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State Department for Environment & Climate Change
KENYA METEOROLOGICAL DEPARTMENT

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Date: 6th July 2026

WEEKLY WEATHER FORECAST FOR 7TH TO 13TH JULY 2026
&
REVIEW FOR 29TH JUNE TO 5TH JULY 2026

SUMMARY

Weather Forecast for 7th TO 13th July 2026

- *Rainfall is expected in Bungoma, Kakamega, Vihiga, Baringo, Bomet, Elgeyo-Marakwet, Kericho, Nakuru, Nandi, Trans Nzoia, Uasin Gishu, Busia, Homa Bay, Kisii, Kisumu, Migori, Narok, Nyamira, Siaya, Embu, Kiambu, Kirinyaga, Laikipia, Meru, Murang'a, Nairobi, Nyandarua, Nyeri and Tharaka-Nithi, Garissa, Marsabit, Kilifi, Kwale, Lamu, Mombasa and coastal areas of Tana River Counties.*
- *Intermittent cool and cloudy conditions are expected over Embu, Kiambu, Kirinyaga, Laikipia, Meru, Murang'a, Nairobi, Nyandarua, Nyeri, Tharaka-Nithi, Machakos, Makueni, Nakuru, Transzoia, Uasin Gishu, Bomet, Marsabit and Mandera counties.*
- *Daytime (maximum) average temperatures of more than 30°C are expected over Kilifi, Lamu, Tana River, Garissa, Wajir, Mandera, Isiolo, Marsabit, Turkana and Samburu counties.*
- *Night-time (minimum) average temperatures are expected to be less than 10°C in Nyeri, Murang'a, Nyandarua, Kiambu, Kirinyaga, Meru and Tharaka-Nithi counties.*
- *Strong southerly to south-easterly winds with speeds exceeding 25 knots (12.86 m/s) are expected over Kilifi, Kwale, Lamu, Mombasa, Turkana, Garissa, Isiolo, Mandera, Marsabit, Wajir, Tana River and Kitui Counties.*

Weather Review for 29th June to 5th July 2026

- *Most parts of the Country were dry. Rainfall was recorded over Trans Nzoia, Kakamega, Uasin Gishu, Kericho, Eldoret, West Pokot, Bungoma, Kisii, Nyamira, Laikipia, Nyandarua, Murang'a, Nairobi, Kilifi, Embu, Kisumu, Nyeri, Kajiado, Nakuru counties.*
- *The highest seven-day rainfall total (36.8 mm) was recorded at Kaptet Rainfall Station in West Pokot County.*
- *Dagoretti Meteorological Station in Nairobi County recorded the highest amount of rainfall within 24-hours: 29.5mm on 2nd July 2026.*
- *Lodwar Meteorological Station recorded the highest daily maximum temperature: 36.0°C on 29th June 2026.*
- *Nyahururu Meteorological Station recorded the lowest daily minimum temperature: 6.2°C on 30th June 2026.*

1.0 WEATHER FORECAST FOR 7TH TO 13TH JULY 2026

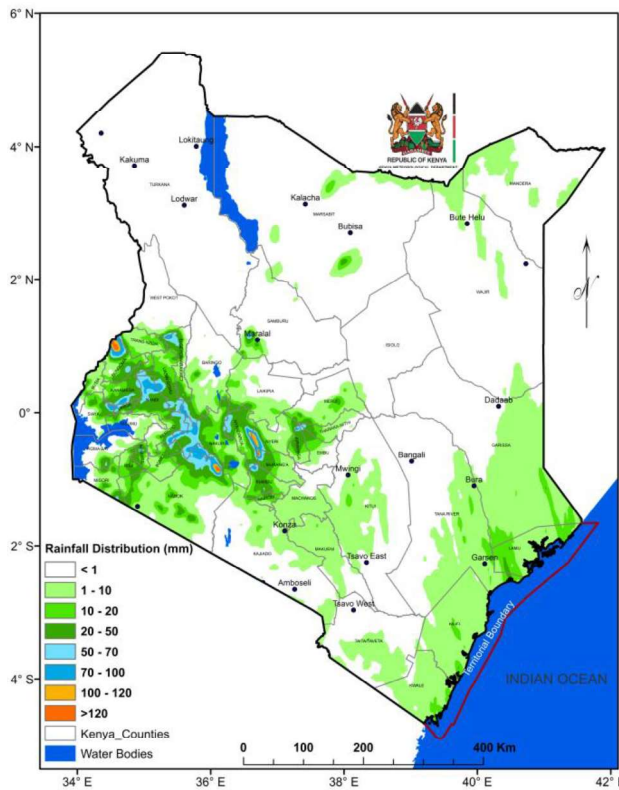


Figure 1: Forecasted Seven-Day Total Rainfall for 7th to 13th July 2026

Rainfall is expected in Bungoma, Kakamega, Vihiga, Baringo, Bomet, Elgeyo-Marakwet, Kericho, Nakuru, Nandi, Trans Nzoia, Uasin Gishu, Busia, Homa Bay, Kisii, Kisumu, Migori, Narok, Nyamira, Siaya, Embu, Kiambu, Kirinyaga, Laikipia, Meru, Murang'a, Nairobi, Nyandarua, Nyeri and Tharaka-Nithi, Garissa, Marsabit, Kilifi, Kwale, Lamu, Mombasa and coastal areas of Tana River Counties (Figure 1).

Intermittent cool and cloudy conditions are expected over Embu, Kiambu, Kirinyaga, Laikipia, Meru, Murang'a, Nairobi, Nyandarua, Nyeri, Tharaka-Nithi, Machakos, Makueni, Nakuru, Transzoia, Uasin Gishu, Bomet, Marsabit and Mandera counties.

Daytime (maximum) average temperatures of more than 30°C are expected over Kilifi, Lamu, Tana River, Garissa, Wajir, Mandera, Isiolo, Marsabit, Turkana and Samburu counties (Figure 2).

Night-time (minimum) average temperatures are expected to be less than 10°C in Nyeri, Murang'a, Nyandarua, Kiambu, Kirinyaga, Meru, Nairobi and Tharaka-Nithi counties (Figure 3).

Strong southerly to south-easterly winds with speeds exceeding 25 knots (12.86 m/s) are expected over Kilifi, Kwale, Lamu, Mombasa, Turkana, Garissa, Isiolo, Mandera, Marsabit, Wajir, Tana River and Kitui Counties.

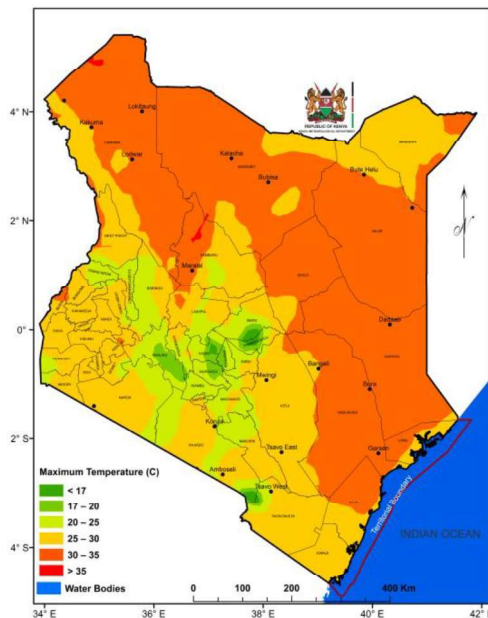


Figure 2: Forecasted Average Maximum Temperatures for 7th to 13th July 2026

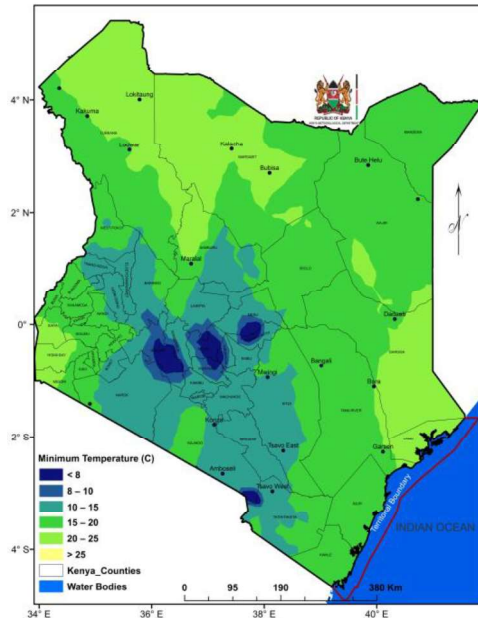


Figure 3: Forecasted Average Minimum Temperatures for 7th to 13th July 2026

1.1 DETAILED REGIONAL RAINFALL FORECAST FOR 7TH TO 13TH JULY 2026

1.1.1 **Counties:** (*Bungoma, Kakamega, Vihiga, Baringo, Bomet, Elgeyo-Marakwet, Kericho, Nakuru, Nandi, Trans Nzoia, Uasin Gishu, West Pokot, Busia, Homa Bay, Kisii, Kisumu, Migori, Narok, Nyamira and Siaya*):

Occasional rains are expected in the morning. Afternoon showers and thunderstorms are likely to occur over few places occasionally spreading to several places. Nights are expected to be partly cloudy but there is a possibility of a few areas receiving showers.

1.1.2 **Counties:** (*Turkana and Samburu*):

Sunny intervals are expected during the day, with partly cloudy conditions at night.

1.1.3 **Counties:** (*Embu, Kiambu, Kirinyaga, Laikipia, Meru, Murang'a, Nairobi, Nyandarua, Nyeri and Tharaka-Nithi*):

Mornings are likely to be cloudy, with occasional rains over few places, giving way to sunny intervals. Afternoon and night showers are expected over few places occasionally spreading to several places.

1.1.4 **Counties:** (*Garissa, Isiolo, Mandera, Marsabit and Wajir*):

Sunny intervals are expected during the day, with partly cloudy conditions at night. However, there is a possibility of morning rains occurring over few places.

1.1.5 **Counties:** (*Kajiado, Kitui, Machakos, Makueni and Taita-Taveta as well as the inland parts of Tana-River*):

Mornings are likely to be cloudy giving way to sunny intervals the rest of the days. Nights are expected to be partly cloudy.

1.1.6 **Coast** (*Kilifi, Kwale, Lamu and Mombasa Counties as well as the Tana Delta*):

Sunny intervals are expected during the day, with partly cloudy conditions at night. However, morning and afternoon showers may occur over few places occasionally spreading to several places during the first half of the forecast period.

1.2 DETAILED TEMPERATURE FORECAST FOR 7TH TO 13TH JULY 2026

Expected maximum and minimum temperatures for selected cities and towns are shown in Table 1.

TABLE 1: FORECASTED MAXIMUM AND MINIMUM TEMPERATURES FOR SELECTED CITIES AND TOWNS								
CITY/TOWN	MAX (°C)	MIN (°C)	CITY/TOWN	MAX (°C)	MIN (°C)	CITY/TOWN	MAX (°C)	MIN (°C)
LODWAR	36.0	26.0	KISUMU	31.0	18.0	THIKA	29.0	13.0
MARSABIT	24.0	15.0	SUBA	30.0	20.0	MACHAKOS	26.0	09.0
MOYALE	27.0	18.0	NAKURU	28.0	13.0	MAKINDU	30.0	13.0
GARISSA	34.0	22.0	NAROK	25.0	10.0	KITUI	27.0	13.0
WAJIR	33.0	22.0	LAIKIPIA	28.0	11.0	VOI	32.0	19.0
MANDERA	36.0	23.0	NYAHURURU	24.0	06.0	LAMU	31.0	23.0
KITALE	27.0	11.0	KANGEMA	24.0	12.0	MALINDI	30.0	22.0
KAKAMEGA	31.0	15.0	NYERI	24.0	11.0	MSABAHA	29.0	21.0
ELDORET	26.0	11.0	EMBU	24.0	14.0	MTWAPA	30.0	20.0
KERICHO	26.0	10.0	MERU	24.0	13.0	MOMBASA	30.0	20.0
KISII	29.0	15.0	NAIROBI	27.0	12.0			

2.0 WEATHER REVIEW FOR 29TH JUNE TO 5TH JULY 2026

2.1 Rainfall Review

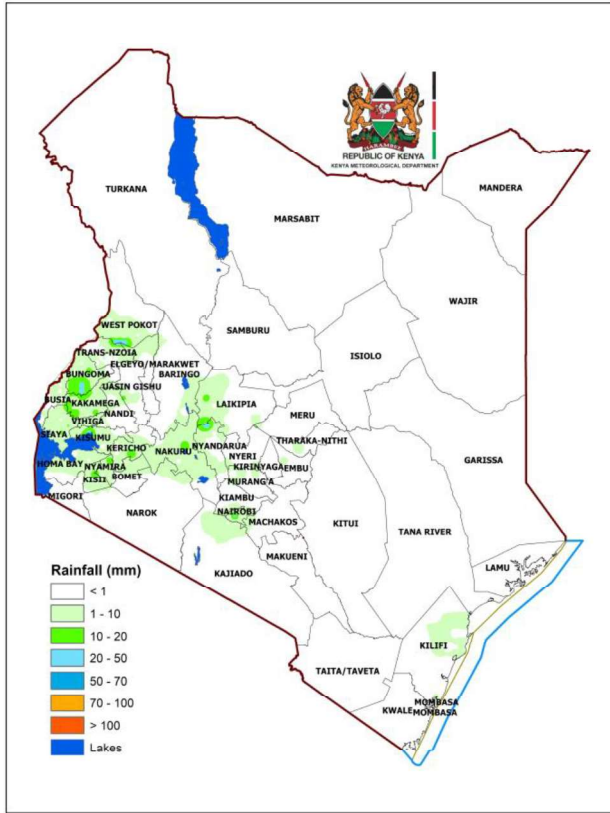


Figure 4: Observed Seven-Day Total Rainfall for 29th June to 5th July 2026

Most parts of the Country were dry. Rainfall was recorded over Trans Nzoia, Kakamega, Uasin Gishu, Kericho, Eldoret, West Pokot, Bungoma, Kisii, Nyamira, Laikipia, Nyandarua, Murang'a, Nairobi, Kilifi, Embu, Kisumu, Nyeri, Kajiado, Nakuru counties. (Figures 4 and 5).

The highest seven-day rainfall total (36.8 mm) was recorded at Kaptet Rainfall Station in West Pokot County.

Dagoretti Meteorological Station in Nairobi County recorded the highest amount of rainfall within 24-hours: 29.5mm on 2nd July 2026.

Comparing the 22nd to 28th June and the 29th June to 5th July 2026 review periods, it is noted that rainfall amounts increased across the counties in western, the Rift Valley, the Lake Victoria Basin and Central. On the other hand, it significantly decreased over the Coastal region.

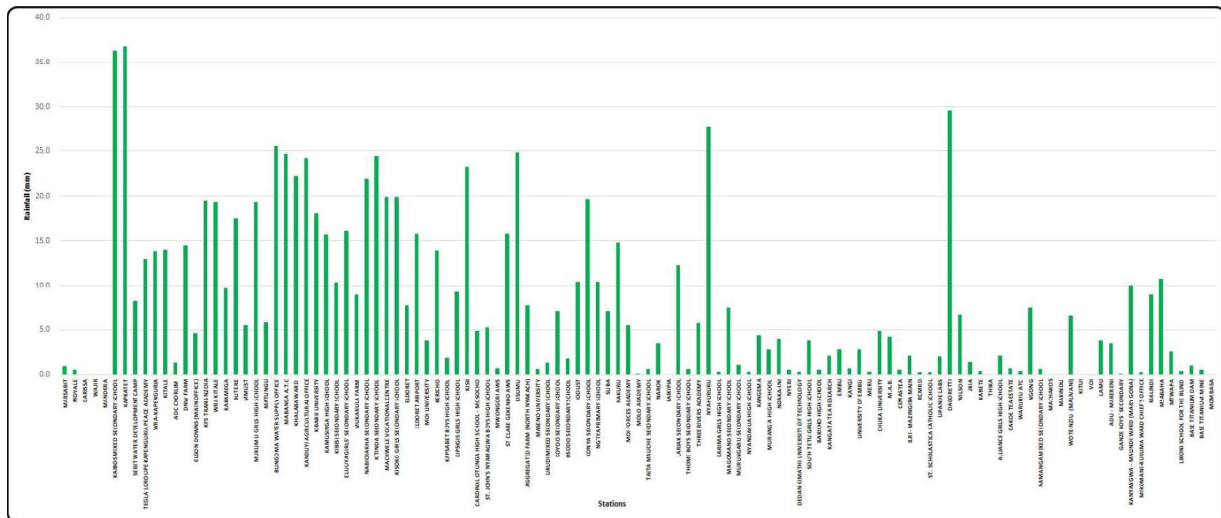


Figure 5: Observed Seven-Day Total Rainfall (per Station) for 29th June to 5th July 2026

2.2 Temperature Review

Comparing the 22nd to 28th June and the 29th June to 5th July 2026 review periods, it is noted that daytime (maximum) temperatures increased in a number of stations including Kakamega, Kisumu, Dagoretti, among others and decreased in stations like Nyeri, Embu, Machakos, Mandera among

others. Night-time (minimum) temperatures increased in most stations except along the Coast in stations like Malindi, Msabaha and Mtwapa where it decreased.

Lodwar Meteorological Station recorded the highest daily maximum temperature: 36.0°C on 29th June 2026 while Nyahururu Meteorological Station recorded the lowest daily minimum temperature: 6.2°C on 30th June 2026. The same stations recorded the highest seven-day average maximum temperature and the lowest seven-day average minimum temperature: 35.4°C and 8.0°C respectively (Figure 6).

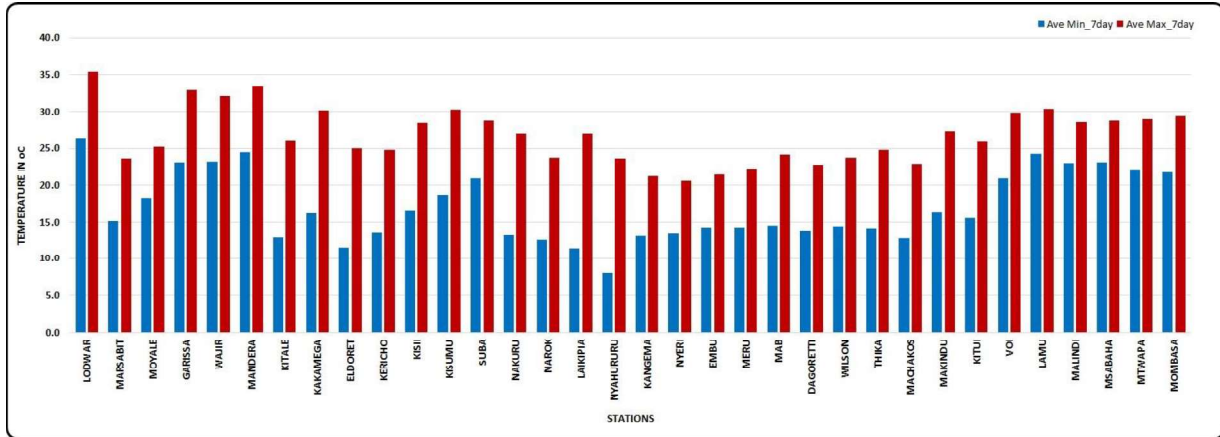


Figure 6: Seven-Day Average Maximum and Minimum Temperatures for 29th June to 5th July 2026

N.B: This forecast should be used in conjunction with the daily (24-hour) and five-day forecasts issued by this Department. County specific forecasts are available from the offices of respective County Directors of Meteorological Services.


 Edward M. Muriuki
Ag. DIRECTOR, KENYA METEOROLOGICAL DEPARTMENT

APPENDIX I: INTERPRETATION OF 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, high intensity.

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.

Term	Area Affected	Description
Isolated	Less than 25%	Very few areas affected.
Scattered	25–50%	Several, but not most, areas affected.
Numerous	51–70%	Many areas affected.
Widespread	Over 70%	Almost all areas affected.

Term	Time Coverage (%)	Meaning
Occasional	Less than 25%	Happens rarely or a few times.
Intermittent	25% – 50%	Starts and stops, comes and goes.
Frequent	51% – 75%	Occurs regularly.
Very Frequent / Common	More than 75%	Happens almost all the time.

Term	Probability of Occurrence	Description
Possible	10–30%	There is low confidence.
Chance of/ May	31–50%	There is moderate confidence.
Likely	51–75%	The event is more probable than not.
Expected	76–90%	There is high confidence.
Very Likely	91–99%	There is very high confidence. Almost certain.
Certain	100%	The event is guaranteed to occur.