



Our Ref: MET/7/303

Date: 24 March 2025

SEVEN-DAY WEATHER FORECAST FOR 25 TO 31 MARCH 2025

SUMMARY

Forecast for 25 to 31 March 2025

- Rainfall is expected to continue over several parts of the country.
- Isolated heavy rainfall events are likely to occur over some parts of the Highlands East and West of the Rift Valley, the Lake Victoria Basin, the Rift Valley, the South-eastern lowlands, the Coast, North-eastern and North-western Kenya.

Weather Review for 17 to 23 March 2025

- Rainfall was recorded in most parts of the country.
- Day-time (maximum) temperatures decreased over most parts of the country with the exception of the Coast.
- Night-time (minimum) temperatures increased over some stations including Narok, Kabete and Voi and decreased over Lodwar, Kisii and Suba among others.

1 FORECAST FOR 25 TO 31 MARCH 2024

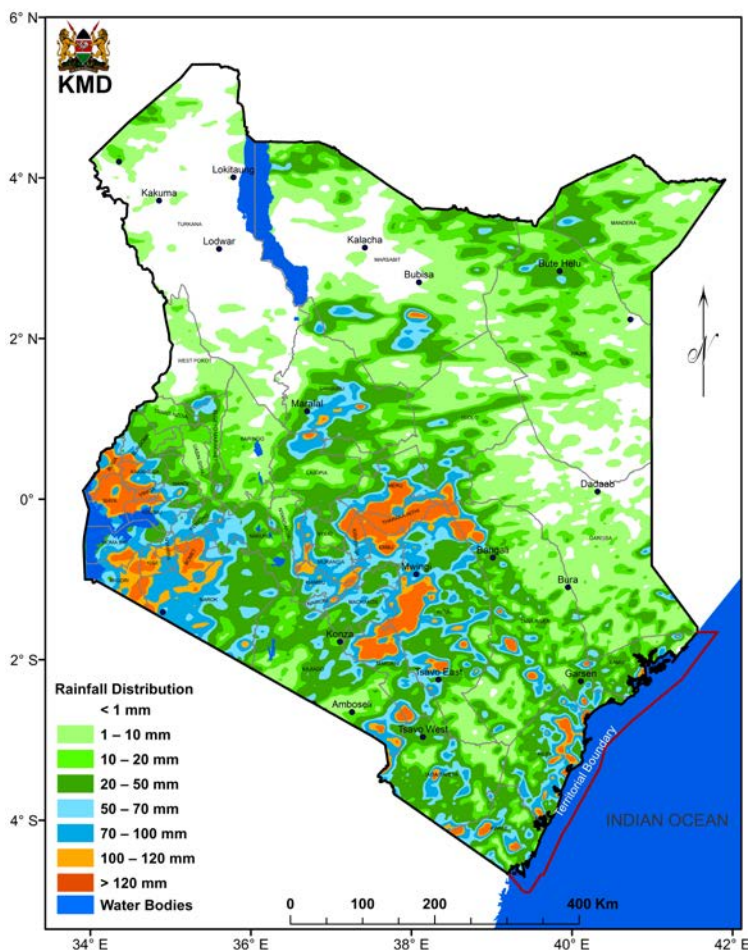


FIG 1: FORECASTED SEVEN-DAY TOTAL RAINFALL FOR 25 TO 31 MARCH 2025

Rainfall is expected to continue over several parts of the country. Isolated heavy rainfall events are likely to occur over some parts of the Highlands East and West of the Rift Valley, the Lake Victoria Basin, the Rift Valley, the South-eastern lowlands, the Coast, North-eastern and North-western Kenya as shown in **Figure 1**.

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 and the Central Rift Valley as illustrated in **Figure 3**.

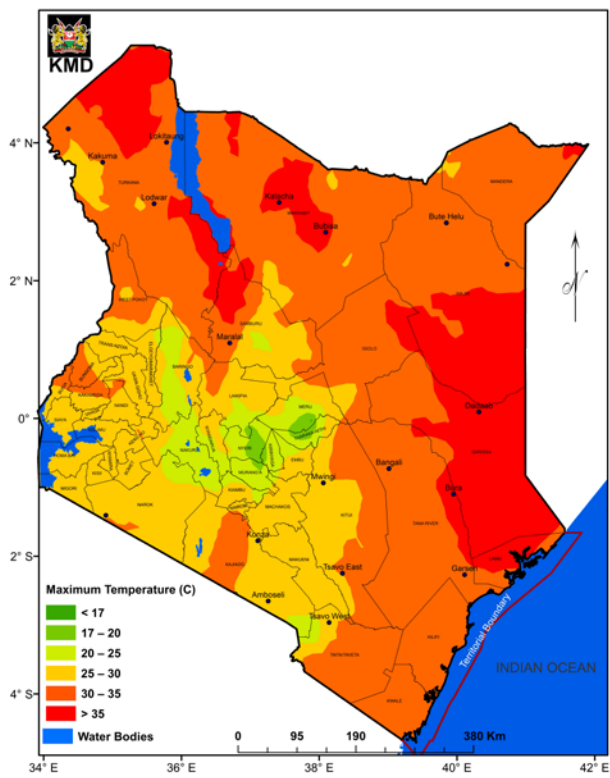


FIG 2: FORECASTED AVERAGE MAXIMUM TEMPERATURES FOR 25 TO 31 MARCH 2025

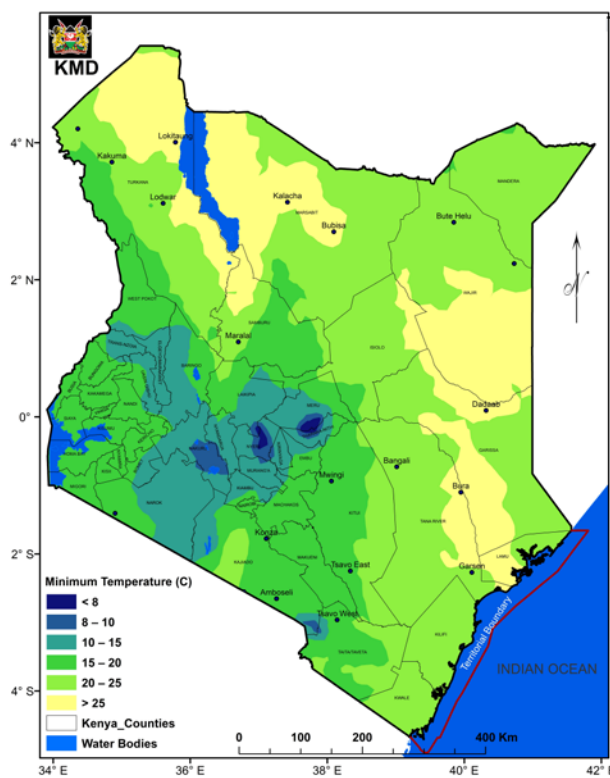


FIG 3: FORECASTED AVERAGE MINIMUM TEMPERATURES FOR 25 TO 31 MARCH 2025

1.1 DETAILED REGIONAL RAINFALL FORECAST FOR 25 TO 31 MARCH 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 and night showers and thunderstorms are likely to occur over few places, occasionally spreading to several places.

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

Morning rains as well as afternoon and night showers and thunderstorms are expected 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):

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

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

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

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*):

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

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, occasionally spreading to several places.

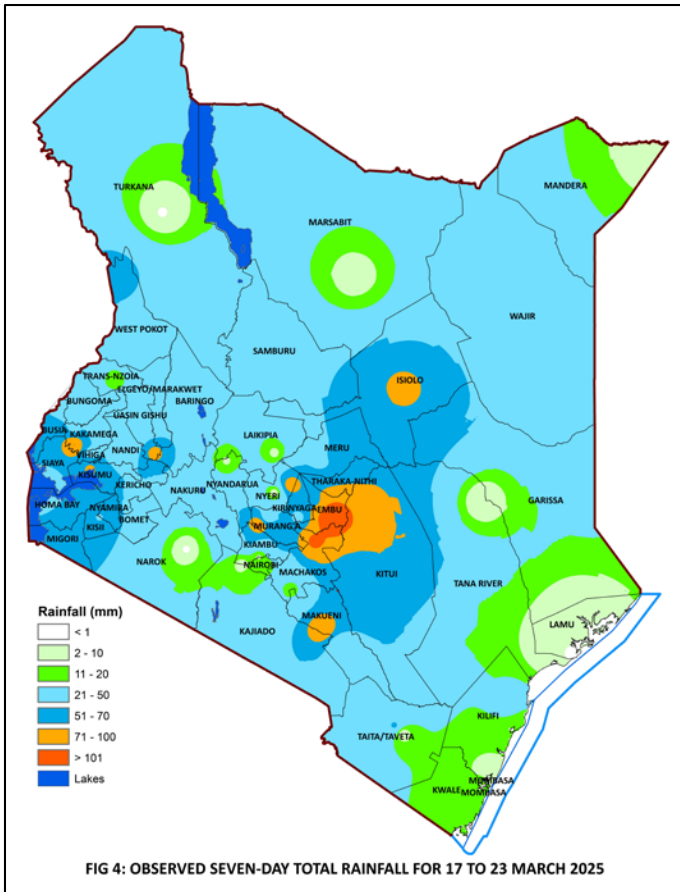
1.2 DETAILED TEMPERATURE FORECAST FOR 25 TO 31 MARCH 2025

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	38.0	23.0	KISUMU	30.0	18.0	THIKA	30.0	14.0
MARSABIT	28.0	17.0	SUBA	30.0	19.0	MACHAKOS	29.0	16.0
MOYALE	31.0	20.0	NAKURU	29.0	13.0	MAKINDU	34.0	19.0
GARISSA	39.0	27.0	NAROK	27.0	11.0	KITUI	32.0	19.0
WAJIR	38.0	18.0	LAIKIPIA	29.0	11.0	VOI	35.0	19.0
MANDERA	40.0	26.0	NYAHURURU	25.0	07.0	LAMU	36.0	26.0
KITALE	29.0	14.0	KANGEMA	28.0	15.0	MALINDI	34.0	26.0
KAKAMEGA	31.0	15.0	NYERI	29.0	13.0	MSABAHA	35.0	25.0
ELDORET	26.0	11.0	EMBU	30.0	15.0	MTWAPA	34.0	26.0
KERICHO	27.0	11.0	MERU	28.0	14.0	MOMBASA	34.0	25.0
KISII	28.0	15.0	NAIROBI	28.0	14.0			

2 WEATHER REVIEW FOR 17 TO 23 MARCH 2025

2.1.1 Rainfall Review



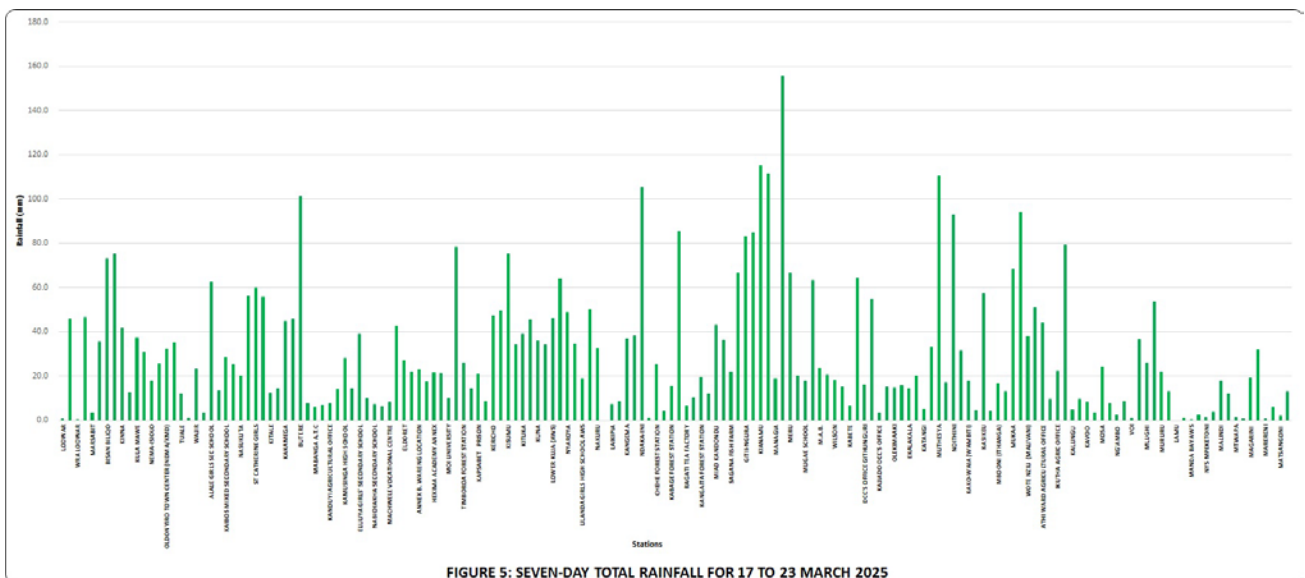
Rainfall continued to be recorded in most parts of the country as shown in **Figures 4 and 5**.

Heavy rainfall (more than 50mm in 24hrs) was received in a number of Counties including Kitui, Makueni, Isiolo, Embu, Murang’a, Migori, Uasin Gishu, Taita Taveta and West Pokot.

Comparing the 10 to 16 March 2025 and the 17 to 23 March 2025 periods, it is noted that there was an increase in rainfall amounts over much of the country.

The highest seven-day rainfall total (155.4mm) was recorded at Mayori Rainfall Station in Embu County.

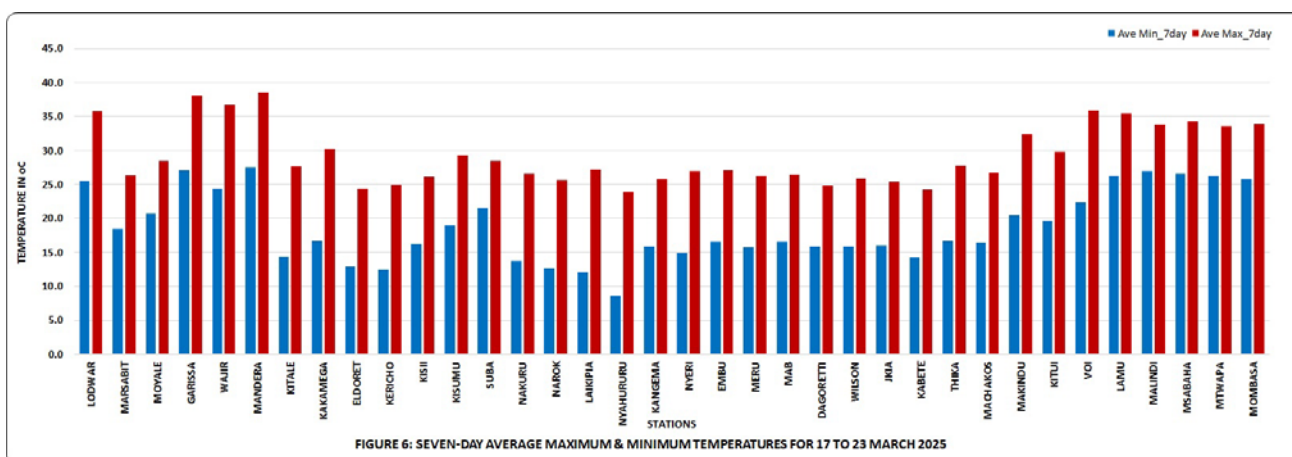
Ivukuvuku Rainfall Station in Kitui County recorded the highest amount of rainfall within 24-hours: 79.1mm 17 March 2025.



2.2 Temperature Review

Comparing the 10 to 16 March 2025 and the 17 to 23 March 2025 periods, it is noted that day-time (maximum) temperatures decreased over most parts of the country with the exception of the Coast. Night-time (minimum) temperatures increased over some stations including Nyeri, Lodwar and Garissa and decreased over Wajir, Marsabit and Kabete among others.

Mandera Meteorological Station recorded the highest daily maximum temperature: 40.5°C on 23 March 2025 while Nyahururu Meteorological Station recorded the lowest daily minimum temperature: 6.5°C on 21 March 2025. The same stations recorded the highest seven-day average maximum temperature and the lowest seven-day average minimum temperature: 39.8°C and 8.5°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%

Mary Githinji
For DIRECTOR OF METEOROLOGICAL SERVICES