



Our Ref: MET/7/318

Date: 7 July 2025

SEVEN-DAY WEATHER FORECAST FOR 8 TO 14 JULY 2025

SUMMARY

Forecast for 8 to 14 July 2025

- Rainfall is expected over the Highlands East and West of the Rift Valley, the Lake Victoria Basin, the Rift Valley and North-western Kenya.
- 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 30 June to 6 July 2025

- Rainfall was recorded in a few parts of the country most notably the Highlands West of the Rift Valley and the Lake Victoria Basin.
- Day-time (maximum) temperatures decreased over most stations with only a few stations such as Voi, Kitui and Suba recording warming.
- Night-time (minimum) temperatures increased over most parts of the country though a number of stations such as Marsabit, Lamu and Kisumu recorded cooling.

1 FORECAST FOR 8 TO 14 JULY 2025

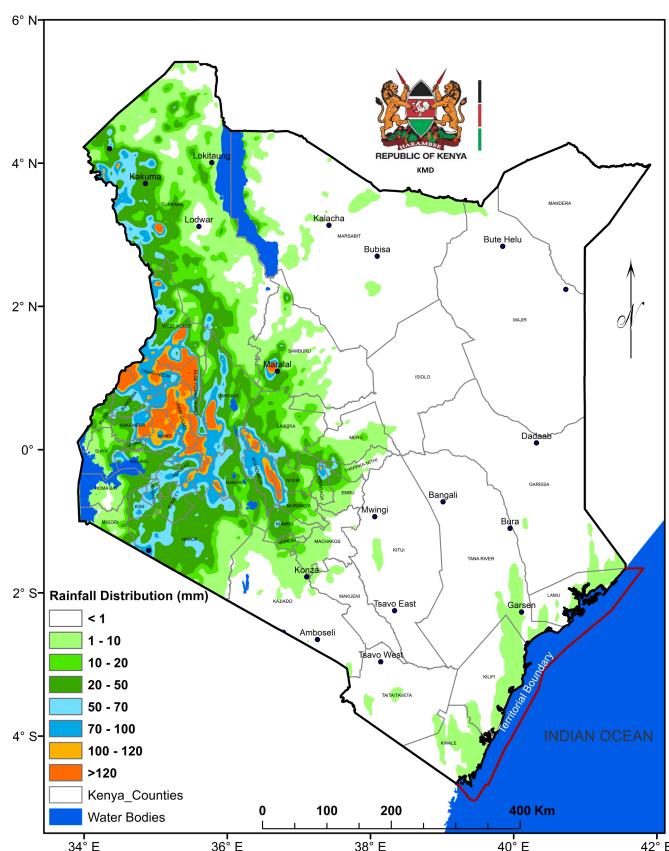


Figure 1: Forecasted Seven-Day Total Rainfall for 8 to 14 July 2025.

Rainfall is expected over the Highlands East and West of the Rift Valley, the Lake Victoria Basin, the Rift Valley and North-western Kenya, as shown in **Figure 1**.

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.

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 will be less than 10°C in some parts of the Highlands East of the Rift Valley, the Central Rift Valley and in the vicinity of Mt. Kilimanjaro, as illustrated in **Figure 3**.

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.

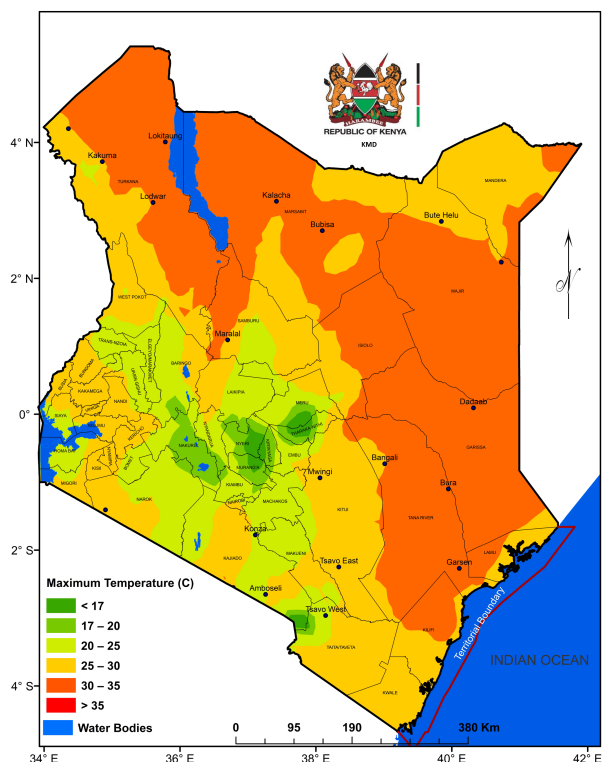


Figure 2: Forecasted Average Maximum Temperatures for 8 to 14 July 2025.

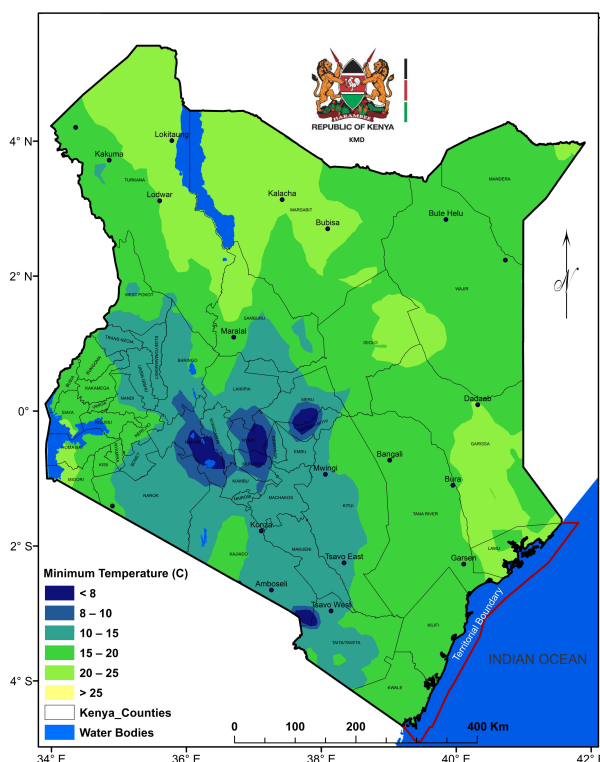


Figure 3: Forecasted Average Minimum Temperatures for 8 to 14 July 2025.

1.1 DETAILED REGIONAL RAINFALL FORECAST FOR 8 TO 14 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):

Morning rains are expected over few places. Afternoon showers and thunderstorms are likely to occur over few places occasionally spreading to several places. Night showers are expected over few places.

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

Morning rains as well as afternoon and night showers and thunderstorms are likely to occur over few places.

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. Afternoon and night showers are expected over few places. Nights are likely to be partly cloudy though occasional showers may occur 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.

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.

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

Occasional morning, afternoon and night showers are expected over few places.

1.2 DETAILED TEMPERATURE FORECAST FOR 8 TO 14 JULY 2025

Expected maximum and minimum temperatures for selected towns and cities 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 | 35.0 | 26.0 | KISUMU | 29.0 | 16.0 | THIKA | 27.0 | 15.0 |
| MARSABIT | 25.0 | 14.0 | SUBA | 29.0 | 19.0 | MACHAKOS | 24.0 | 14.0 |
| MOYALE | 27.0 | 18.0 | NAKURU | 26.0 | 12.0 | MAKINDU | 28.0 | 14.0 |
| GARISSA | 34.0 | 23.0 | NAROK | 24.0 | 12.0 | KITUI | 28.0 | 15.0 |
| WAJIR | 34.0 | 23.0 | LAIKIPIA | 26.0 | 11.0 | VOI | 31.0 | 18.0 |
| MANDERA | 35.0 | 24.0 | NYAHURURU | 22.0 | 05.0 | LAMU | 30.0 | 22.0 |
| KITALE | 27.0 | 13.0 | KANGEMA | 22.0 | 13.0 | MALINDI | 29.0 | 23.0 |
| KAKAMEGA | 28.0 | 15.0 | NYERI | 23.0 | 13.0 | MSABAHA | 29.0 | 24.0 |
| ELDORET | 23.0 | 12.0 | EMBU | 25.0 | 14.0 | MTWAPA | 29.0 | 22.0 |
| KERICHO | 24.0 | 10.0 | MERU | 23.0 | 13.0 | MOMBASA | 30.0 | 22.0 |
| KISII | 26.0 | 15.0 | NAIROBI | 25.0 | 12.0 | | | |

2 WEATHER REVIEW FOR 30 JUNE TO 6 JULY 2025

2.1.1 Rainfall Review

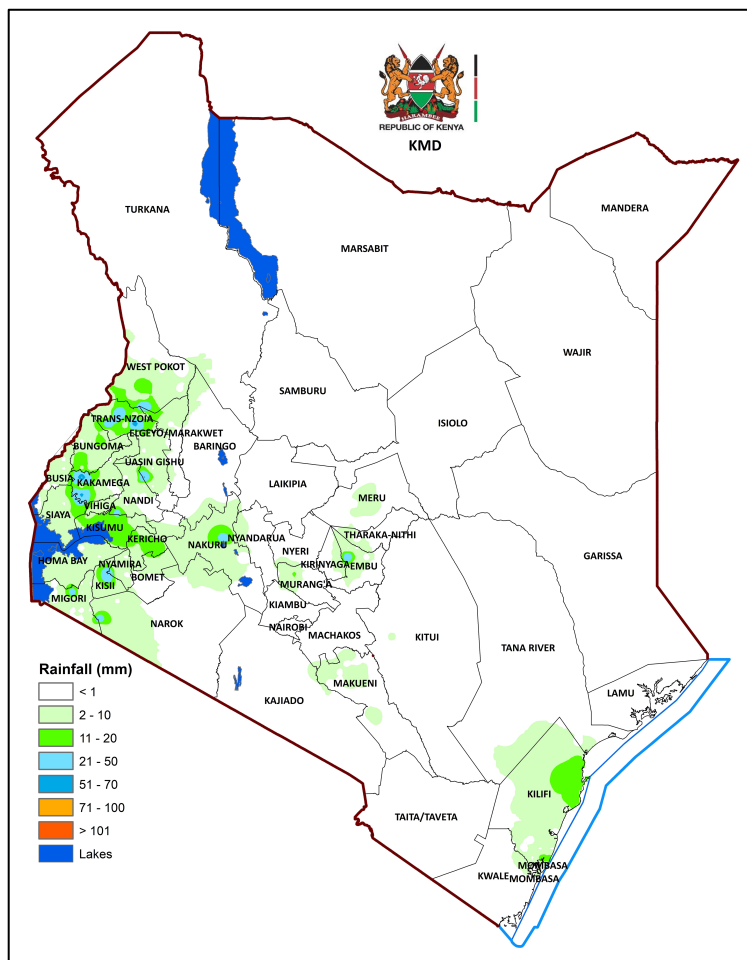


Figure 4: Observed Seven-Day Total Rainfall for 8 to 14 July 2025.

Rainfall was recorded in a few parts of the country most notably the Highlands West of the Rift Valley and the Lake Victoria Basin, as **Figures 4 and 5** illustrate.

Comparing the 23 to 29 June 2025 and the 30 June to 6 July 2025 periods, it is noted that there was an increase in rainfall amounts over the Highlands West of the Rift Valley and the Lake Victoria Basin.

The highest seven-day rainfall total (157.8mm) was recorded at Kakamega Meteorological Station.

The same station (Kakamega) recorded the highest amount of rainfall within 24-hours: 81.7mm on 5 July 2025.

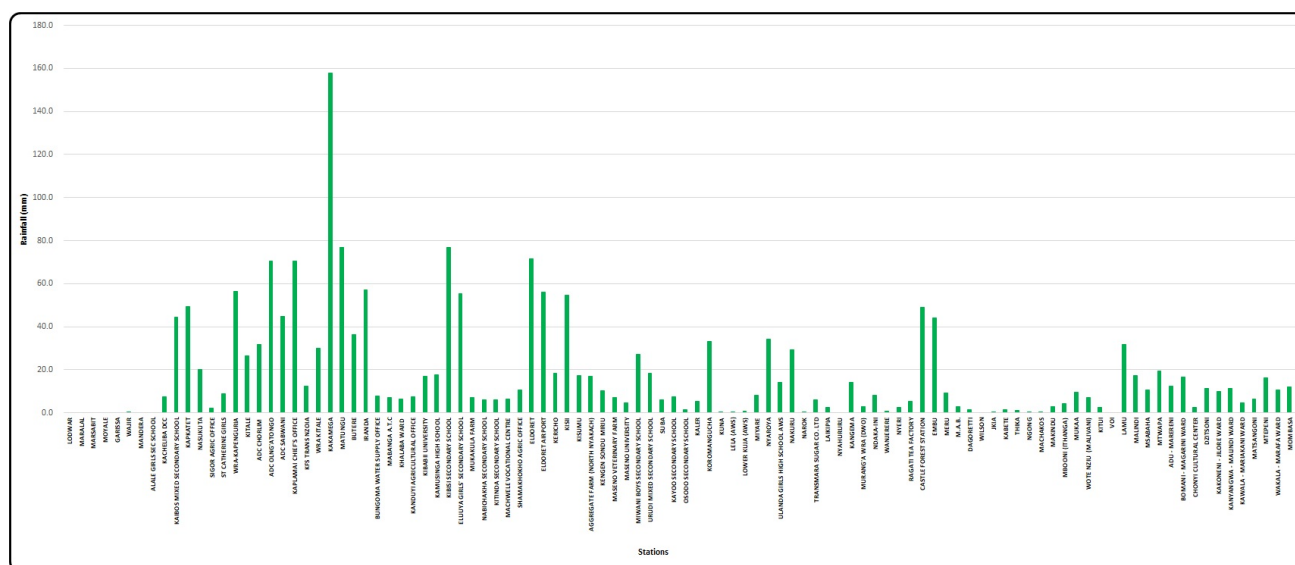


Figure 5: Observed Seven-Day Total Rainfall (per Station) for 8 to 14 July 2025.

2.2 Temperature Review

Comparing the 23 to 29 June 2025 and the 30 June to 6 July 2025 periods, it is noted that day-time (maximum) temperatures decreased over most stations with only a few stations such as Voi, Kitui and Suba recording warming. Night-time (minimum) temperatures increased over most parts of the country though a number of stations such as Marsabit, Lamu and Kisumu recorded cooling.

Lodwar Meteorological Station recorded the highest daily maximum temperature: 35.4°C on 2 July 2025 while Nyahururu Meteorological Station recorded the lowest daily minimum temperature: 7.0°C on 30 June 2025. The same stations recorded the highest seven-day average maximum temperature and the lowest seven-day average minimum temperature: 35.0°C and 9.7°C respectively (see Figure 6).

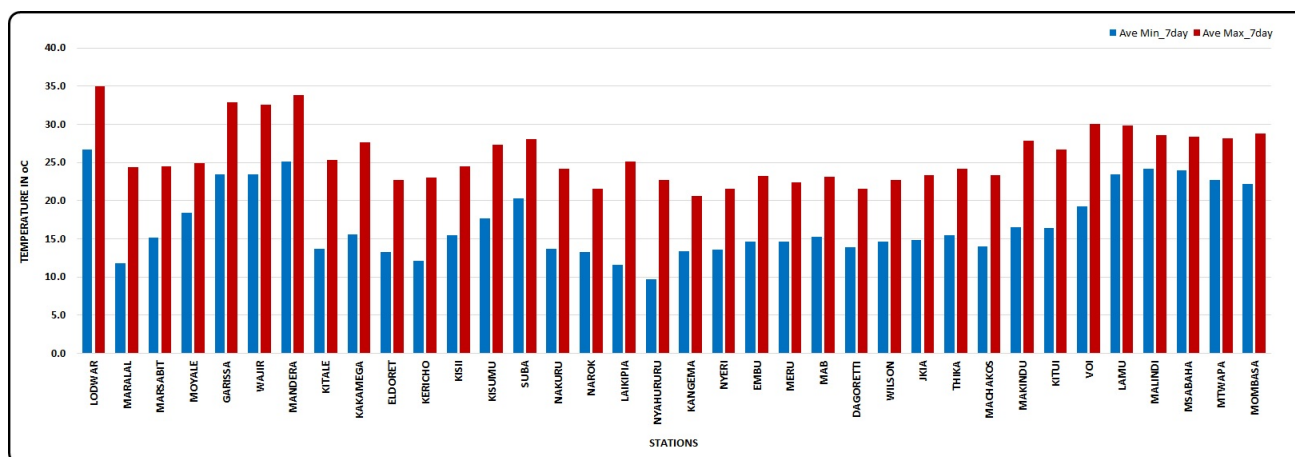


Figure 6: Seven-Day Average Maximum and Minimum Temperatures for 16 to 22 June 2025.

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