



REPUBLIC OF KENYA
MINISTRY OF ENVIRONMENT, CLIMATE CHANGE AND FORESTRY
KENYA METEOROLOGICAL DEPARTMENT

NAKURU COUNTY METEOROLOGICAL OFFICE

March – April - May 2026 Seasonal Forecast
Date of issue: Wednesday 4th March, 2026

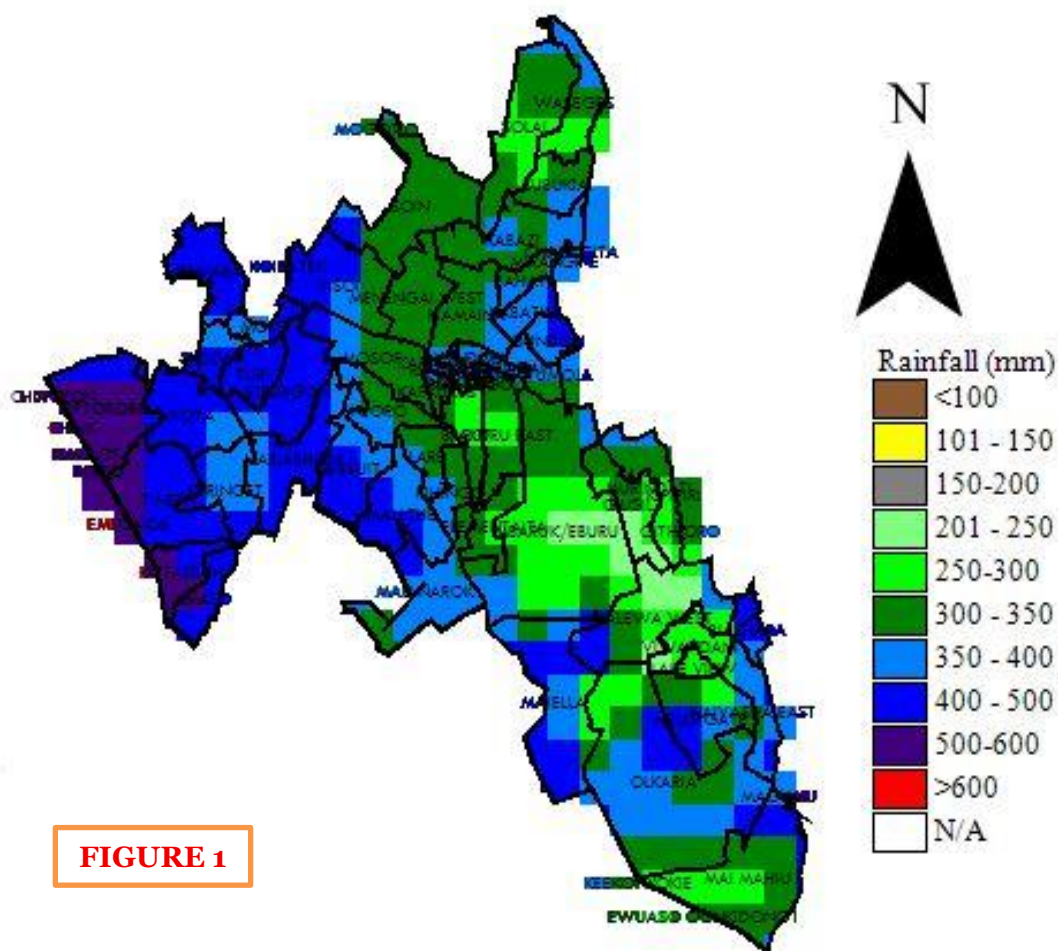


Figure 1 above shows the volume of rainfall in mm predicted in each Sub County of Nakuru County during this March – April - May 2026 rainy season.

The areas highlighted in light green, green and dark green colours, mainly scattered in the central and eastern stretch of the county, are predicted to receive the least amounts of rainfall ranging between (201 – 350) mm.

The areas highlighted in light blue, blue and dark blue colours, mainly in the western block of the county, are predicted to receive the highest amounts of rainfall ranging between (350 - 600) mm. Few pockets may receive less than 201 mm while others may as well receive more than 600mm of rainfall during this rainy season. This is an indication of normal to above normal rainfall performance for most parts of the county. Areas along the borders to the extreme west of the county are predicted to receive the highest amounts of rainfall during this rainy season.

These areas are possible catchment sources of most county seasonal rivers and this means more volumes of water are expected to flow into the rivers during the long rainy season and therefore a possibility of occasional flash floods during the season.

BRIEF COUNTY RAINFALL OUTLOOK MAM 2026

The current rainfall in many parts of Nakuru County is predicted to continue and spread to the whole county during the month of March. This is a major rainfall season for Nakuru County and therefore farmers should be advised to consider planting even the slow maturing crops as the forecasted rainfall amounts are for the entire period. The cessation of rainfall is expected to occur during the 1st to 2nd week of June 2026 as summarized in table 1 below.

EXPECTED ONSET AND CESSATION DATES

Table1.

SUB-COUNTY	ONSET	CESSATION
All Sub-Counties	Current Rainfall in various parts of the county continues and spreads to the whole county during the month of March 2026.	1 st to 2 nd week of June, 2026.

The March-April and May, 2026 rainfall season is expected to be well distributed in all wards in the County both in temporal and spatial during the peak month of April, 2026.

This Climate Information Service is vital in the county for undertaking tree planting activities, water harvesting as well as carrying out farming activities in potential agricultural areas in the entire county to enhance food security status. Farmers are highly advised to consult local agricultural extension officers for advice on how to plan farming activities in light of this useful climate information service in order to maximize opportunities and mitigate uncertainties associated with the expected rainfall performance in the entire county.

Analysis on Figure1 shows different colour patterns in most of the wards, depicting normal to above normal amounts in volume of rainfall throughout all the sub-counties. The analysis is a pointer to high chances of Nakuru County receiving normal rainfall in most of the wards in this coming March-April-May rainy season.

In order to compare and contrast, Figure 2 below shows the long term mean for long rains (March-April-May) in each ward in Nakuru County for the last thirty years from the year 1991 to 2020.

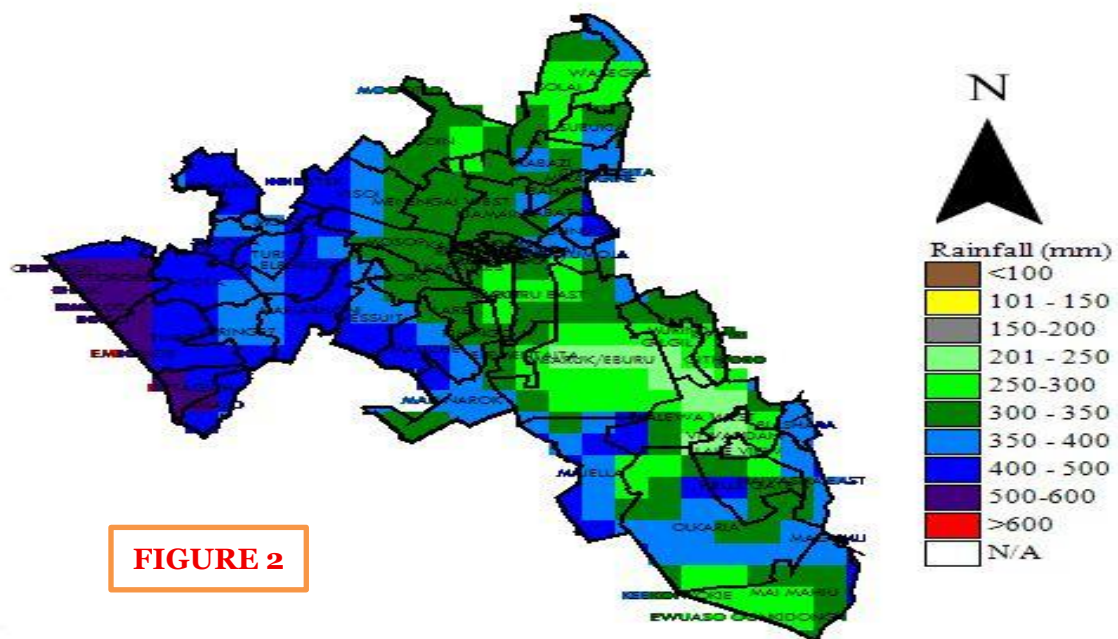


FIGURE 2

NAKURU COUNTY LONG TERM MEAN FOR LONG RAINS(MAM2026)

NAKURU COUNTY CLIMATIC ZONES

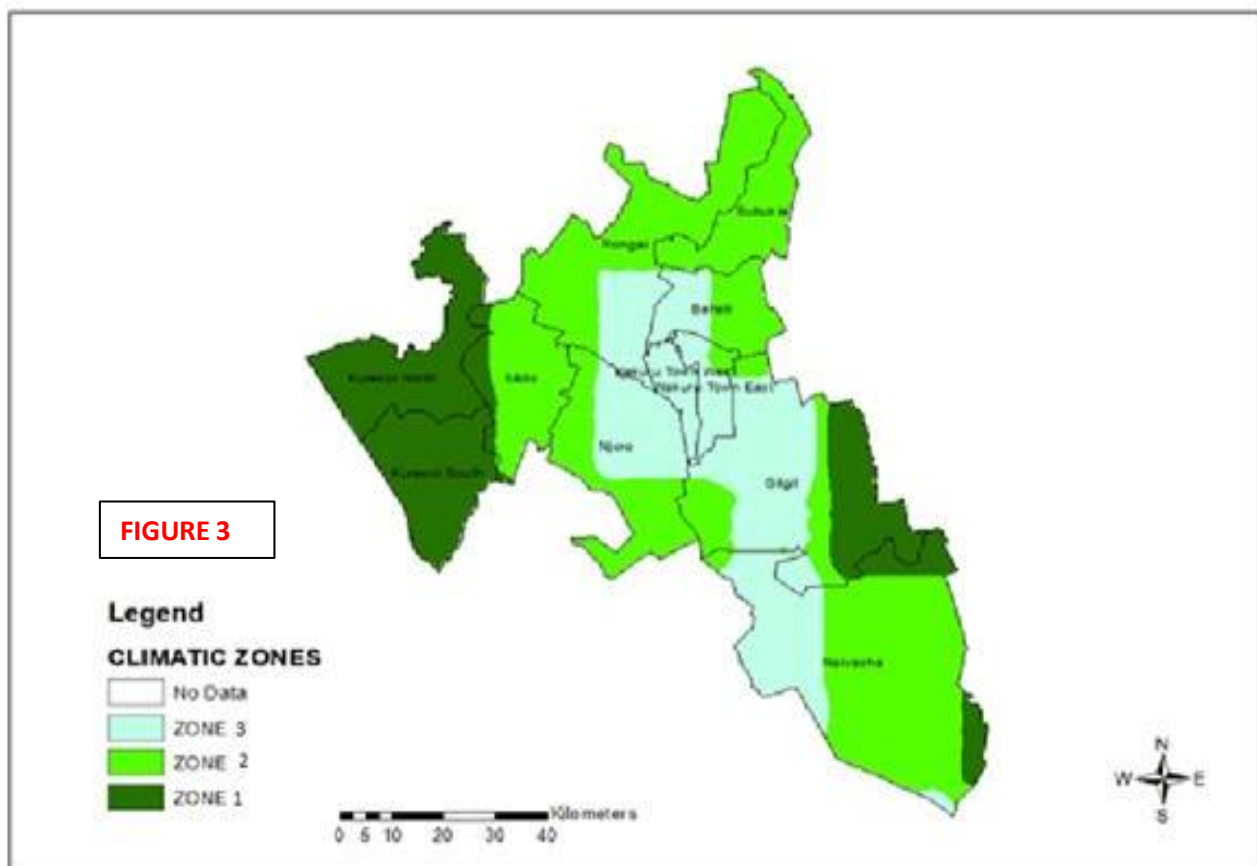


FIGURE 3

Figure 3 above is a map of all Nakuru Sub-Counties showing the link between Nakuru climatic zones and the distribution of the March-April-May season, 2026.

In this coming season, parts of zone 1 of Figure 3 above, mainly in the western block of the county, will get the highest amounts of rainfall. Most parts of Zones 2 and 3 of the same Figure will receive moderate amounts of rainfall in this season. But overall, all zones will receive relatively normal rainfall compared to their long term mean as displayed on the Nakuru County Forecast (Figure 1) above.

Figure 4 below shows the rainfall difference between the long-term average for 30 years (1991-2020) and the forecasted rainfall in March-April-May, 2026 seasonal forecast. The rainfall difference in this season portrays a possibility of majority of the wards in the county getting (20 – 20) mm of rainfall, in line with their climatic mean. This is shown by plain colour in the legend on the Figure.

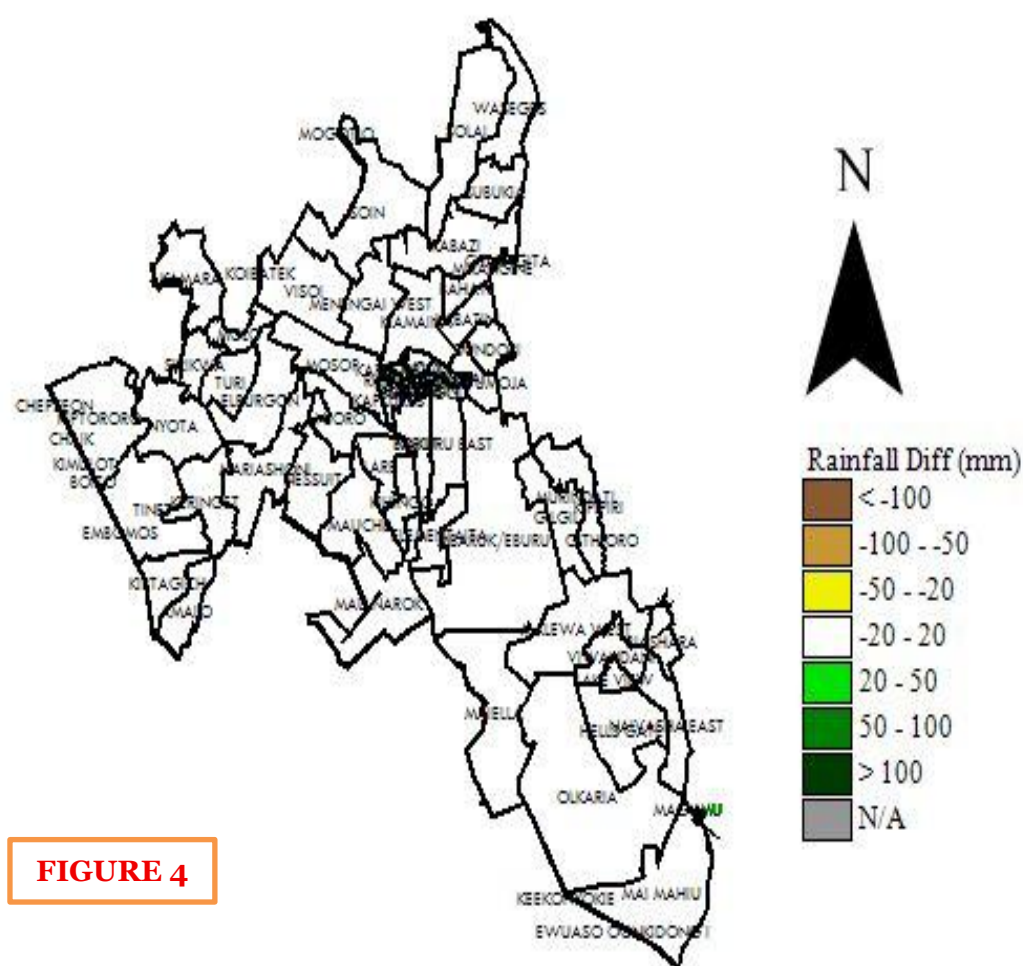


FIGURE 4

Rainfall Difference between climatological and conditioned scenario for 50th percentile rainfall for the NAKURU MAM2026 region, conditioned on the CDM NAKURU COUNTY2026 forecast.

In summary, areas along the county borders to the extreme west of the county (parts of Kuresoi North and South Sub-Counties) are projected to receive the highest amounts of rainfall in this season.

Rainfall on all zones will continue from February to May, 2026 and cessation of rainfall activities is likely to occur during the 1st to 2nd week of June, 2026.

SECTOR AND LIVELIHOOD ADVISORIES.

Table 2.

SECTOR	NORMAL TO ABOVE NORMAL RAINFALL
AGRICULTURE	❖ Prepare land for planting early in advance. ❖ Plant early and even low maturing crops, ❖ Promote cereal banking, ❖ Develop structures to minimize the speed of surface runoff along the fields e.g trapezoidal bunds, contours and trees. ❖ Use Climate Information Service for mitigation and adaptation plans. ❖ Ensure canals are ready in irrigated localities. ❖ Plant at least 30m from the river ❖ Plant varieties of crops to enhance food security. ❖ Avoid planting when it's raining. ❖ Etc
LIVESTOCK AND VETERINARY	❖ Migrate to safer grounds when it is necessary. ❖ Do e-surveillance to map animal diseases. ❖ Deworm your animals to keep away diseases. ❖ Do restocking as there may be inadequate pasture in some places. ❖ Reseed the rangelands to enhance availability of grass. ❖ Conserve grazing lands and water reserves. ❖ Report immediately occurrence of any animal diseases. ❖ Etc

FISHERIES	❖ Avoid fishing while windy or rainy. ❖ Expand the preservation and storage facilities. ❖ Wear life jackets while fishing. ❖ Ensure proper hygienic measures of fishing equipment and at landing sites. ❖ Etc
EDUCATION	❖ Children should not swim or dare cross flowing rivers. ❖ Children should not be released from schools when raining. ❖ Children should not shade themselves under tall trees when showering. ❖ Children should avoid walking barefooted to prevent themselves from being struck by lightning when thundering and showering. ❖ Children should stay away from windows and doors when precipitating to minimize chances of being struck by lightning. ❖ Pupils should be escorted by parents or guardians when crossing flooded rivers. ❖ Etc...
WATER	❖ Rehabilitate and desilt dams and water pans. ❖ Ensure water sanitation hygiene promotion(wash) is in place. ❖ Unblock drainage systems in urban centres. ❖ Carry out water harvesting during rainy season. ❖ Etc
ENVIRONMENT AND FORESTRY	❖ Provide tree seedlings early enough for planting to improve forest cover in the county. ❖ Avoid cutting down indigenous trees at all costs. ❖ Mobilize community to plant trees during the rainy season. ❖ Adhere to National Environment Management Authority (NEMA) regulations to conserve the environment. ❖ Etc
HEALTH AND NUTRITION	❖ Treat water all the time to prevent water borne diseases. ❖ Ensure drugs are available for human use when necessary. ❖ Sleep under treated nets to prevent mosquito bites. ❖ Always use toilets to avoid water borne diseases. ❖ Always wash hands after visiting washrooms. ❖ Clean utensils and dry them thoroughly under the sun. ❖ Cover small infants with blankets at night to avoid pneumonia.

HEALTH AND NUTRITION CONT...	❖ Clear drainage system channels to enhance easy flow of water. ❖ Eliminate stagnant water to prevent mosquito breeding. ❖ Sensitize on food preservation (vegetables, milk, meat for future). ❖ Sensitize on importance of exclusive breastfeeding even if alternative foods are available. ❖ Etc...
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Recommendations.

This climate information service is vital if well utilized and enhances mitigation and adaptation strategies as well as building resilience among our beloved communities in the entire county.

The National Government, the County Government and the Non-governmental organizations should be well prepared in advance on how to tackle and manage any uncertainties as well as opportunities associated with rains that are expected in the County in order to safe life, protect property and Environment in general.

Way forward

This forecast should be used as guidance in advance planning and preparedness by decision makers and public in various climate sensitive sectors and also it should be used in conjunction with 24- hour, 5- day, 7-day and monthly forecast and regular updates issued by Kenya Meteorological Department.

For further information, please contact the undersigned. You can as well find more information about weather and climate in Kenya on the KMD website <http://www.meteo.go.ke>

Regards,



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