

02 August 2026

Monthly Weather Summary – July 2026

General

July was warmer than average, though not to an extreme degree, and was cooler than the July months of the previous three years (2023 to 2025).

The first part of the month was relatively comfortable, with temperatures close to average and even slightly below average in the mountains and inland areas, and with few hours of significant heat stress on the Coastal Plain. In the second part of the month, temperatures rose above normal and heat stress intensified. At the end of the month, a heatwave began, which intensified at the beginning of August. Owing to the warmer second half of July, the month ended 0.7 to 0.8 °C above average during daytime hours (at the national level) and about 0.5 °C above average at night. This departure was moderate compared with conditions to the west of Israel, in the central Mediterranean and in central Europe, and still more so in western Europe, where temperatures were several whole degrees above average owing to numerous and prolonged heatwaves, also during this month.

Temperatures and Weather During the Month

Daytime temperatures in July were above the 1991–2020 multi-year average by 0.5 to 1 °C in central and southern Israel and by about 0.5 °C in northern Israel. At night, temperatures were 0.5 to 1 °C above average on the Coastal Plain, in the Lowlands and in the Northern and Central Mountains. In the remaining parts of the country, they were about 0.5 °C above average (Table 1).

Figures 1 to 3, which show the course of temperature in July at several stations, reveal four main periods during the month:

1–11 July — Temperatures slightly below average in the interior

Following the relatively comfortable weather in June, during the first part of July temperatures in the mountains and inland areas were close to or slightly below average, and in the Northern Mountains they were even 1 to 3 °C below average on some days. On the Coastal Plain, by contrast, temperatures were slightly above average in the first week of the month, and at night they were 2 to 4 °C above average. Nevertheless, heat stress was relatively moderate for the time of year: there were about 10 to 12 hours per day of moderate or greater heat stress, including about 3 to 6 hours of heavy heat stress (Figure 4). Later, temperatures declined and the number of heat-stress hours decreased.

12–23 July — Warmer than average

On 12 July, a warming trend began in the mountains and inland areas (on the Coastal Plain it began on 15 July), and through 23 July temperatures were above average, at times by as much as 3 to 5 °C in the mountains. Particularly noteworthy were 18–19 July, when temperatures of 35 to 37 °C were recorded in the Lowlands, 37 to 39 °C in the northern Negev and the Northern Valleys, 42 to 44 °C in the Jordan Valley and the Arava, and 33 to 34 °C in the mountains. It should be noted that conditions on those days were dry even on the Coastal Plain, with relative humidity of about 25% to 30% in the afternoon, allowing nocturnal cooling and resulting in night-time temperatures slightly below average.

On the Coastal Plain, heat stress intensified during this period, with many hours of moderate or greater heat stress (14 to 17 hours per day, including 8 to 10 hours of heavy heat stress).

24–28 July — Temperatures close to average

Following the prolonged warm period, temperatures declined, and for about 3 to 4 days temperatures in the mountains and inland areas were close to average. On the Coastal Plain, temperatures remained above average, but heat stress eased. At the beginning of the period, on 24–25 July, the sea was stormy, with exceptionally high waves (significant wave height exceeding 2 m and maximum wave height exceeding 3 m).

29–31 July — Warmer than normal

During the final days of the month, temperatures rose markedly and a heatwave began. Temperatures of 34 to 35 °C were recorded in the mountains, 36 to 38 °C in the Lowlands, 38 to 40 °C in the northern Negev and the Northern Valleys, and 42 to 44 °C in the Jordan Valley and the Arava. On the Coastal Plain, heat stress intensified again, and extreme heat stress was even recorded during the afternoon hours.

Table 1: Temperatures in July 2026 (°C) compared with the average

Area	Station	July 2026		Difference from 1991–2020 average	
		Maximum	Minimum	Maximum	Minimum
Coastal plain and Lowlands	Haifa Technion	29.0	23.2	0.3	0.4
	En HaHoresh	31.6	20.7	0.7	0.3
	Bet Dagan	32.9	23.3	1.5	1.0
	Negba	32.5	21.8	1.0	0.6
Northern Mountains	Elon	31.4	21.1	0.7	0.1
	Merom Golan Picman	29.9	17.0	0.3	0.2
	Avne Eitan	33.5	20.1	0.4	0.3
	Zefat Har Kenaan	30.2	20.2	0.2	0.6
	Deir Hana	32.1	23.3	0.8	0.9
	Tavor	35.0	22.5	0.9	0.5
Northern Valleys	Afula, Nir HaEmek	34.9	21.8	0.7	0.6
	Dafna	35.5	21.6	0.6	0.3
	Zemah	38.2	23.8	0.3	0.4
	Eden Farm	37.9	23.7	0.1	0.1
Central Mountains	Jerusalem	31.5	20.9	1.5	0.9
	Beit Jamal	33.2	21.8	0.1	0.6
	Rosh Zurim	28.9	18.8	0.7	0.8
Negev	Besor	33.0	21.3	0.0	0.7
	Arad	34.4	19.6	0.9	0.6
	Beer Sheva	35.7	21.7	1.2	0.5
	Sede Boqer	34.1	19.3	0.7	0.2
The Arava	Sedom	42.1	30.9	1.2	0.4
	Hazeva	40.9	26.4	0.5	0.2
	Yotvata	40.2	24.5	0.9	0.0
	Eilat	41.3	27.7	0.6	0.4

Table 2: Extreme temperatures in July 2026 (°C) compared with the past

Station	July 2026					Extreme values since measurements began			Station operating years
	Extreme maximum		Extreme minimum			Extreme maximum	Extreme minimum		
	Temp.	Date	Temp.	Date	Temp.	Date	Temp.	Date	
Bet Dagan	35.4	18/7/26	20.1	19/7/26	41.5	17/07/2019	14.1	20/07/1965	1962–2026
Negba	35.5	19/7/26	19.8	10/7/26	41.7	17/07/2019	15.0	20/07/1965 13/07/1984	1950–2026
Zefat Har Kenaan	34.1	31/7/26	15.7	3/7/26	39.0	23/07/1956 30/07/2000	12.2	02/07/1952	1867–2026
Jerusalem*	34.4	31/7/26	18.7	4/7/26	41.1	12/7/1888 13/7/1888	11.8	01/07/1934	1935–2026
Beer Sheva**	39.1	19/7/26	18.6	10/7/26	42.4	17/07/2019	12.0	08/07/1923 14/07/1933	1922–2026
Eilat	44.1	23/7/26	25.5	4/7/26	48.3	31/07/2002	20.0	03/07/1973 12/07/1984	1949–2026

* Jerusalem: Center 1950–2026, Talbiya 1948–1949, Palace Hotel 1935–1947, American Colony 1927–1935, Mount of Olives 1918–1926, German Colony 1895–1915, English Hospital on Hanevi'im Street 1898–1913, English Hospital in the Old City 1867–1915.

** Beer Sheva University 2026, Beer Sheva Negev Institute 1957–2026, Beer Sheva 1922–1957.

Figure 1: Daily minimum and maximum temperature in Jerusalem in July 2026 compared with the multi-year average

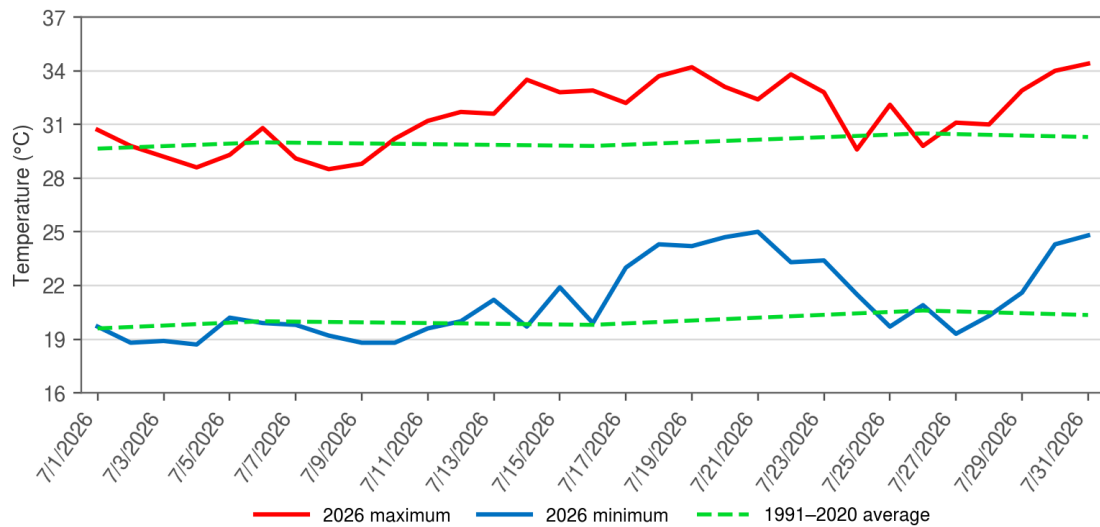


Figure 2: Daily minimum and maximum temperature in Zefat Har Kenaan in July 2026 compared with the multi-year average

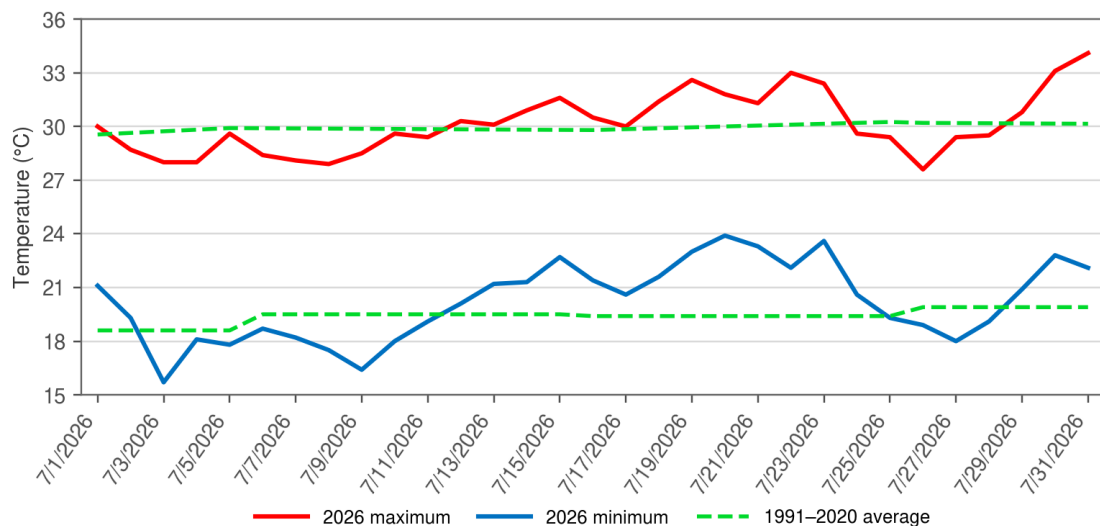


Figure 3: Daily minimum and maximum temperature in Bet Dagan in July 2026 compared with the multi-year average

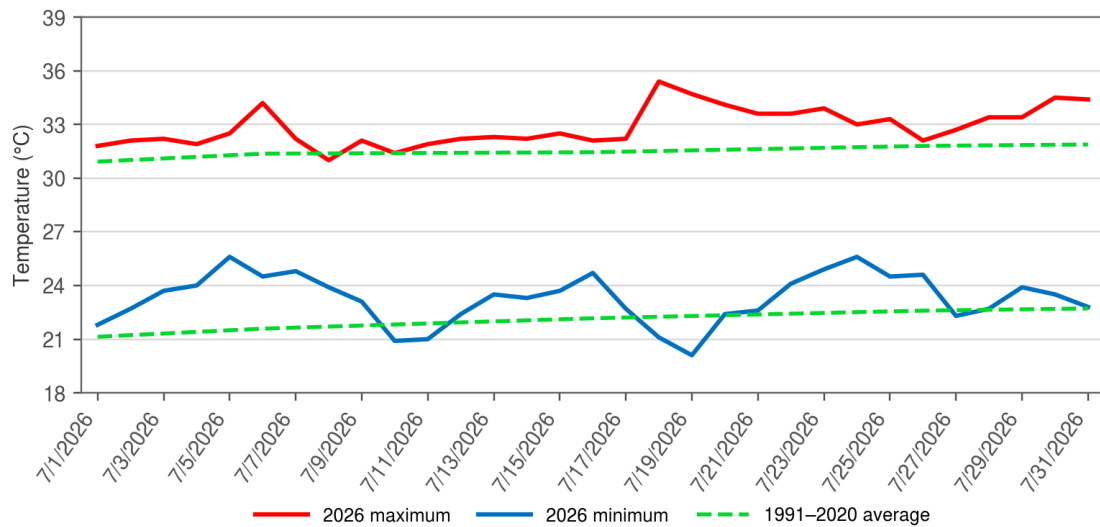
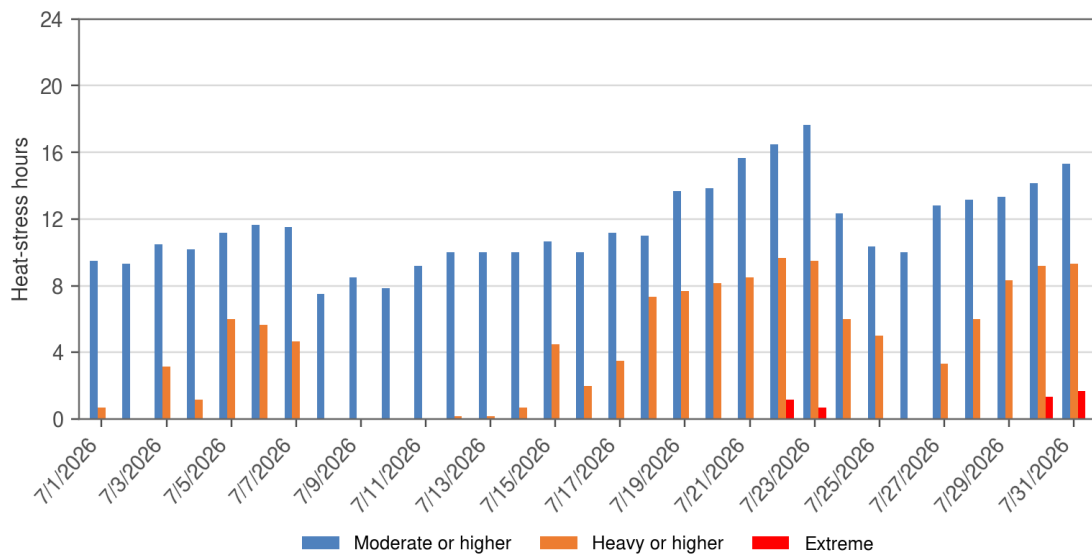


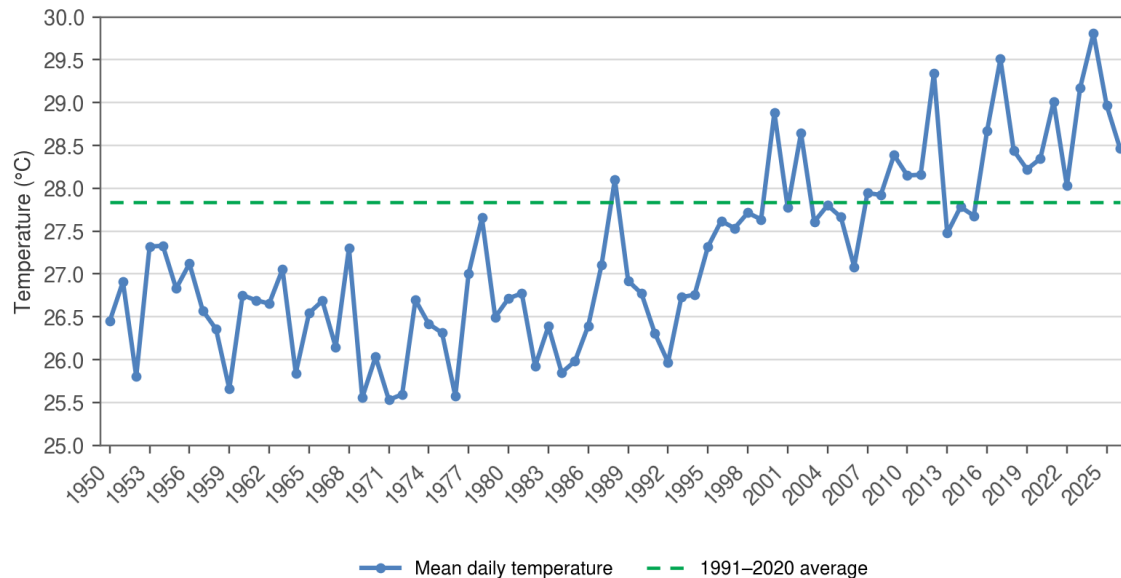
Figure 4: Number of hours per day with moderate or greater heat stress at Bet Dagan in July 2026



July 2026 compared with the past

Following a sequence of four months with below-average temperatures (since March), July 2026 was warmer than average, but compared with the past it was not exceptional. In the nationwide spatial average, it ranks tenth since 1950 and was cooler than the three preceding July months, especially July 2024, which was the warmest (Figure 5).

Figure 5: Mean daily temperature in Israel* in July, 1950 to 2026



* To represent the area of Israel, 24 stations throughout the country with homogeneous data since 1950 were selected.