



































Oakland - Middle Harbor, CA - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Mon	6:34	6.8	8:28	4.2			1:50	0.2	7:24	5:01	
2	Tue	7:24	6.9	9:44	4.6	12:54	2.5	2:47	-0.2	7:24	5:02	
3	Wed	8:13	7.0	10:42	4.9	1:59	2.9	3:37	-0.6	7:24	5:03	
4	Thu	9:01	7.0	11:30	5.1	2:59	3.0	4:22	-0.8	7:25	5:03	
5	Fri	9:46	6.9			3:53	3.1	5:03	-0.8	7:25	5:04	
6	Sat	12:12	5.2	10:29 AM	6.8	4:41	3.0	5:40	-0.8	7:25	5:05	
7	Sun	12:50	5.3	11:10 AM	6.7	5:26	2.9	6:15	-0.7	7:24	5:06	
8	Mon	1:24	5.3	11:48 AM	6.4	6:08	2.8	6:49	-0.6	7:24	5:07	
9	Tue	1:54	5.2	12:26	6.1	6:49	2.7	7:20	-0.3	7:24	5:08	
10	Wed	2:23	5.2	1:04	5.7	7:31	2.6	7:51	0.0	7:24	5:09	
11	Thu	2:51	5.3	1:45	5.2	8:17	2.5	8:22	0.4	7:24	5:10	
12	Fri	3:19	5.4	2:32	4.7	9:09	2.3	8:54	0.9	7:24	5:11	
13	Sat	3:49	5.5	3:30	4.1	10:08	2.1	9:28	1.5	7:23	5:12	
14	Sun	4:23	5.7	4:51	3.7	11:15	1.8	10:08	2.0	7:23	5:13	
15	Mon	5:02	5.8	6:41	3.6			12:22	1.4	7:23	5:14	
16	Tue	5:47	6.0	8:28	3.8			1:23	0.9	7:22	5:15	
17	Wed	6:37	6.3	9:38	4.2	12:09	3.0	2:17	0.3	7:22	5:16	
18	Thu	7:29	6.5	10:26	4.6	1:20	3.2	3:05	-0.2	7:22	5:17	
19	Fri	8:22	6.9	11:06	4.9	2:22	3.2	3:49	-0.7	7:21	5:18	
20	Sat	9:14	7.1	11:42	5.1	3:16	3.1	4:32	-1.1	7:21	5:19	
21	Sun	10:05	7.4			4:07	2.9	5:14	-1.3	7:20	5:20	
22	Mon	12:18	5.3	10:55 AM	7.4	4:57	2.6	5:55	-1.4	7:19	5:22	
23	Tue	12:53	5.6	11:46 AM	7.2	5:48	2.2	6:35	-1.2	7:19	5:23	
24	Wed	1:28	5.8	12:38	6.8	6:41	1.8	7:15	-0.8	7:18	5:24	
25	Thu	2:05	6.1	1:34	6.2	7:38	1.5	7:56	-0.3	7:18	5:25	
26	Fri	2:43	6.3	2:35	5.5	8:39	1.2	8:37	0.5	7:17	5:26	
27	Sat	3:23	6.5	3:46	4.7	9:46	1.0	9:22	1.3	7:16	5:27	
28	Sun	4:08	6.6	5:15	4.2	11:00	0.7	10:15	2.0	7:15	5:28	
29	Mon	4:58	6.6	7:02	4.1			12:17	0.4	7:15	5:29	
30	Tue	5:55	6.6	8:37	4.3			1:29	0.1	7:14	5:30	

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
31	Wed	6:55	6.6	9:43	4.7	12:43	3.0	2:32	-0.1	7:13	5:32	