



Our Ref: MET/7/320

Date: 21 July 2025

SEVEN-DAY WEATHER FORECAST FOR 22 TO 28 JULY 2025

SUMMARY

Forecast for 22 to 28 July 2025

- Rainfall is expected over a few parts of the country mainly in the Highlands East and West of the Rift Valley.
- 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 14 to 20 July 2025

- Rainfall was recorded in some parts of the Highlands East and West of the Rift Valley, the Lake Victoria Basin and North-western Kenya.
- Day-time (maximum) temperatures increased throughout the country.
- Night-time (minimum) temperatures decreased over most places though some stations such as Lodwar, Lamu and Msabaha recorded an increase.

1 FORECAST FOR 22 TO 28 JULY 2025

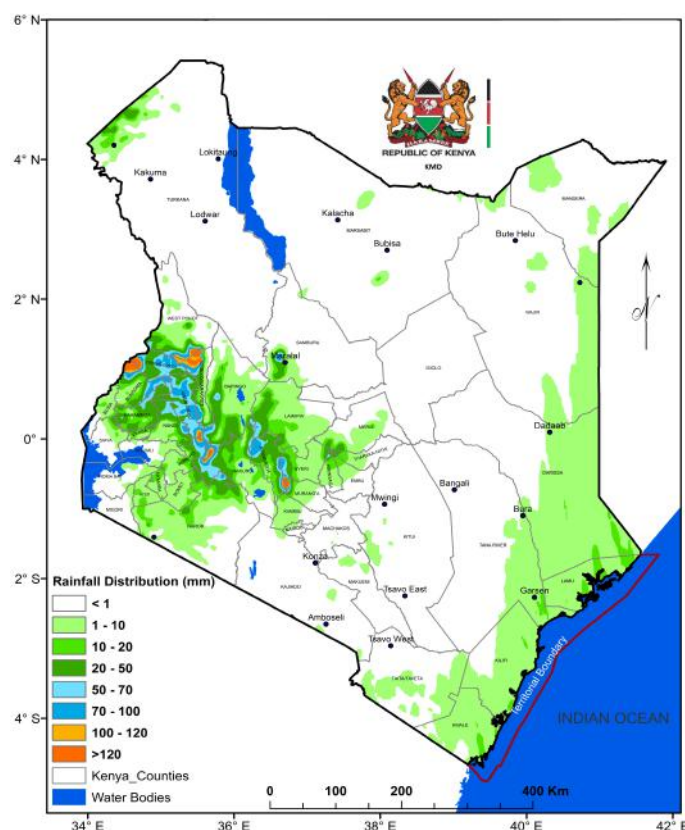


Figure 1: Forecasted Seven-Day Total Rainfall for 22 to 28 July 2025.

Rainfall is expected over a few parts of the country mainly in the Highlands East and West of the Rift Valley, 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.

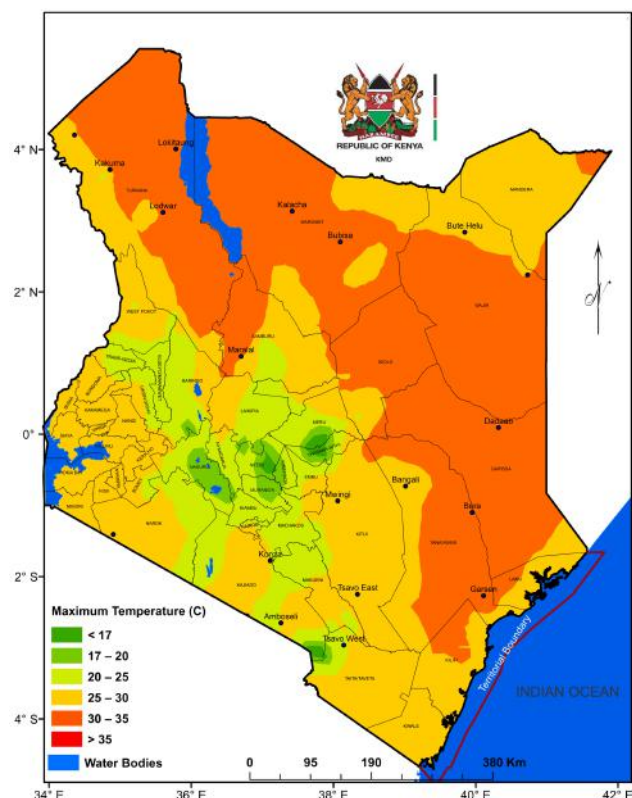


Figure 2: Forecasted Average Maximum Temperatures for 22 to 28 July 2025.

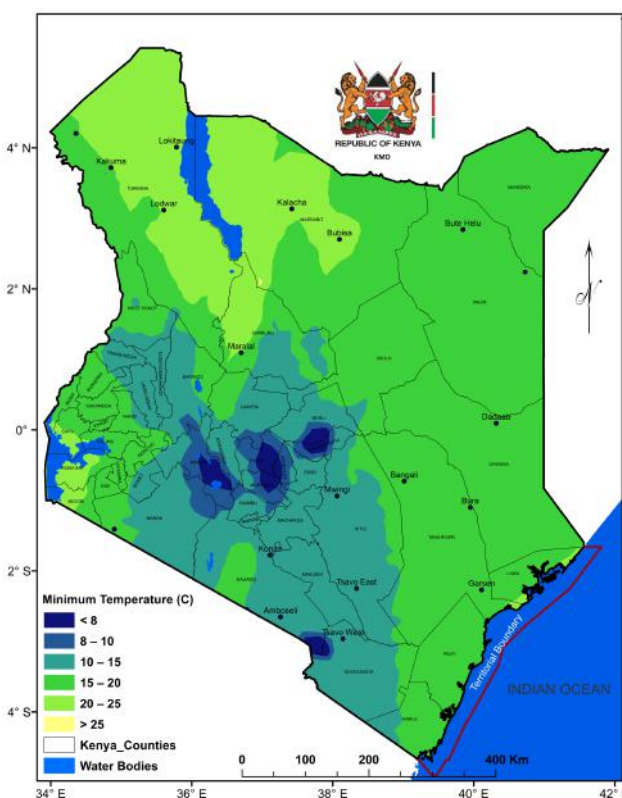


Figure 3: Forecasted Average Minimum Temperatures for 22 to 28 July 2025.

1.1 DETAILED REGIONAL RAINFALL FORECAST FOR 22 TO 28 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 light rains may occur 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):

Sunny intervals are expected during the day while nights are likely to be partly cloudy. However, there is a possibility of morning rains as well as afternoon and night showers occurring 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. Occasional afternoon showers are expected over few high-altitude areas. Nights are likely to be partly cloudy.

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*):

Sunny intervals are expected during the day while nights are likely to be partly cloudy. However, occasional morning and afternoon showers may occur over few places.

1.2 DETAILED TEMPERATURE FORECAST FOR 22 TO 28 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	36.0	25.0	KISUMU	29.0	18.0	MACHAKOS	25.0	12.0
MARSABIT	25.0	14.0	SUBA	29.0	19.0	MAKINDU	29.0	14.0
MOYALE	27.0	17.0	NAKURU	26.0	12.0	KITUI	28.0	15.0
GARISSA	34.0	22.0	NAROK	24.0	10.0	VOI	31.0	19.0
WAJIR	34.0	23.0	LAIKIPIA	27.0	09.0	LAMU	31.0	25.0
MANDERA	37.0	24.0	KANGEMA	23.0	13.0	MALINDI	29.0	23.0
KITALE	25.0	13.0	NYERI	24.0	13.0	MSABAHA	29.0	23.0
KAKAMEGA	28.0	15.0	EMBU	25.0	14.0	MTWAPA	30.0	21.0
ELDORET	23.0	11.0	MERU	25.0	13.0	MOMBASA	30.0	21.0
KERICHO	24.0	10.0	NAIROBI	25.0	11.0			
KISII	26.0	15.0	THIKA	27.0	13.0			

2 WEATHER REVIEW FOR 14 TO 20 JULY 2025

2.1.1 Rainfall Review

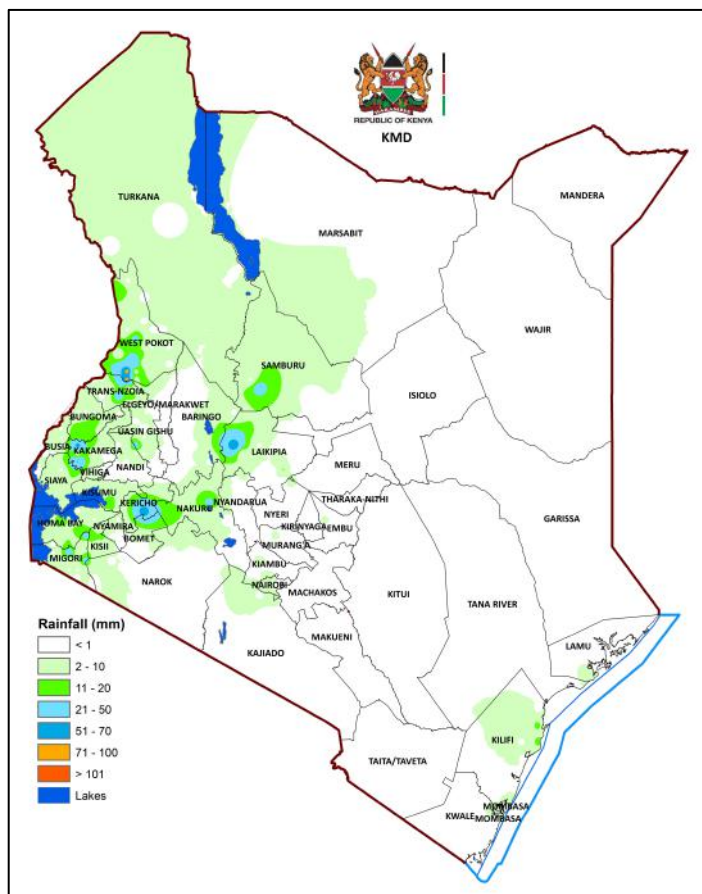


Figure 4: Observed Seven-Day Total Rainfall for 14 to 20 July 2025.

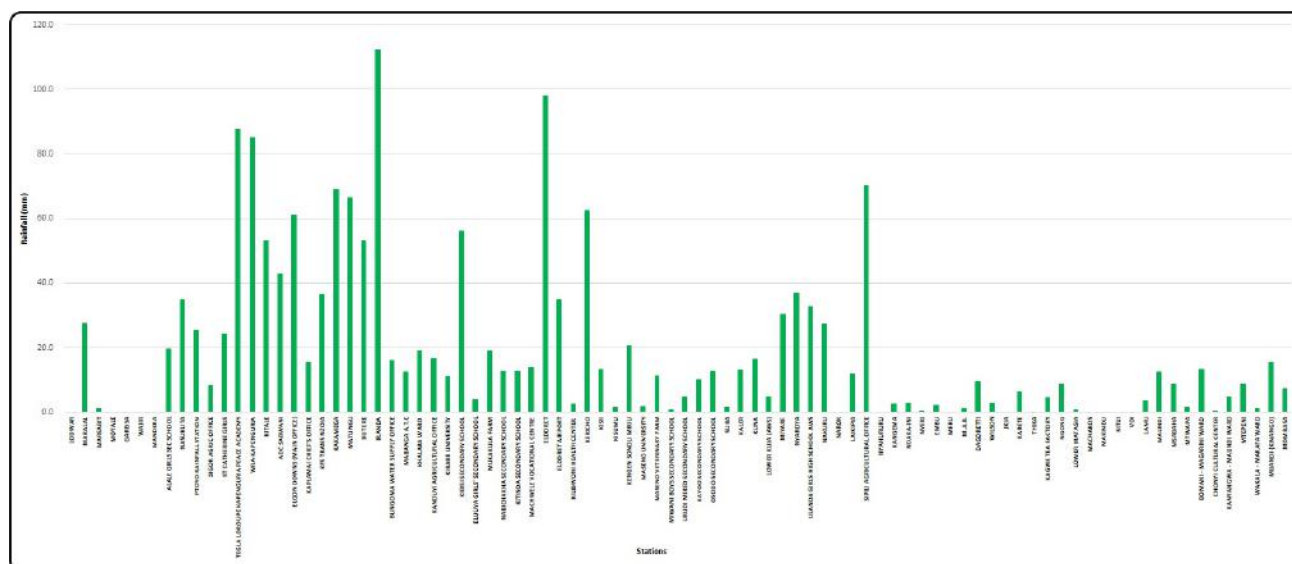


Figure 5: Observed Seven-Day Total Rainfall (per Station) for 14 to 20 July 2025.

Rainfall was recorded in some parts of the Highlands East and West of the Rift Valley, the Lake Victoria Basin and North-western Kenya, as shown in **Figures 4 and 5**.

Comparing the 7 to 13 July 2025 and the 14 to 20 July 2025 periods, it is noted that there was a decrease in rainfall amounts over most parts of the country.

The highest seven-day rainfall total (112.2mm) was recorded at Iranda Rainfall Station in Kakamega County.

Eldoret Meteorological Station recorded the highest amount of rainfall within 24-hours: 69.8mm on 20 July 2025.

2.2 Temperature Review

Comparing the 7 to 13 July 2025 and the 14 to 20 July 2025 periods, it is noted that day-time (maximum) temperatures increased throughout the country. Night-time (minimum) temperatures decreased over most places though some stations such as Lodwar, Lamu and Msabaha recorded an increase.

Mandera Meteorological Station recorded the highest daily maximum temperature: 36.6°C on 14 July 2025 while Laikipia Meteorological Station recorded the lowest daily minimum temperature: 9.3°C on 20 July 2025. Lodwar Meteorological Station recorded the highest seven-day average maximum temperature: 34.9°C and Laikipia Meteorological Station recorded the lowest seven-day average minimum temperature: 10.0°C (see **Figure 6**).

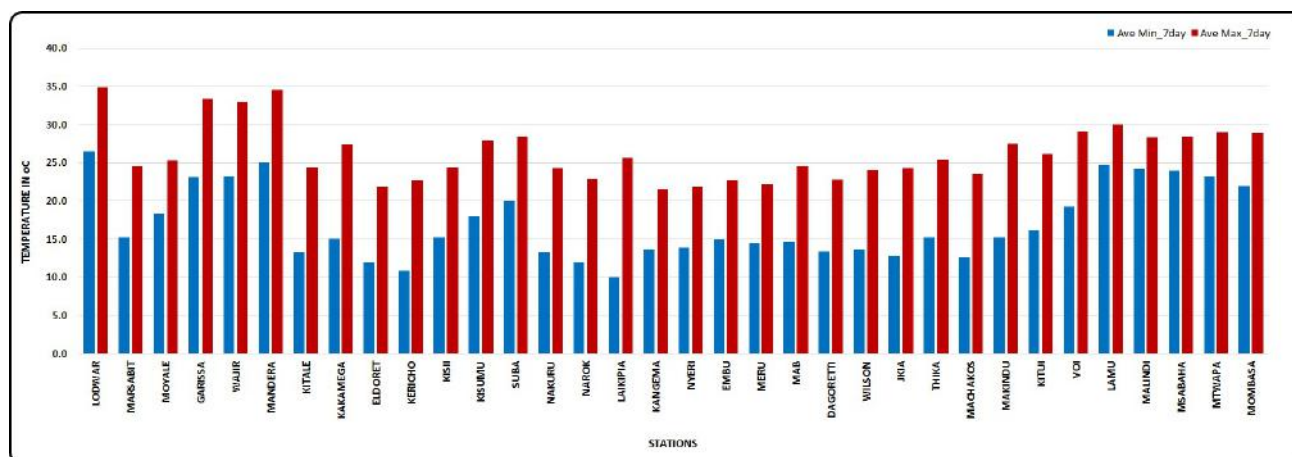


Figure 6: Seven-Day Average Maximum and Minimum Temperatures for 14 to 20 July 2025.

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 TERMS 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