



































Alcatraz Island, CA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:55	7.0	11:32	4.9	2:43	3.2	4:12	-1.4	7:25	5:01	
2	Fri	9:48	7.2			3:41	3.2	5:00	-1.7	7:25	5:02	
3	Sat	12:18	5.1	10:40 AM	7.1	4:37	3.1	5:47	-1.7	7:25	5:03	
4	Sun	1:02	5.2	11:32 AM	6.9	5:32	2.9	6:32	-1.5	7:25	5:04	
5	Mon	1:44	5.2	12:22	6.5	6:28	2.7	7:16	-1.2	7:25	5:04	
6	Tue	2:25	5.3	1:13	6.0	7:26	2.5	7:57	-0.7	7:25	5:05	
7	Wed	3:05	5.4	2:06	5.3	8:27	2.3	8:38	0.0	7:25	5:06	
8	Thu	3:45	5.4	3:05	4.6	9:33	2.1	9:20	0.7	7:25	5:07	
9	Fri	4:25	5.5	4:16	4.0	10:43	1.9	10:04	1.4	7:25	5:08	
10	Sat	5:05	5.6	5:49	3.6	11:54	1.5	10:54	2.1	7:25	5:09	
11	Sun	5:46	5.6	7:39	3.5			12:59	1.1	7:24	5:10	
12	Mon	6:29	5.7	9:07	3.8			1:56	0.7	7:24	5:11	
13	Tue	7:13	5.8	10:07	4.1	12:58	3.1	2:44	0.3	7:24	5:12	
14	Wed	7:58	5.9	10:51	4.4	1:59	3.4	3:27	0.0	7:24	5:13	
15	Thu	8:42	6.0	11:27	4.5	2:51	3.4	4:05	-0.3	7:23	5:14	
16	Fri	9:24	6.1	11:59	4.6	3:36	3.4	4:40	-0.5	7:23	5:15	
17	Sat	10:04	6.2			4:15	3.3	5:13	-0.7	7:22	5:16	
18	Sun	12:28	4.7	10:43 AM	6.2	4:52	3.1	5:45	-0.8	7:22	5:17	
19	Mon	12:56	4.8	11:22 AM	6.1	5:28	3.0	6:16	-0.8	7:22	5:18	
20	Tue	1:23	4.9	12:01	6.0	6:07	2.8	6:47	-0.7	7:21	5:19	
21	Wed	1:51	5.0	12:43	5.7	6:49	2.5	7:19	-0.4	7:21	5:21	
22	Thu	2:21	5.2	1:29	5.2	7:37	2.2	7:53	0.1	7:20	5:22	
23	Fri	2:51	5.4	2:23	4.7	8:31	1.9	8:29	0.7	7:19	5:23	
24	Sat	3:25	5.6	3:32	4.1	9:34	1.6	9:09	1.4	7:19	5:24	
25	Sun	4:04	5.8	5:06	3.7	10:45	1.1	9:57	2.2	7:18	5:25	
26	Mon	4:50	6.0	7:00	3.6			12:01	0.6	7:17	5:26	
27	Tue	5:44	6.2	8:38	4.0			1:13	0.1	7:17	5:27	
28	Wed	6:45	6.4	9:44	4.4	12:18	3.2	2:17	-0.5	7:16	5:28	
29	Thu	7:48	6.6	10:34	4.7	1:36	3.3	3:13	-0.9	7:15	5:29	
30	Fri	8:48	6.8	11:16	4.9	2:43	3.2	4:03	-1.2	7:14	5:31	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Sat	9:44	6.8	11:55	5.1	3:42	2.9	4:49	-1.3	7:14	5:32	