



Our Ref: MET/7/317

Date: 30 June 2025

SEVEN-DAY WEATHER FORECAST FOR 1 TO 7 JULY 2025

SUMMARY

Forecast for 1 to 7 July 2025

- Rainfall is expected over the Highlands East and West of the Rift Valley, the Lake Victoria Basin, the Rift Valley, the Coast, and parts of Northeastern and Northwestern regions.
- Occasional cold and cloudy conditions are likely to occur over some parts of the Highlands East and West of the Rift Valley, the South-eastern lowlands and the Rift Valley.

Weather Review for 23 to 29 June 2025

- Rainfall was recorded over few parts of the country.
- Rainfall increased over the Highlands West of the Rift Valley and the Coast; Lamu recorded the highest totals: 63.5 mm (7-day) and 45.9 mm (24-hour).
- Most stations had cooler days and nights, though day temperatures rose in Kakamega, Eldoret, Kisumu, Kisii, and Nakuru; night temps rose in Kisii, Suba, Moyale, Machakos, Kabete, and Wajir.
- Mandera had the highest daily (37.8°C) and weekly (35.6°C) maximum temperatures; Nyahururu had the lowest daily and weekly minimum temperatures (7.4°C).

1 FORECAST FOR 1 TO 7 JULY 2025

Rainfall is expected over the Highlands East and West of the Rift Valley, the Lake Victoria Basin, the Rift Valley, the Coast, and parts of Northeastern and Northwestern regions, as illustrated in **Figure 1**.

Occasional cold and cloudy weather is likely in parts of the Highlands East and West of the Rift Valley, the South-Eastern lowlands, and the Rift Valley.

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

Average night-time (minimum) temperatures are expected to fall below 10°C in parts of the Highlands East of the Rift Valley, the Central Rift Valley, and around Mt. Kilimanjaro, as depicted in **Figure 3**.

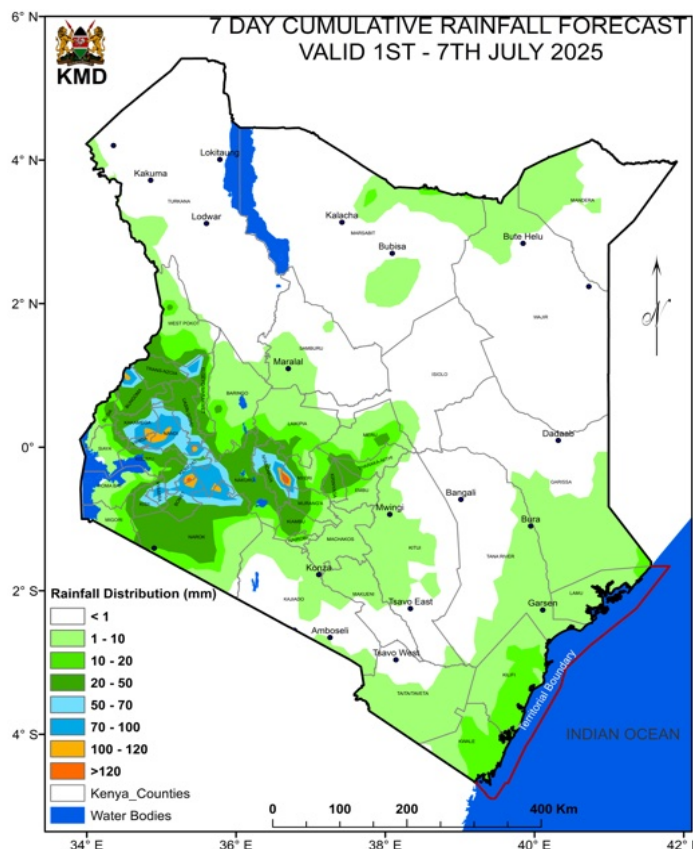


Figure 1: Forecast: Seven-Day Total Rainfall for 1 - 7 July 2025.

Strong southerly to south-easterly winds with speeds exceeding 25 knots (12.86 m/s) are expected over the Coast (and Kenya's territorial waters), the South-eastern lowlands, North-eastern and North-western Kenya.

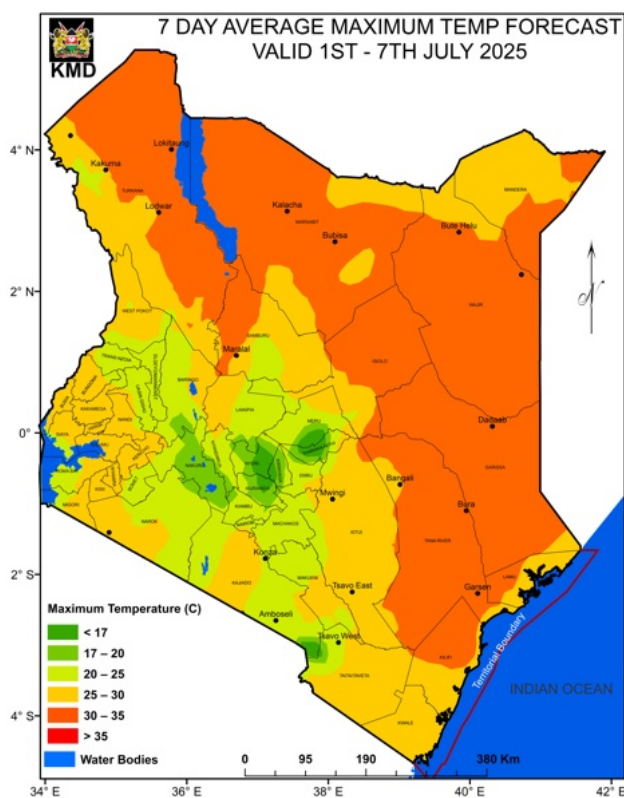


Figure 2: Average Max Temperatures for 1 - 7 July 2025.

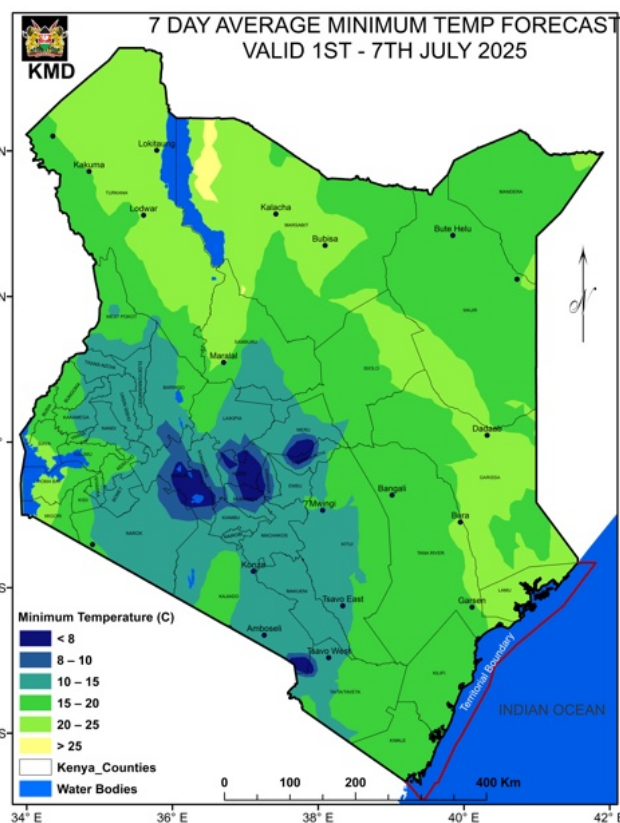


Figure 3: Average Min Temperatures for 1 - 7 July 2025.

1.1 DETAILED REGIONAL RAINFALL FORECAST FOR 1 - 7 JULY 2025

1.1.1 The Highlands West of the Rift Valley, the Lake Victoria Basin and the Rift Valley (Nandi, Kakamega, Vihiga, Bungoma, Siaya, Busia, Baringo, Nakuru, Trans-Nzoia, Uasin-Gishu, Elgeyo-Marakwet, West-Pokot, Kisii, Nyamira, Kericho, Bomet, Kisumu, Homabay, Migori and Narok Counties):

Sunny intervals are expected in the mornings though occasional rains may occur over few places. Afternoon showers and thunderstorms are likely to occur over several places. Night showers are expected over few places.

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

Sunny intervals are expected during the day while nights are likely to be partly cloudy. However, there is a possibility of afternoon showers occurring over few places during the forecast period.

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

Mornings are likely to be cloudy, with light rains over few places, giving way to sunny intervals. Occasional afternoon and night showers are expected over few places.

1.1.4 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. However, there is a possibility of showers in a few areas during the forecast period.

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

Mornings are likely to be cloudy giving way to sunny intervals. Nights are expected to be partly cloudy. However, there is a possibility of showers in a few areas during the forecast period.

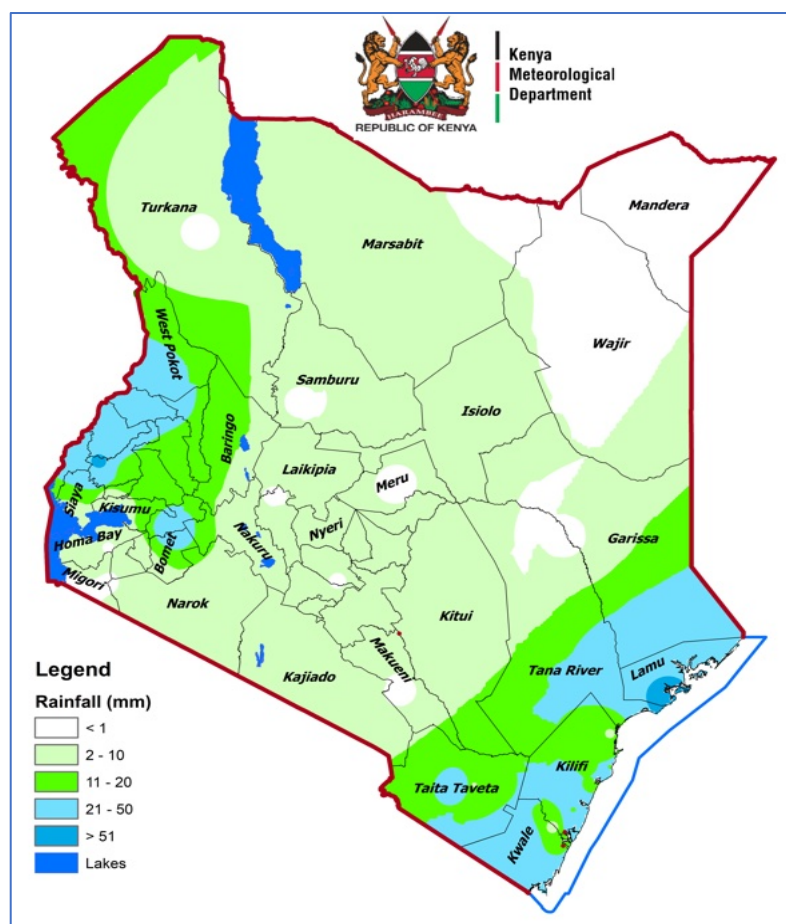
1.1.6 The Coast (*Mombasa, Kilifi, Lamu and Kwale Counties as well as the coastal parts of Tana-River County*):

Morning, afternoon and night showers are expected over few places.

2 WEATHER REVIEW FOR 24 TO 29 JUNE 2025

2.1.1 Rainfall Review

Rainfall was recorded in a few parts of the country, as shown in **Figures 4 and 5**.



Comparing the 16 to 22 June 2025 and the 23 to 29 June 2025 periods, it is noted that there was an increase in rainfall amounts over the Highlands West of the Rift Valley and the Coast.

The highest seven-day rainfall total (63.5 mm) was recorded at the Lamu Meteorological Station in Lamu County.

Lamu Meteorological Station recorded the highest amount of rainfall within 24-hours: 45.9mm on 24 June 2025.

Figure 4: Observed Seven-Day Total Rainfall for 23 to 29 June 2025.

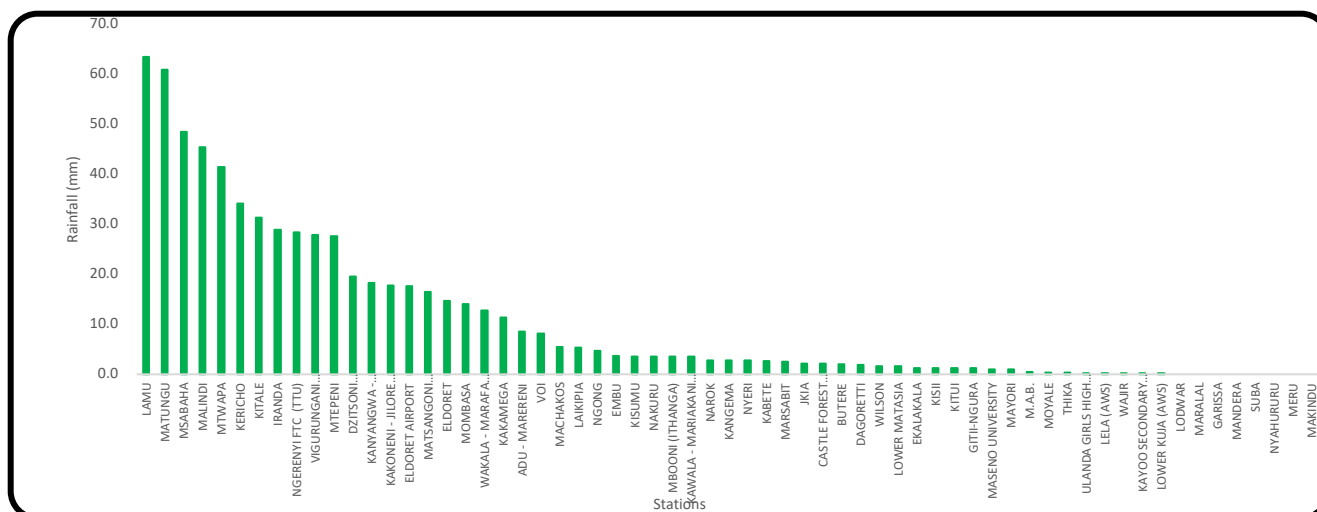


Figure 5: Observed Seven-Day Total Rainfall (per Station) for 23 to 29 June 2025.

2.2 Temperature Review

Comparing the periods from 16 to 22 June 2025 and 23 to 29 June 2025, day-time (maximum) temperatures decreased at most stations, with only a few—such as Kakamega, Eldoret, Kisumu, Kisii, and Nakuru—recording an increase.

Night-time (minimum) temperatures also declined across much of the country, although some stations, including Kisii, Suba, Moyale, Machakos, Kabete, and Wajir, recorded warmer conditions.

Mandera Meteorological Station recorded the highest daily maximum temperature of 37.8°C on 25 June 2025, while Nyahururu Meteorological Station recorded the lowest daily minimum temperature of 7.4°C on 23 June 2025. These same stations also registered the highest seven-day average maximum temperature (35.6°C) and the lowest seven-day average minimum temperature (7.4°C), respectively (see **Figure 6**).

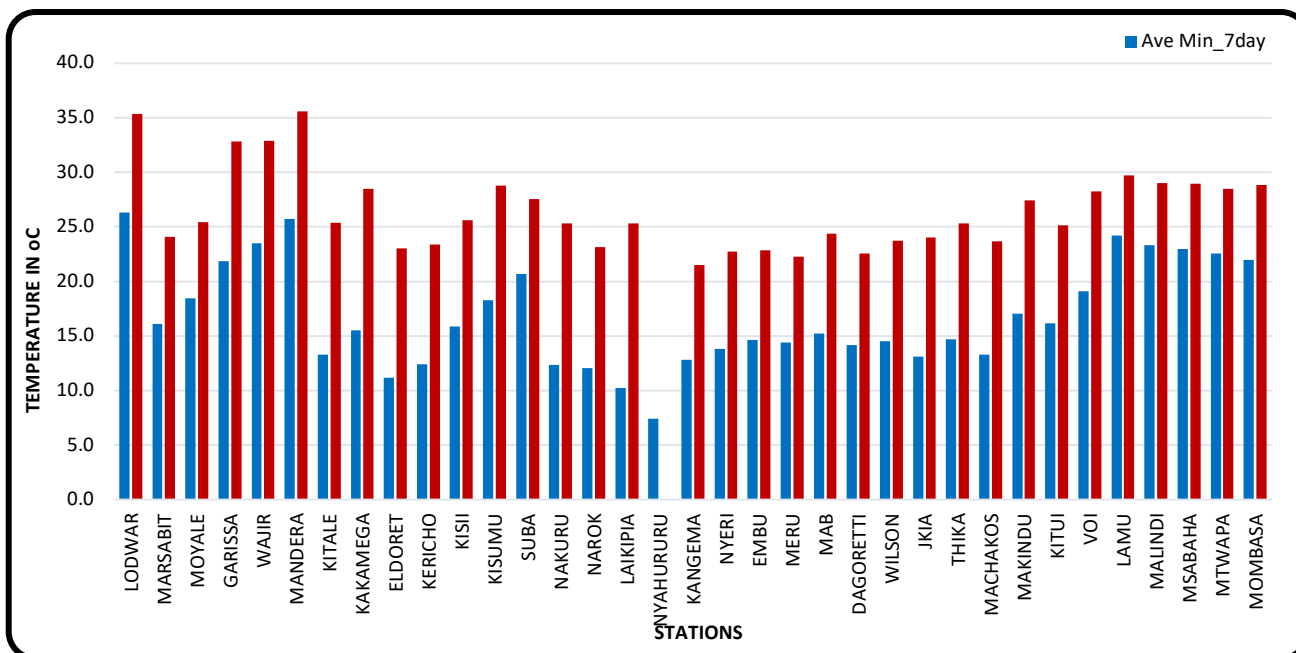


Figure 6: Seven-Day Average Maximum and Minimum Temperatures for 23 to 29 June 2025.

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

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

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

Dr. David Gikungu
DIRECTOR OF METEOROLOGICAL SERVICES