



























Rockland Key, Rockland Channel Bridge, FL - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu			1:58	0.6	7:58	-0.5	6:55	0.3	7:10	5:49	
2	Fri	12:47	1.5	2:45	0.6	8:51	-0.6	7:50	0.2	7:11	5:50	
3	Sat	1:44	1.6	3:28	0.7	9:40	-0.6	8:44	0.2	7:11	5:51	
4	Sun	2:38	1.6	4:08	0.7	10:26	-0.5	9:37	0.1	7:11	5:51	
5	Mon	3:31	1.5	4:46	0.8	11:10	-0.4	10:31	0.1	7:11	5:52	
6	Tue	4:21	1.4	5:23	0.8	11:52	-0.3	11:27	0.1	7:12	5:53	
7	Wed	5:10	1.3	6:00	0.9			12:33	-0.1	7:12	5:53	
8	Thu	5:59	1.1	6:38	1.0	12:28	0.1	1:14	0.0	7:12	5:54	
9	Fri	6:50	0.9	7:18	1.0	1:33	0.1	1:54	0.2	7:12	5:55	
10	Sat	7:50	0.7	8:02	1.0	2:44	0.1	2:36	0.3	7:12	5:56	
11	Sun	9:11	0.6	8:52	1.0	3:55	0.1	3:20	0.3	7:12	5:56	
12	Mon	10:56	0.5	9:47	1.0	5:06	0.0	4:08	0.4	7:12	5:57	
13	Tue			12:23	0.5	6:12	-0.1	5:01	0.4	7:12	5:58	
14	Wed			1:19	0.5	7:10	-0.2	5:55	0.4	7:12	5:58	
15	Thu			1:57	0.5	7:58	-0.3	6:46	0.4	7:12	5:59	
16	Fri	12:26	1.1	2:27	0.5	8:38	-0.3	7:31	0.3	7:12	6:00	
17	Sat	1:11	1.2	2:55	0.6	9:14	-0.4	8:12	0.3	7:12	6:01	
18	Sun	1:54	1.2	3:24	0.6	9:46	-0.4	8:52	0.2	7:12	6:01	
19	Mon	2:35	1.3	3:53	0.7	10:18	-0.4	9:32	0.2	7:12	6:02	
20	Tue	3:16	1.3	4:22	0.8	10:48	-0.3	10:13	0.1	7:12	6:03	
21	Wed	3:57	1.3	4:52	0.8	11:19	-0.3	10:59	0.1	7:11	6:04	
22	Thu	4:40	1.2	5:23	0.9	11:51	-0.2	11:49	0.0	7:11	6:04	
23	Fri	5:25	1.1	5:55	1.0			12:24	-0.1	7:11	6:05	
24	Sat	6:15	0.9	6:30	1.0	12:47	0.0	12:58	0.0	7:11	6:06	
25	Sun	7:16	0.7	7:11	1.1	1:53	-0.1	1:36	0.1	7:10	6:07	
26	Mon	8:39	0.5	8:05	1.1	3:07	-0.2	2:19	0.2	7:10	6:07	
27	Tue	10:26	0.4	9:14	1.1	4:25	-0.3	3:14	0.3	7:10	6:08	
28	Wed			12:01	0.4	5:44	-0.4	4:22	0.3	7:09	6:09	
29	Thu			1:04	0.4	6:56	-0.5	5:36	0.3	7:09	6:10	
30	Fri			1:51	0.5	7:56	-0.5	6:46	0.2	7:09	6:10	
31	Sat	12:48	1.3	2:30	0.6	8:45	-0.6	7:48	0.1	7:08	6:11	