


































Sugarloaf Key, Bow Channel, FL - Mar 2026

| Date | | High | | | | Low | | | |  | |  |
|------|-----|-------|-----|-------|-----|-------|------|----------|------|---|------|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Sun | | | 12:36 | 1.2 | 7:41 | -0.3 | 7:06 | 0.0 | 6:48 | 6:28 |  |
| 2 | Mon | 12:19 | 2.2 | 1:07 | 1.4 | 8:17 | -0.2 | 7:58 | -0.1 | 6:47 | 6:29 |  |
| 3 | Tue | 1:07 | 2.2 | 1:36 | 1.6 | 8:49 | -0.2 | 8:46 | -0.2 | 6:46 | 6:29 |  |
| 4 | Wed | 1:51 | 2.1 | 2:04 | 1.8 | 9:20 | -0.1 | 9:31 | -0.2 | 6:45 | 6:30 |  |
| 5 | Thu | 2:31 | 1.9 | 2:32 | 1.9 | 9:50 | 0.0 | 10:15 | -0.2 | 6:44 | 6:30 |  |
| 6 | Fri | 3:09 | 1.7 | 3:01 | 2.0 | 10:20 | 0.0 | 10:59 | -0.2 | 6:43 | 6:31 |  |
| 7 | Sat | 3:47 | 1.4 | 3:30 | 1.9 | 10:48 | 0.1 | 11:45 | -0.2 | 6:42 | 6:31 |  |
| 8 | Sun | 5:25 | 1.2 | 5:02 | 1.9 | | | 12:15 | 0.2 | 7:41 | 7:32 |  |
| 9 | Mon | 6:08 | 1.0 | 5:38 | 1.8 | 1:35 | -0.1 | 12:37 | 0.2 | 7:40 | 7:32 |  |
| 10 | Tue | 7:04 | 0.7 | 6:22 | 1.7 | 2:34 | -0.1 | 12:54 | 0.3 | 7:39 | 7:32 |  |
| 11 | Wed | 8:48 | 0.6 | 7:22 | 1.6 | 3:44 | 0.0 | 12:58 | 0.3 | 7:38 | 7:33 |  |
| 12 | Thu | | | 8:43 | 1.6 | 5:01 | 0.0 | | | 7:37 | 7:33 |  |
| 13 | Fri | | | 12:11 | 0.8 | 6:12 | 0.0 | 4:54 | 0.4 | 7:36 | 7:34 |  |
| 14 | Sat | | | 12:24 | 1.0 | 7:07 | -0.1 | 6:13 | 0.4 | 7:35 | 7:34 |  |
| 15 | Sun | | | 12:44 | 1.2 | 7:48 | -0.1 | 7:11 | 0.3 | 7:34 | 7:35 |  |
| 16 | Mon | 12:07 | 1.9 | 1:08 | 1.4 | 8:20 | -0.1 | 7:59 | 0.1 | 7:33 | 7:35 |  |
| 17 | Tue | 12:56 | 2.1 | 1:34 | 1.6 | 8:50 | -0.1 | 8:43 | 0.0 | 7:32 | 7:36 |  |
| 18 | Wed | 1:43 | 2.1 | 2:01 | 1.8 | 9:18 | 0.0 | 9:26 | -0.1 | 7:31 | 7:36 |  |
| 19 | Thu | 2:29 | 2.1 | 2:31 | 2.0 | 9:47 | 0.0 | 10:10 | -0.3 | 7:30 | 7:37 |  |
| 20 | Fri | 3:15 | 1.9 | 3:02 | 2.2 | 10:17 | 0.0 | 10:56 | -0.4 | 7:29 | 7:37 |  |
| 21 | Sat | 4:02 | 1.7 | 3:36 | 2.3 | 10:48 | 0.1 | 11:45 | -0.4 | 7:28 | 7:37 |  |
| 22 | Sun | 4:52 | 1.5 | 4:13 | 2.3 | 11:20 | 0.1 | | | 7:27 | 7:38 |  |
| 23 | Mon | 5:46 | 1.2 | 4:57 | 2.3 | 12:40 | -0.4 | 11:54 AM | 0.2 | 7:26 | 7:38 |  |
| 24 | Tue | 6:51 | 0.9 | 5:49 | 2.2 | 1:43 | -0.3 | 12:34 | 0.3 | 7:25 | 7:39 |  |
| 25 | Wed | 8:19 | 0.8 | 6:58 | 2.1 | 2:56 | -0.2 | 1:28 | 0.3 | 7:24 | 7:39 |  |
| 26 | Thu | 10:00 | 0.8 | 8:30 | 2.0 | 4:16 | -0.2 | 2:54 | 0.4 | 7:23 | 7:39 |  |
| 27 | Fri | 11:08 | 1.0 | 10:05 | 2.0 | 5:34 | -0.1 | 4:35 | 0.4 | 7:22 | 7:40 |  |
| 28 | Sat | 11:51 | 1.2 | 11:21 | 2.0 | 6:39 | -0.1 | 6:02 | 0.3 | 7:21 | 7:40 |  |
| 29 | Sun | | | 12:26 | 1.4 | 7:27 | 0.0 | 7:11 | 0.2 | 7:20 | 7:41 |  |
| 30 | Mon | 12:21 | 2.1 | 12:58 | 1.7 | 8:06 | 0.0 | 8:07 | 0.0 | 7:19 | 7:41 |  |
| 31 | Tue | 1:13 | 2.1 | 1:27 | 1.9 | 8:39 | 0.1 | 8:54 | -0.1 | 7:18 | 7:42 |  |