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# Sugarloaf Key, Bow Channel, FL - Jul 2026

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 1 | Wed | 3:51 | 1.2 | 2:49 | 2.4 | 9:41 | 0.4 | 11:21 | -0.2 | 6:40 | 8:19 | |
| 2 | Thu | 4:24 | 1.3 | 3:29 | 2.4 | 10:21 | 0.4 | 11:55 | -0.1 | 6:41 | 8:19 | |
| 3 | Fri | 4:57 | 1.4 | 4:10 | 2.3 | 11:05 | 0.4 | | | 6:41 | 8:19 | |
| 4 | Sat | 5:30 | 1.5 | 4:53 | 2.2 | 12:28 | 0.0 | 11:55 AM | 0.4 | 6:41 | 8:19 | |
| 5 | Sun | 6:03 | 1.7 | 5:39 | 2.0 | 1:03 | 0.0 | 12:53 | 0.4 | 6:42 | 8:19 | |
| 6 | Mon | 6:38 | 1.8 | 6:34 | 1.7 | 1:38 | 0.1 | 2:00 | 0.3 | 6:42 | 8:19 | |
| 7 | Tue | 7:15 | 1.9 | 7:42 | 1.5 | 2:15 | 0.2 | 3:12 | 0.2 | 6:43 | 8:19 | |
| 8 | Wed | 7:58 | 2.1 | 9:08 | 1.2 | 2:55 | 0.3 | 4:25 | 0.1 | 6:43 | 8:19 | |
| 9 | Thu | 8:49 | 2.2 | 10:41 | 1.1 | 3:39 | 0.3 | 5:35 | 0.0 | 6:43 | 8:19 | |
| 10 | Fri | 9:46 | 2.4 | | | 4:29 | 0.4 | 6:42 | -0.2 | 6:44 | 8:18 | |
| 11 | Sat | 12:01 | 1.1 | 10:47 AM | 2.5 | 5:26 | 0.4 | 7:44 | -0.3 | 6:44 | 8:18 | |
| 12 | Sun | 1:05 | 1.1 | 11:49 AM | 2.7 | 6:26 | 0.4 | 8:41 | -0.4 | 6:45 | 8:18 | |
| 13 | Mon | 1:57 | 1.1 | 12:49 | 2.8 | 7:27 | 0.3 | 9:32 | -0.4 | 6:45 | 8:18 | |
| 14 | Tue | 2:42 | 1.2 | 1:47 | 2.9 | 8:25 | 0.3 | 10:19 | -0.3 | 6:46 | 8:18 | |
| 15 | Wed | 3:23 | 1.3 | 2:42 | 2.9 | 9:23 | 0.2 | 11:04 | -0.3 | 6:46 | 8:17 | |
| 16 | Thu | 4:02 | 1.5 | 3:35 | 2.8 | 10:20 | 0.2 | 11:46 | -0.1 | 6:47 | 8:17 | |
| 17 | Fri | 4:40 | 1.7 | 4:27 | 2.5 | 11:19 | 0.2 | | | 6:47 | 8:17 | |
| 18 | Sat | 5:18 | 1.9 | 5:17 | 2.3 | 12:27 | 0.0 | 12:21 | 0.2 | 6:47 | 8:17 | |
| 19 | Sun | 5:57 | 2.0 | 6:10 | 1.9 | 1:07 | 0.1 | 1:27 | 0.2 | 6:48 | 8:16 | |
| 20 | Mon | 6:37 | 2.1 | 7:07 | 1.6 | 1:46 | 0.2 | 2:36 | 0.2 | 6:48 | 8:16 | |
| 21 | Tue | 7:20 | 2.1 | 8:19 | 1.3 | 2:26 | 0.3 | 3:47 | 0.2 | 6:49 | 8:16 | |
| 22 | Wed | 8:09 | 2.1 | 9:56 | 1.1 | 3:08 | 0.4 | 4:58 | 0.2 | 6:49 | 8:15 | |
| 23 | Thu | 9:03 | 2.1 | 11:33 | 1.0 | 3:54 | 0.5 | 6:06 | 0.1 | 6:50 | 8:15 | |
| 24 | Fri | 10:00 | 2.2 | | | 4:45 | 0.5 | 7:07 | 0.1 | 6:50 | 8:14 | |
| 25 | Sat | 12:39 | 1.1 | 10:55 AM | 2.2 | 5:39 | 0.5 | 7:59 | 0.0 | 6:51 | 8:14 | |
| 26 | Sun | 1:22 | 1.1 | 11:45 AM | 2.3 | 6:34 | 0.5 | 8:42 | 0.0 | 6:51 | 8:13 | |
| 27 | Mon | 1:54 | 1.2 | 12:31 | 2.4 | 7:24 | 0.5 | 9:18 | 0.0 | 6:52 | 8:13 | |
| 28 | Tue | 2:21 | 1.3 | 1:14 | 2.5 | 8:09 | 0.5 | 9:51 | 0.0 | 6:52 | 8:12 | |
| 29 | Wed | 2:48 | 1.4 | 1:56 | 2.5 | 8:52 | 0.4 | 10:21 | 0.0 | 6:53 | 8:12 | |
| 30 | Thu | 3:16 | 1.5 | 2:36 | 2.6 | 9:32 | 0.4 | 10:50 | 0.0 | 6:53 | 8:11 | |

| Date | | High | | | | Low | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | AM | ft | PM | ft | AM | ft | PM | ft | Rise | Set | Moon |
| 31 | Fri | **3:44** | 1.7 | **3:17** | 2.5 | **10:14** | 0.4 | **11:19** | 0.1 | 6:54 | 8:11 | ◯ |