



Hilo, Hilo Bay, Kuhio Bay, HI - Jul 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:15	1.2	2:20	2.7	6:41	-0.3	9:06	0.8	5:45	7:03	
2	Mon	1:11	1.2	2:56	2.9	7:24	-0.4	9:41	0.7	5:45	7:03	
3	Tue	2:00	1.2	3:33	3.0	8:07	-0.5	10:19	0.6	5:45	7:03	
4	Wed	2:46	1.3	4:11	3.1	8:49	-0.5	10:57	0.5	5:46	7:03	
5	Thu	3:34	1.4	4:48	3.0	9:33	-0.4	11:35	0.4	5:46	7:03	
6	Fri	4:27	1.4	5:25	2.9	10:20	-0.2			5:46	7:03	
7	Sat	5:25	1.5	6:01	2.7	12:12	0.4	11:09 AM	0.1	5:47	7:03	
8	Sun	6:30	1.5	6:35	2.4	12:50	0.3	12:01	0.5	5:47	7:03	
9	Mon	7:49	1.6	7:10	2.1	1:31	0.2	1:03	0.9	5:47	7:03	
10	Tue	9:27	1.8	7:48	1.8	2:17	0.1	2:38	1.2	5:48	7:03	
11	Wed	10:54	2.1	8:39	1.5	3:10	0.1	4:48	1.3	5:48	7:03	
12	Thu			12:05	2.4	4:05	0.0	7:02	1.2	5:49	7:02	
13	Fri			1:01	2.6	4:59	-0.1	8:06	1.0	5:49	7:02	
14	Sat			1:45	2.8	5:52	-0.2	8:41	0.9	5:49	7:02	
15	Sun	12:24	1.2	2:23	2.9	6:43	-0.3	9:11	0.8	5:50	7:02	
16	Mon	1:22	1.2	2:57	2.9	7:29	-0.3	9:40	0.7	5:50	7:02	
17	Tue	2:09	1.3	3:30	2.9	8:10	-0.3	10:09	0.6	5:50	7:02	
18	Wed	2:50	1.4	4:01	2.8	8:49	-0.2	10:38	0.5	5:51	7:01	
19	Thu	3:30	1.4	4:31	2.7	9:26	-0.1	11:08	0.5	5:51	7:01	
20	Fri	4:11	1.5	5:00	2.6	10:02	0.0	11:36	0.4	5:52	7:01	
21	Sat	4:54	1.5	5:26	2.4	10:39	0.3			5:52	7:01	
22	Sun	5:39	1.5	5:49	2.2	12:05	0.4	11:16 AM	0.5	5:52	7:00	
23	Mon	6:29	1.5	6:09	2.0	12:33	0.4	11:54 AM	0.8	5:53	7:00	
24	Tue	7:32	1.6	6:24	1.8	1:03	0.4	12:40	1.1	5:53	7:00	
25	Wed	9:07	1.6	6:31	1.6	1:39	0.4	2:08	1.3	5:53	6:59	
26	Thu	10:43	1.8			2:28	0.3			5:54	6:59	
27	Fri	11:55	2.1			3:30	0.3			5:54	6:59	
28	Sat			12:46	2.3	4:33	0.1	8:10	1.0	5:54	6:58	
29	Sun			1:25	2.6	5:30	0.0	8:21	0.9	5:55	6:58	
30	Mon	12:05	1.2	2:01	2.8	6:23	-0.2	8:43	0.8	5:55	6:57	
31	Tue	1:06	1.3	2:35	3.0	7:12	-0.3	9:11	0.6	5:56	6:57	