



Our Ref: MET/7/319

Date: 14 July 2025

## SEVEN-DAY WEATHER FORECAST FOR 15 TO 21 JULY 2025

### SUMMARY

#### Forecast for 15 to 21 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.
- 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 7 to 13 July 2025

- Rainfall was recorded in several parts of the country most notably the Highlands West of the Rift Valley and the Lake Victoria Basin.
- Day-time (maximum) temperatures decreased throughout the country with only a few stations such as Mtwapa, Mombasa and Mandera recording a slight increase.
- Night-time (minimum) temperatures increased over some stations such as Kitale, Kisumu and Kericho and decreased over Lodwar, Kabete and Moyale, among others.

### 1 FORECAST FOR 15 TO 21 JULY 2025

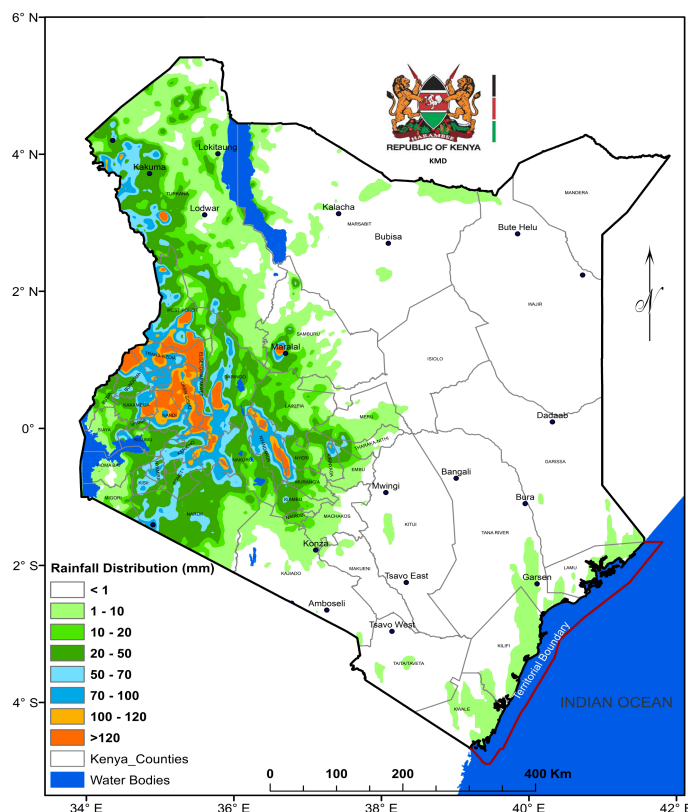


Figure 1: Forecasted Seven-Day Total Rainfall for 15 to 21 July 2025.

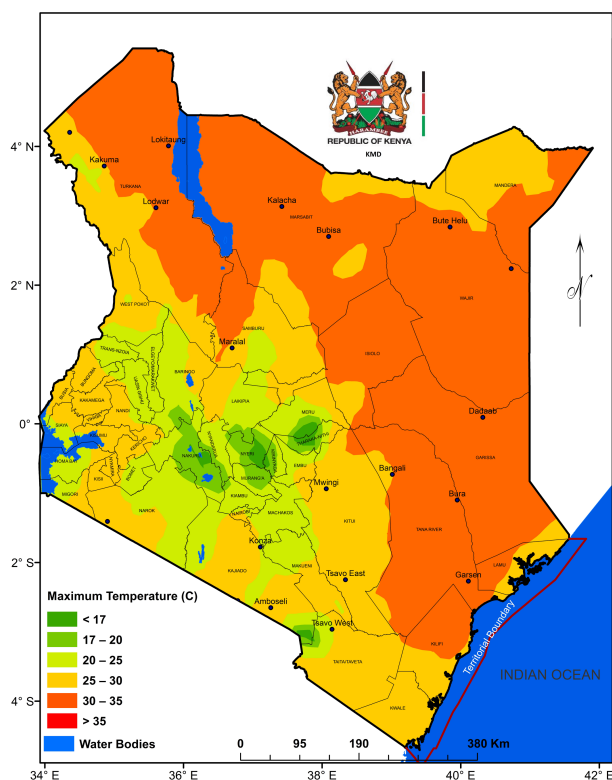
Rainfall is expected over the Highlands East and West of the Rift Valley, the Lake Victoria Basin, the Rift Valley and North-western Kenya, as shown in **Figure 1**.

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.

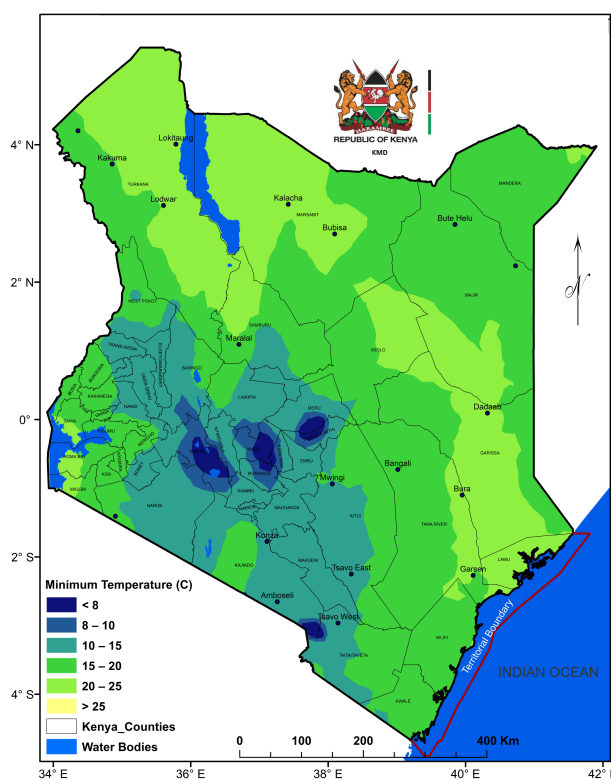
Daytime (maximum) temperatures of more than 30°C, on average, will be experienced in much of North-eastern and North-western Kenya, as shown in **Figure 2**.

Night-time (minimum) temperatures will, on average, 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 15 to 21 July 2025.**



**Figure 3: Forecasted Average Minimum Temperatures for 15 to 21 July 2025.**

## 1.1 DETAILED REGIONAL RAINFALL FORECAST FOR 15 TO 21 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 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 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*):

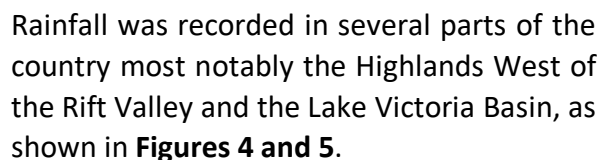
Occasional morning, afternoon and night showers are expected over few places.

### 1.2 DETAILED TEMPERATURE FORECAST FOR 15 TO 21 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	22.0	KISUMU	30.0	18.0	MACHAKOS	25.0	12.0
MARSABIT	25.0	15.0	SUBA	30.0	19.0	MAKINDU	29.0	16.0
MOYALE	26.0	17.0	NAKURU	25.0	14.0	KITUI	28.0	15.0
GARISSA	35.0	23.0	NAROK	24.0	12.0	VOI	31.0	19.0
WAJIR	33.0	22.0	LAIKIPIA	27.0	10.0	LAMU	30.0	22.0
MANDERA	36.0	23.0	KANGEMA	24.0	13.0	MALINDI	29.0	22.0
KITALE	26.0	13.0	NYERI	24.0	13.0	MSABAHA	29.0	22.0
KAKAMEGA	28.0	16.0	EMBU	26.0	14.0	MTWAPA	30.0	22.0
ELDORET	24.0	12.0	MERU	25.0	14.0	MOMBASA	30.0	21.0
KERICHO	24.0	11.0	NAIROBI	25.0	13.0			
KISII	27.0	15.0	THIKA	27.0	15.0			

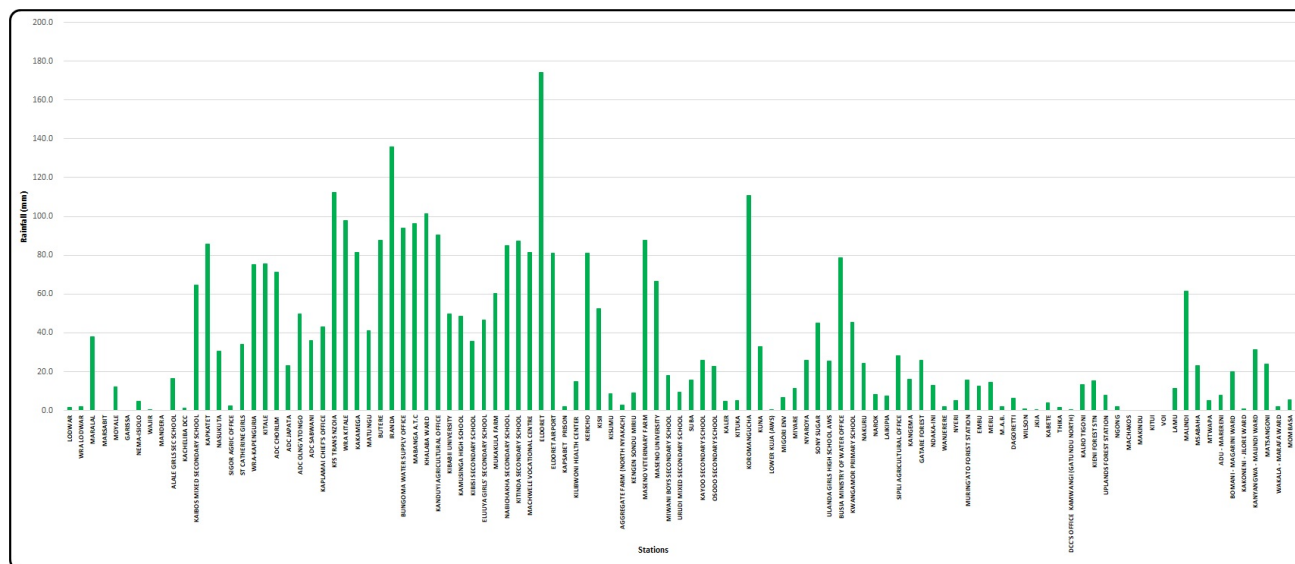
### 2.1.1 Rainfall Review



Comparing the 30 June to 6 July 2025 and the 7 to 13 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 (174.0mm) was recorded at Eldoret Meteorological Station, which received 99.7mm of rainfall on 9 July 2025.

**Figure 4: Observed Seven-Day Total Rainfall for 7 to 13 July 2025.**



**Figure 5: Observed Seven-Day Total Rainfall (per Station) for 7 to 13 July 2025.**



## 2.2 Temperature Review

Comparing the 30 June to 6 July 2025 and the 7 to 13 July 2025 periods, it is noted that day-time (maximum) temperatures decreased throughout the country with only a few stations such as Mtwapa, Mombasa and Mandera recording slight warming. Night-time (minimum) temperatures increased over some stations such as Kitale, Kisumu and Kericho and decreased over Lodwar, Kabete and Moyale, among others.

Mandera Meteorological Station recorded the highest daily maximum temperature: 35.7°C on 9 July 2025 while Laikipia Meteorological Station recorded the lowest daily minimum temperature: 10.3°C on 7 July 2025. Lodwar Meteorological Station recorded the highest seven-day average maximum temperature: 34.5°C and Laikipia Meteorological Station recorded the lowest seven-day average minimum temperature: 11.7°C (see **Figure 6**).

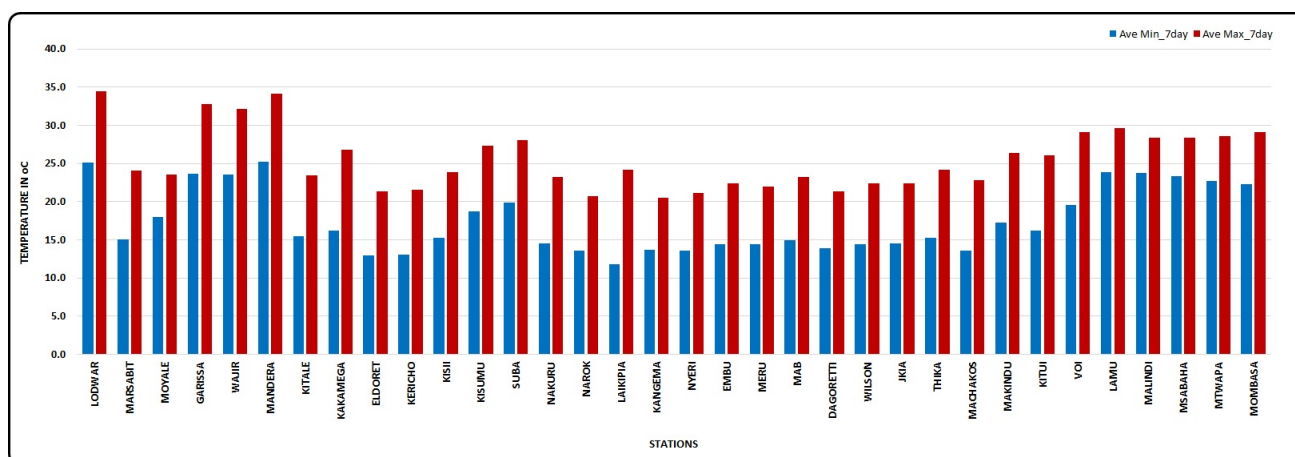


Figure 6: Seven-Day Average Maximum and Minimum Temperatures for 7 to 13 July 2025.

***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**