



Our Ref: MET/7/301

Date: 10 March 2025

SEVEN-DAY WEATHER FORECAST FOR 11 TO 17 MARCH 2025

SUMMARY

Forecast for 11 to 17 March 2025

- Rainfall is expected to continue over the Highlands West and East of the Rift Valley including Nairobi, the Lake Victoria Basin, the Rift Valley, the South-eastern lowlands, the Coast and parts of North-western and North-eastern Kenya. Rainfall intensity is likely to reduce midway through the period but increase again towards the end of the week.
- Maximum temperatures are expected to be high (above 30°C) in several parts of the country.
- Minimum temperatures will drop below 10°C in some parts of the Highlands East of the Rift Valley, Central and South Rift Valley, and around Mount Kilimanjaro.
- Strong south-easterly winds exceeding 25 knots (12.9 m/s) are expected over parts of the Northeastern and Northwestern Kenya.

Weather Review for 3 to 9 March 2025

- Dry weather conditions were experienced over most parts of the country. However moderate to heavy rainfall was recorded towards the end of the forecast period.
- Kabete Meteorological Station recorded the highest amount of rainfall within 24-hours: 98.0 mm on 9 March 2025.
- Daytime (maximum) temperatures decreased over Northeast, most stations over the Highlands West of the Rift Valley, Lake Basin and South Rift Valley, Nyeri, Makindu and Mombasa and increased in others such as Kitale, Nyahururu, Thika and Malindi.
- Night-time (minimum) temperatures increased over most stations except over Marsabit, Moyale, Kericho, Kisii, Kabete and Lamu where temperatures decreased.

1 FORECAST FOR 11 TO 17 MARCH 2025

Rainfall is expected to continue over the Highlands West and East of the Rift Valley including Nairobi, the Lake Victoria Basin, the Rift Valley, the South-eastern lowlands, the Coast and parts of North-western North-eastern Kenya as shown in **Figure 1**. Rainfall intensity is likely to reduce midway through the period but increase again towards the end of the week.

Isolated heavy rainfall events may occur over some parts of these regions at the beginning and towards the end of the forecast period.

Average daytime (maximum) temperatures of more than 30°C will be experienced in the Coast, North-eastern and North-western Kenya as shown in **Figure 2**.

Average night-time (minimum) temperatures will be less than 10°C in some parts of the Highlands East of the Rift Valley, Central Rift Valley and around Mount Kilimanjaro as shown in **Figure 3**.

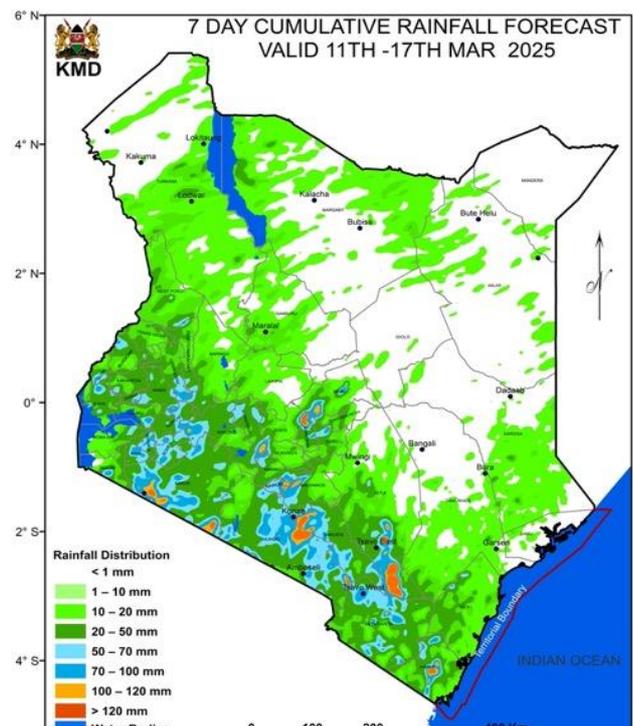


FIGURE 1: SEVEN DAY CUMULATIVE RAINFALL FORECAST VALID 11TH TO 17TH MARCH 2025

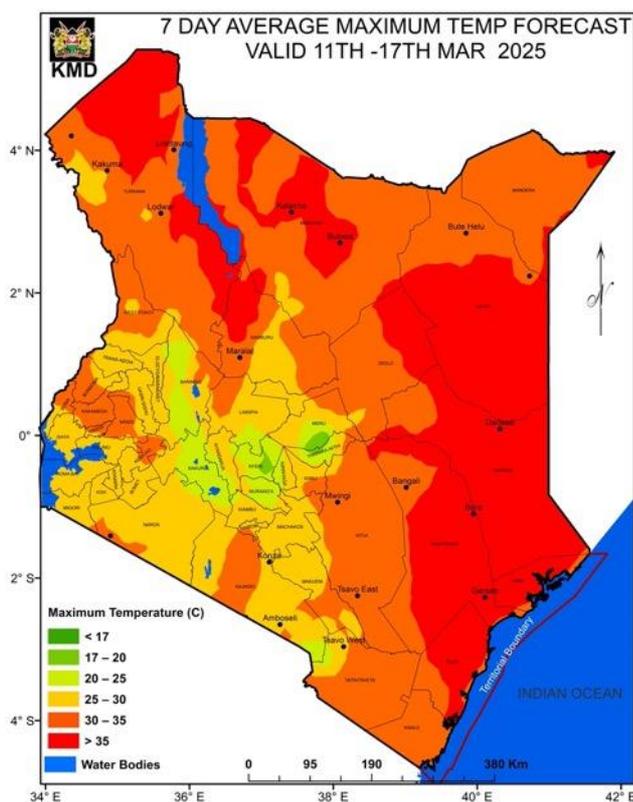


FIGURE 2: SEVEN DAY AVERAGE MAXIMUM TEMPERATURE FORECASTS VALID 11TH TO 17TH MARCH, 2025

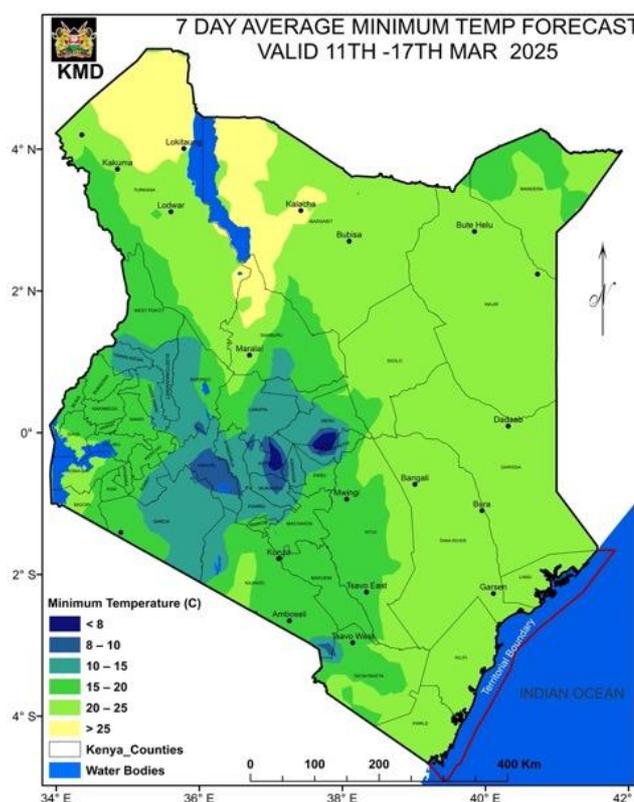


FIGURE 3: SEVEN DAY AVERAGE MINIMUM TEMPERATURE FORECASTS VALID 11TH TO 17TH MARCH, 2025

1.1 DETAILED REGIONAL RAINFALL FORECAST FOR 11 TO 17 MARCH 2025

1.1.1 The Lake Victoria Basin, the Central and South Rift Valley and parts of the Highlands West of the Rift Valley (Nandi, Kakamega, Vihiga, Bungoma, Siaya, Busia, Nakuru, Trans-Nzoia, Kisii, Nyamira, Kericho, Bomet, Kisumu, Homabay, Migori and Narok Counties):

Morning rains are expected over few places. Afternoon and night showers and thunderstorms are expected over few places occasionally spreading to several places. Isolated heavy rainfall events may occur over some parts of these regions.

1.1.2 The North Rift Valley and parts of the Highlands West of the Rift Valley (Uasin-Gishu, Elgeyo-Marakwet, Baringo and West-Pokot Counties)

Morning rains as well as afternoon and night showers and thunderstorms are expected over few places.

1.1.3 North-western Kenya (Turkana and Samburu Counties):

Day time sunny intervals are anticipated, while nights are expected to be partly cloudy. However, a few areas may experience morning rains and afternoon showers and thunderstorms at the beginning of the forecast period. Additionally, strong south-easterly winds exceeding 25 knots (12.9 m/s) are expected in parts of Turkana County.

1.1.4 The Highlands East of the Rift Valley (including Nairobi County) (*Nyandarua, Nyeri, Laikipia, Kirinyaga, Murang'a, Kiambu, Meru, Embu, Tharaka-Nithi and Nairobi Counties*):

Morning rains are expected over a few places at the beginning and toward the end of the forecast period, with sunny intervals anticipated on Thursday and Friday. Additionally, afternoon and night showers and thunderstorms are expected over a few places at the beginning and towards the end of the forecast period. Rainfall intensity is likely to reduce midway through the period but increase again towards the end.

1.1.5 North-eastern Kenya (*Marsabit, Mandera, Wajir, Garissa and Isiolo Counties*):

Sunny intervals are expected during the day while nights are likely to be partly cloudy. Occasional morning rains and afternoon and night showers are however likely over few areas at the beginning of the forecast period. Strong south-easterly winds of more than 25 Knots (12.9 m/s) are expected in parts of Marsabit County.

1.1.6 The South-eastern lowlands (*Machakos, Kitui, Makueni, Kajiado and Taita-Taveta Counties as well as the inland parts of Tana-River County*):

Morning rains, along with afternoon and night showers and thunderstorms are expected in a few areas, occasionally spreading to several places at the beginning and towards the end of the forecast period.

1.1.7 The Coast (*Mombasa, Kilifi, Lamu and Kwale Counties as well as the coastal parts of Tana-River County*):

Mainly sunny intervals are expected to persist during the day, while nights are likely to be partly cloudy. However, a few areas may experience showers in the morning, afternoon, and night, particularly at the beginning and towards the end of the forecast period.

2 WEATHER REVIEW FOR 3 TO 9 MARCH 2025

2.1.1 Rainfall Review

Dry weather conditions were experienced across most parts of the country. However, towards the end of the forecast period, moderate to heavy rainfall was recorded in many regions, as shown in **Figures 4 and 5**.

Comparing the periods of 24 February to 2 March 2025 and 3 to 9 March 2025, it is noted that rainfall amounts increased across most parts of the country.

The highest seven-day total rainfall (99.6 mm) was recorded at the Kabete Meteorological Station. The same station also recorded the highest 24-hour rainfall amount (98.0 mm) on 9th March.

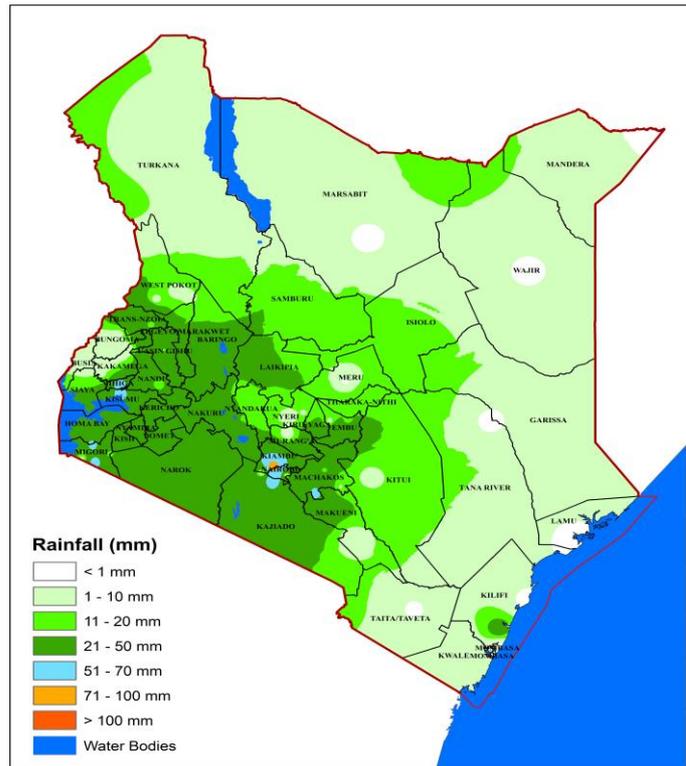


FIGURE 4: OBSERVED SEVEN DAY TOTAL RAINFALL FOR 3RD TO 9TH MARCH 2025

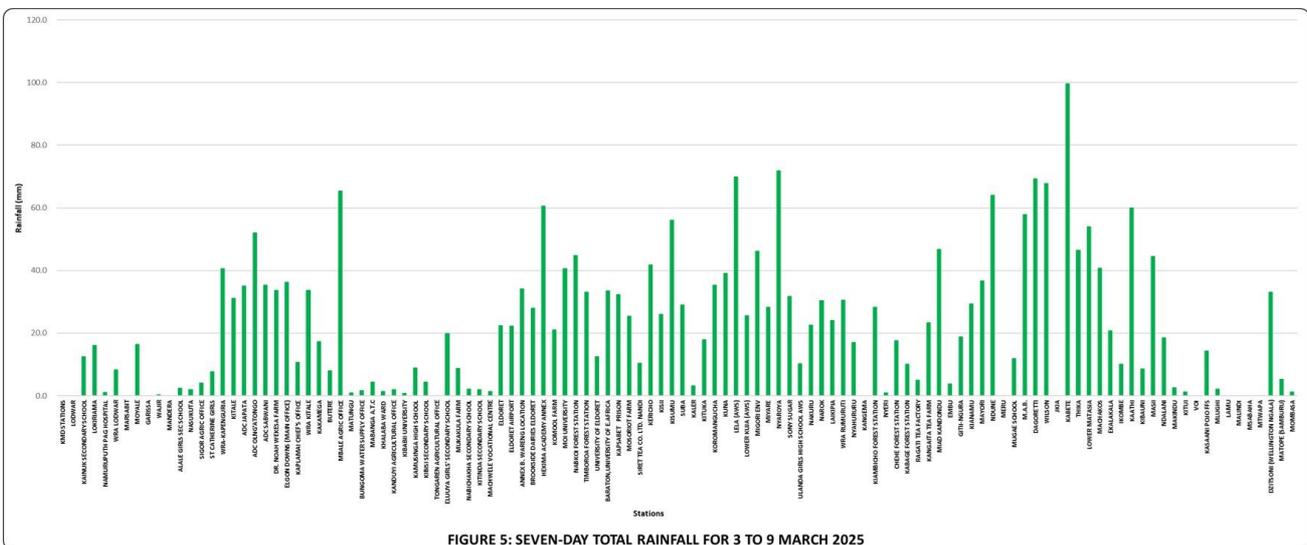
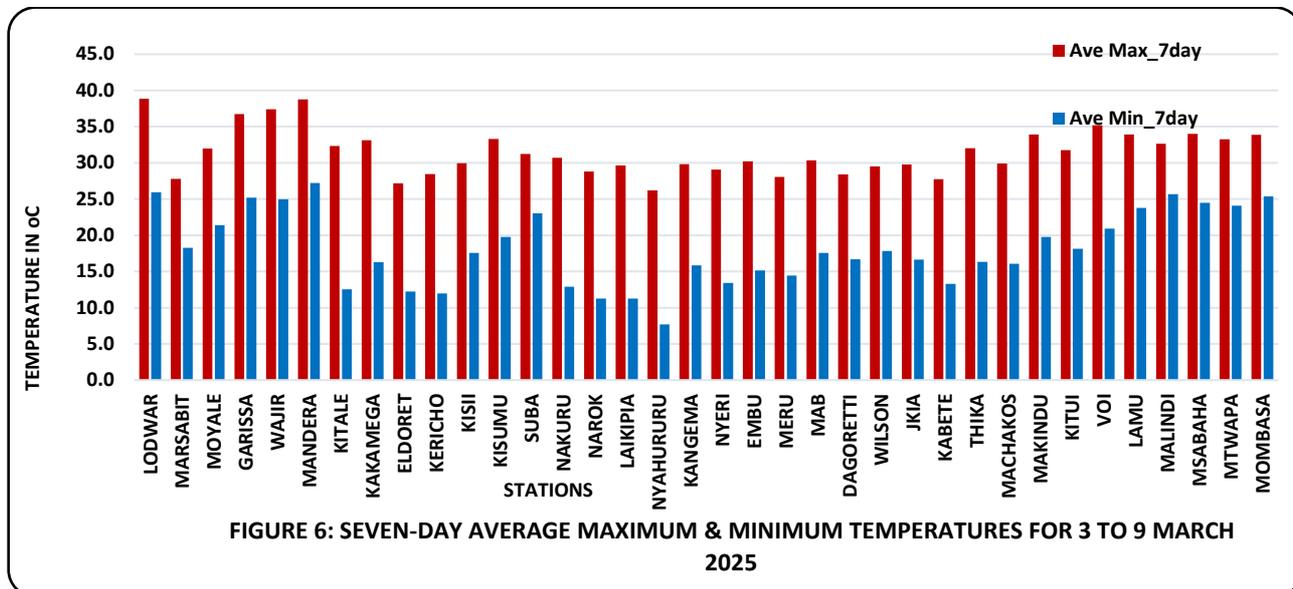


FIGURE 5: SEVEN-DAY TOTAL RAINFALL FOR 3 TO 9 MARCH 2025

2.2 Temperature Review

A comparison of the 24 February to 2 March 2025 and 3 to 9 March 2025 periods shows that daytime (maximum) temperatures decreased in the Northeast, most stations in the Highlands West of the Rift Valley, the Lake Basin, the South Rift Valley, Nyeri, Makindu, and Mombasa, while increasing in other areas such as Kitale, Nyahururu, Thika, and Malindi. Night-time (minimum) temperatures increased across most stations, except in Marsabit, Moyale, Kericho, Kisii, Kabete, and Lamu, where temperatures decreased.

The Lodwar Meteorological Station recorded the highest daily maximum temperature (39.6°C) on 4 March 2025, while the Nyahururu Meteorological Station recorded the lowest daily minimum temperature (5.0°C) on 3 March 2025. These same stations also recorded the highest seven-day average maximum temperature (38.9°C) and the lowest seven-day average minimum temperature (7.7°C), respectively (see Figure 6).



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.

KEY OF SCIENTIFIC WORDS USED

<i>24-hour rainfall categories</i>	
<i>Range</i>	<i>Category</i>
<5mm	Light
5-20mm	Moderate
20-50mm	Heavy
>50mm	Very heavy

<i>Rainfall coverage</i>	
<i>Term</i>	<i>Meaning</i>
Most places	Between 66% and 100%
Several places	Between 33% and 66%
Few places	Less than 33%

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