US HARBORS www.USHarbors.com

Bar Harbor, ME - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:07	12.2	8:51	10.6	1:51	0.5	2:40	-0.9	7:08	4:04	
2	Fri	9:04	12.6	9:47	11.0	2:51	0.2	3:37	-1.3	7:08	4:05	
3	Sat	10:00	12.9	10:41	11.2	3:48	0.0	4:31	-1.5	7:08	4:05	
4	Sun	10:54	12.9	11:34	11.3	4:43	-0.2	5:24	-1.5	7:08	4:06	
5	Mon	11:47	12.7			5:36	-0.2	6:15	-1.3	7:08	4:07	
6	Tue	12:25	11.3	12:39	12.3	6:30	-0.1	7:05	-1.0	7:08	4:09	
7	Wed	1:16	11.1	1:31	11.8	7:23	0.2	7:55	-0.5	7:08	4:10	
8	Thu	2:06	10.9	2:24	11.1	8:16	0.5	8:44	0.1	7:08	4:11	
9	Fri	2:57	10.7	3:18	10.4	9:11	0.8	9:35	0.7	7:07	4:12	
10	Sat	3:49	10.4	4:15	9.7	10:08	1.1	10:27	1.2	7:07	4:13	
11	Sun	4:42	10.2	5:14	9.2	11:06	1.3	11:21	1.7	7:07	4:14	
12	Mon	5:36	10.0	6:13	8.9			12:04	1.3	7:06	4:15	
13	Tue	6:30	10.0	7:11	8.9	12:16	1.9	1:01	1.2	7:06	4:16	
14	Wed	7:23	10.1	8:03	9.0	1:10	2.0	1:53	1.0	7:05	4:18	
15	Thu	8:11	10.3	8:50	9.2	2:00	1.9	2:41	0.8	7:05	4:19	
16	Fri	8:56	10.6	9:33	9.4	2:47	1.7	3:25	0.5	7:04	4:20	
17	Sat	9:37	10.9	10:12	9.7	3:29	1.5	4:05	0.3	7:04	4:21	
18	Sun	10:16	11.2	10:49	9.9	4:08	1.3	4:42	0.1	7:03	4:23	
19	Mon	10:53	11.4	11:24	10.2	4:46	1.1	5:18	-0.1	7:02	4:24	
20	Tue	11:30	11.5			5:23	0.9	5:53	-0.2	7:02	4:25	
21	Wed	12:00	10.4	12:08	11.5	6:01	0.7	6:29	-0.3	7:01	4:27	
22	Thu	12:37	10.7	12:48	11.4	6:41	0.5	7:07	-0.2	7:00	4:28	
23	Fri	1:16	10.9	1:31	11.1	7:24	0.4	7:48	-0.1	6:59	4:29	
24	Sat	1:59	11.0	2:19	10.8	8:12	0.4	8:32	0.2	6:58	4:31	
25	Sun	2:46	11.1	3:13	10.3	9:05	0.4	9:23	0.5	6:57	4:32	
26	Mon	3:39	11.1	4:13	9.9	10:05	0.4	10:20	0.8	6:56	4:33	
27	Tue	4:39	11.1	5:21	9.6	11:10	0.4	11:24	1.1	6:55	4:35	
28	Wed	5:44	11.1	6:31	9.6			12:19	0.2	6:54	4:36	
29	Thu	6:51	11.4	7:39	9.8	12:33	1.1	1:27	-0.1	6:53	4:37	
30	Fri	7:56	11.7	8:42	10.3	1:40	0.8	2:30	-0.6	6:52	4:39	
31	Sat	8:57	12.1	9:38	10.7	2:43	0.4	3:28	-1.0	6:51	4:40	