

































## Biddeford, Saco River, ME - Jan 2026

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	8:35	10.6	9:21	8.8	2:20	0.7	3:13	-0.8	7:14	4:16	
2	Fri	9:32	10.9	10:17	9.0	3:18	0.5	4:09	-1.1	7:14	4:17	
3	Sat	10:27	11.1	11:11	9.2	4:14	0.3	5:03	-1.3	7:14	4:17	
4	Sun	11:20	11.1			5:09	0.1	5:54	-1.3	7:14	4:18	
5	Mon	12:02	9.4	12:12	10.9	6:02	0.0	6:43	-1.2	7:14	4:19	
6	Tue	12:52	9.4	1:03	10.6	6:54	0.1	7:32	-0.9	7:14	4:20	
7	Wed	1:42	9.4	1:54	10.1	7:47	0.3	8:20	-0.5	7:13	4:21	
8	Thu	2:32	9.3	2:46	9.5	8:40	0.5	9:08	0.0	7:13	4:22	
9	Fri	3:22	9.2	3:39	8.9	9:35	0.7	9:58	0.5	7:13	4:24	
10	Sat	4:12	9.1	4:35	8.3	10:32	1.0	10:49	1.0	7:13	4:25	
11	Sun	5:05	8.9	5:33	7.9	11:30	1.1	11:43	1.4	7:12	4:26	
12	Mon	5:58	8.8	6:34	7.6			12:29	1.2	7:12	4:27	
13	Tue	6:53	8.7	7:33	7.4	12:37	1.7	1:25	1.1	7:12	4:28	
14	Wed	7:45	8.7	8:27	7.4	1:30	1.9	2:18	1.1	7:11	4:29	
15	Thu	8:34	8.8	9:16	7.4	2:20	1.9	3:08	0.9	7:11	4:30	
16	Fri	9:19	8.9	10:00	7.6	3:07	1.9	3:53	0.8	7:10	4:32	
17	Sat	10:00	9.1	10:39	7.7	3:51	1.8	4:34	0.6	7:09	4:33	
18	Sun	10:38	9.3	11:14	7.9	4:32	1.7	5:12	0.4	7:09	4:34	
19	Mon	11:14	9.5	11:49	8.2	5:10	1.5	5:48	0.3	7:08	4:35	
20	Tue	11:51	9.6			5:48	1.3	6:23	0.1	7:08	4:37	
21	Wed	12:24	8.5	12:30	9.6	6:27	1.0	6:59	0.0	7:07	4:38	
22	Thu	1:02	8.8	1:12	9.6	7:09	0.8	7:38	0.0	7:06	4:39	
23	Fri	1:43	9.1	1:58	9.4	7:54	0.6	8:19	0.1	7:05	4:41	
24	Sat	2:28	9.4	2:48	9.2	8:45	0.5	9:05	0.3	7:04	4:42	
25	Sun	3:17	9.6	3:43	8.8	9:40	0.4	9:56	0.6	7:04	4:43	
26	Mon	4:10	9.7	4:43	8.5	10:42	0.4	10:54	0.9	7:03	4:45	
27	Tue	5:09	9.8	5:50	8.2	11:48	0.3	11:58	1.0	7:02	4:46	
28	Wed	6:13	9.9	7:00	8.2			12:56	0.1	7:01	4:47	
29	Thu	7:19	10.1	8:08	8.3	1:03	1.0	2:00	-0.2	7:00	4:49	
30	Fri	8:24	10.3	9:11	8.6	2:07	0.9	3:01	-0.5	6:59	4:50	
31	Sat	9:24	10.6	10:08	8.9	3:08	0.6	3:58	-0.7	6:58	4:51	