

1. Summary of the MAM Rainfall Outlook

During the March–April–May (MAM) 2026 rainy season, rainfall is expected to be slightly above the long-term average in Tharaka Nithi County. This means that the rainfall will be enhanced.

Scattered heavy rainfall events are likely to occur in some parts of the county during the season. However, there may be intermittent dry spells.

Fig 1 Shows the amount of rainfall in millimetres (mm) that is expected to fall over Tharaka Nithi County during the “Long Rains” season.

Fig 2 Shows normal rainfall over Tharaka Nithi County during the “Long Rains” season. (It's imperative to note that, Normal rainfall means the average amount of rainfall received in March, April and May for a period of 30 years i.e from 1991-2020.)

2. Rainfall Forecast by Climatic Zone (Onset, Cessation, Distribution, Peak and Amounts)

Zone 1: Mara (Mwimbi, Mitheru, Muthambi, Ganga and Chogoria) and Zone 2 Chuka/Igambang'ombe (Mariani, Karingani, Mugumoni, Mugwe and Igambang'ombe)

- **Onset of rains:** 2nd to 3rd week of March 2026, with dry spells likely in March.
- **Cessation of rains:** 3rd to 4th week of May 2026.
- **Expected rainfall amount:** 402 –762 mm, which is above the long-term seasonal average.
- **Rainfall distribution:** Poor to fair distribution is expected in March and May, marked by dry spells. Good distribution is expected in April.
- **Peak rainfall month:** April

Zone 3: Tharaka (Gatunga, Mukothima, Nkondi, Chiakariga and Marimanti)

- **Onset of rains:** 2nd to 3rd week of March 2026, with dry spells likely in March.
- **Cessation of rains:** 3rd to 4th week of May 2026.
- **Expected rainfall amount:** 280–521 mm, which is above the long-term seasonal average.
- **Rainfall distribution:** Poor to fair distribution is expected in March and May, marked by dry spells. Good distribution is expected in April.
- **Peak rainfall month:** April

3. Temperature Outlook

Temperatures during the MAM 2026 season are anticipated to be slightly higher (warmer) than average. This may lead to:

- Increased soil moisture loss
- Higher water needs for crops and livestock
- Both human and animals may experience more heat stress.

4. Influence of tropical cyclones

Tropical cyclones may form over the Indian Ocean during this MAM season. They may enhance rainfall or cause depressed rainfall, not only over Tharaka Nithi County but also over other parts of the country. However, this depends on the **location** and **movement** of the cyclones. The path of cyclones and their probable impact on the weather in Kenya can only be predicted a few days in advance.

Follow regular weather updates from Kenya Meteorological department to find out if any cyclones are likely to affect Tharaka Nithi County weather.

5. Potential impacts of MAM rainfall season.

5.1 Sectoral impacts

Below are some impacts across various sectors. Sectoral leads will highlight detailed impacts.

Positive impacts

- Regeneration of pastures and availability of water
- Improved livestock production and productivity
- Surplus livestock and livestock products e.g Milk and meat.
- Improved water quality due to pollution dilution
- Reduced malnutrition cases
- Increased water availability hence reduced WASH reduced diseases
- Increased agricultural production leading to lower food prices
- Increased forest growth and regeneration afforestation, reafforestation and restoration activities.
- Improved forest biodiversity and ecosystem health.

Negative impacts

- Enhanced risk of pest and disease outbreak due to increased humidity.
- Rapid weed growth requiring enhanced control resulting to increased production cost.
- Destruction of marketing infrastructure e.g roads and markets.
- Possible flooding may lead to deaths, water contamination and outbreak of waterborne diseases (e.g cholera, typhoid and bilharzia) and vector borne diseases (e.g Malaria).
- Expected heavy rainfall events may lead disruption of road transport and reduced visibility.

5.2 Potential impacts on Community and Gender Equality, Disability and Social Inclusion (GEDSI) Groups.

Positive impacts

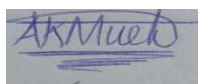
- Food security (good mental state, reduced GBV, and crimes).
- Employment creations (reduced crimes, GBV and social cohesion)
- Increased water harvesting.

6. Key of scientific terms used

Term	Rainfall Amount (24 hrs)	Description
Light	< 5 mm	Gentle rain, drizzle
Moderate	5-20 mm	Steady, noticeable rain
Heavy	21-50 mm	Intense rain, possible thunder
Very heavy	> 50 mm	Prolonged rain.

Term	Area Affected (%)	Description
Few places	< 33%	Rain in a small portion of the region
Several places	33% to 66%	Rain in multiple but not most parts of the region
Most places	> 66%	Rain in nearly all parts of the region

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For more information about the climate and weather in Kenya visit KMD website at

<http://www.meteo.go.ke/>