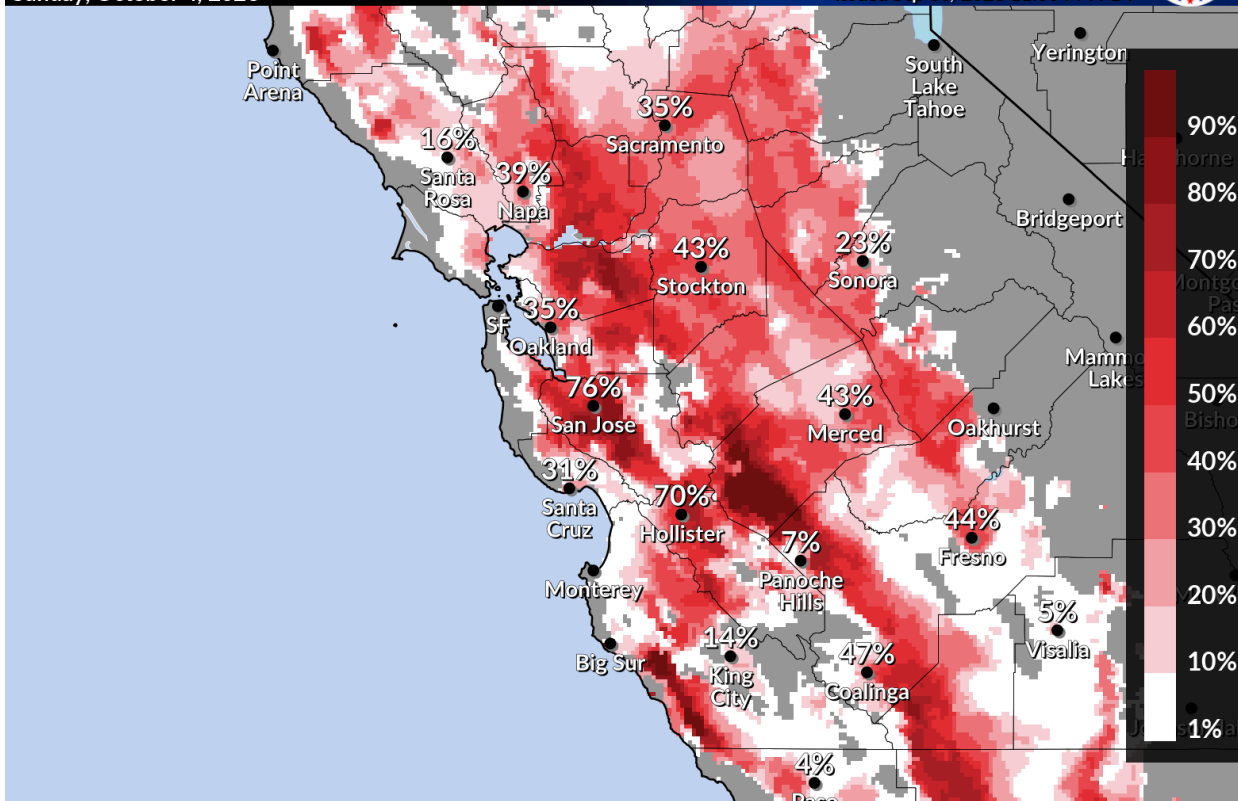
ProbMajor Saturday.png

Probability of Major or Higher HeatRisk

Sunday, October 4, 2026

Weather Forecast Office
San Francisco Bay Area

Issued Sep 30, 2026 11:00 PM PDT



* This is a prototype product

weather.gov/mtr

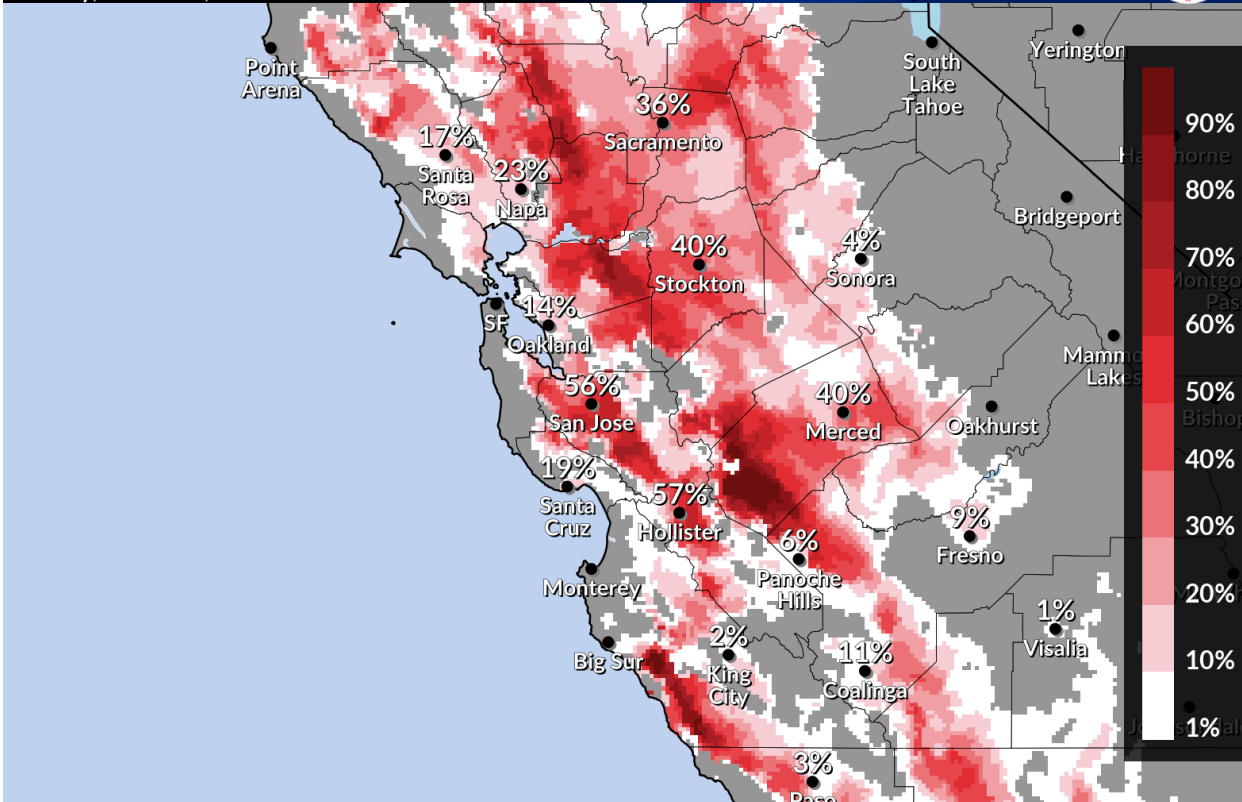
ProbMajor Sunday.png

Probability of Major or Higher HeatRisk

Monday, October 5, 2026

Weather Forecast Office
San Francisco Bay Area

Issued Sep 30, 2026 11:00 PM PDT



* This is a prototype product

weather.gov/mtr

ProbMajor Monday.png



Minor Coastal Flooding

Weather Forecast Office
San Francisco Bay Area
Thursday, October 1

What

- Up to 1.1 ft of inundation above ground level is possible in low-lying areas near shorelines and tidal waterways

Where

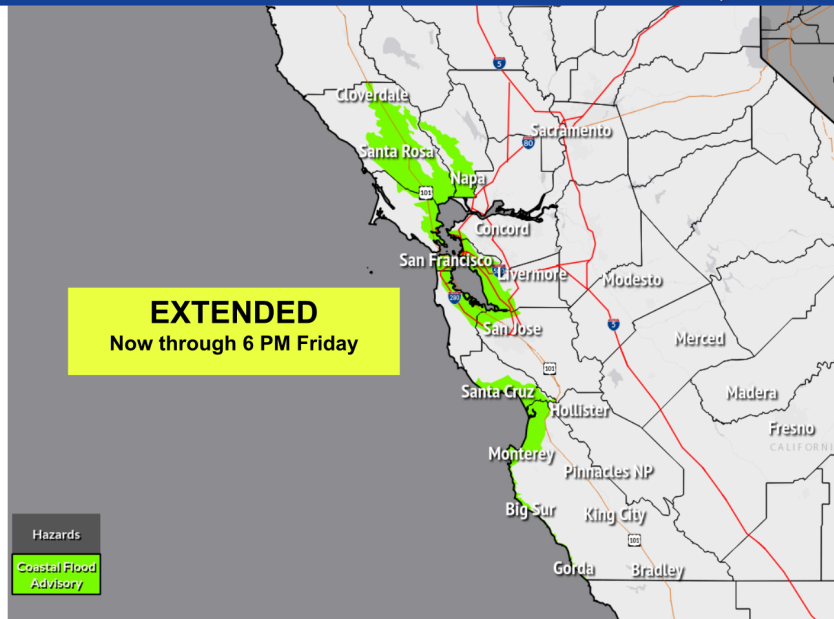
- Bayshore locations along the San Francisco Bay, San Pablo Bay, and Monterey Bay

When

- Now through 6 PM Friday

Impacts & Safety

- If travel is required, allow extra time as some roads may be closed
- Do not drive around barricades or through water of unknown depth
- Take the necessary actions to protect flood-prone property



Coastal Flood Advisory.png