# Extreme Heat Waves Hit California and European Tourist Destinations



**California to Experience Major Heat Wave This Week**

**July 2, 2024 - 9:00 a.m. ET**

California residents are bracing for a significant heat wave expected to last through the Fourth of July holiday week. Forecasts predict that cities like Fresno, Sacramento, Bakersfield, Modesto, and Lancaster will see temperatures soaring above 110 degrees Fahrenheit. Death Valley may reach an extreme 125 degrees.

The National Weather Service has issued warnings about the potentially dangerous conditions, emphasizing the importance of heat safety practices. Red flag warnings are in effect for areas such as the Sacramento Valley and Bay Area mountain ranges due to low humidity and potential gusty winds.

Pacific Gas & Electric may implement temporary power shut-offs in high-risk regions to prevent fire hazards linked to wind-damaged power lines. Coastal areas of California will experience milder temperatures, with highs around 90 degrees in Los Angeles and in the low 80s in San Diego.

**Travel Alert for UK Tourists in Spain, Portugal, and Greece**

**July 2, 2024 - 15:17**

UK tourists traveling to Spain, Portugal, and Greece should prepare for extreme heat with temperatures climbing up to 41°C (105°F). AccuWeather has issued yellow and orange weather warnings for the affected regions. Specific areas in Spain, including Valle del Tajo, Aracena, and Menorca, are under yellow warnings, while regions like Campiña Cordobesa face orange warnings from July 3-4.

The Met Office advises staying indoors between 11 a.m. and 3 p.m., hydrating frequently, and taking precautions like wearing sunscreen and a hat. It also recommends caution when engaging in water activities, noting the risks of cold water shock.

Both updates highlight the necessity of taking precautions during extreme weather conditions to ensure personal safety.